

BUDDHIST TEACHINGS IN PRANIC HEALING AND ARHATIC YOGA: SYNTHESIS OF SCIENCE AND SPIRITUALITY

Lilian Diana B. Parreño

lilian.parreno@gsc.edu.ph

ORCID No.: 0000-0001-7631-8259

Alfonso Ma. C. Parreño

Julieta G. Infante

julieta.infante@gsc.edu.ph

ORCID No.: 0000-0003-0931-1502

ABSTRACT Pranic healing is an ancient science and art of healing that utilizes prana or ki or energy to heal the whole physical body. A way of life that addresses all aspects leading to a wholesome life. A prerequisite for the practice of Arhatic Yoga, a pathway to sainthood. Arhatic Yoga is a synthesis of yoga that consists of yogic techniques designed to help us develop spiritually, prehistoric in origin, and consists of techniques and energy that can be practiced by any religion. The Buddhist teachings are integrated into the Pranic healing' meditations such as the mantra Om, Omani Padme Hum, Om Shanti Shanti Shanti Om; etc., healing techniques by practicing vegetarianism, and the law of Karma in character building. It was revealed in pranic healing that science sometimes seems to be incompatible with spirituality. What we call science is physical science. What we call spirituality is inner sciences or sciences not dealing with the physical world. The process of the union between science and spirituality is in progress. Pranic healing and Arhatic Yoga, developed by Grand Master Choa Kok Sui, a Filipino-Chinese from the Philippines, are examples of the union between science and spirituality. Spreading rapidly in more than 100 countries. Practitioners experienced healing on different levels, holistic transformation, growth, and development spiritually.

Keywords: Arhatic Yoga, Buddhism, Pranic Healing

INTRODUCTION

A time will come when science will make tremendous advances, not because of better instruments for discovering things, but because few people will have at their command, great spiritual powers, which at present are seldom use. With a few centuries, the art of spiritual healing will be increasingly developed and universally used (Stromberg, 1939). Pranic healing is an ancient science and art of healing that utilizes Prana or "ki" or life energy to heal the whole physical body. Pranic come from the word "Prana" which means the life energy that keeps the body alive and healthy. It uses laws of nature that people do not know or are not aware of. It involves the transference of life energy, a deeper understanding of one's religion, and a clearer concept of interconnectedness and oneness. It is easy to learn and can be applied in preventing, alleviating and treating psychological ailments (Gurupada & Bevoor, 2015; Sui, 2011). As a science, Pranic healing is based on cleansing and energizing. Healing the physical body, physical and psychological ailments, relationships, finances, and spiritual emptiness takes place by cleansing and removing the diseased energy from the affected chakra and organ and energizing them with sufficient prana (Sui, 2011).

There are two basic laws in Pranic Healing: the law of self-recovery and the law of life energy. The law of self-recovery states that the body can heal itself. The law of life energy, states that by increasing the life energy level of the body, healing is accelerated (MCKS, 2004).

Pranic healing teaches healing, character building which utilizes the law of karma and other universal laws that governs our life and meditation and other spiritual practices to accelerate spiritual evolution. The mission of Pranic Healing and arhatic yoga is to alleviate the pains and sufferings of humanity.

Learning of Pranic Healing is composed of stages or category. As one advances on his/her learning, they can become an Arhatic Yogi, from the words "Arhatic Yoga" wherein Arhatic came from the word "Arhat" which means saint and "yoga" which in Sanskrit means union, referring "to yoke" or "to join." It is consist of yogic techniques designed to help an individual develop spirituality. It is pre historic in origin. It consist of techniques and energy. It is eclectic. People from any religion practiced Arhatic techniques. It is not a religion, it is nonsectarian and simply leads you to the truth. Yoga helps to solve all life problems. At the physical level, it gives relief from countless, ailments. The practice if postures strengthen the body and create a feeling of well-being. From the psychological view point, yoga sharpens the intellect and aids concentration. It steadies the emotions and encourages a caring concern for others.

Being a purely Christian nation, this teachings of Pranic Healing has been gaining popularity and many Flipinos have been into the practice of this path especially in areas with Pranic Healing Centers. Aside from the healing many teachings of Buddhism has been observed to be practiced in Pranic Healing and Arhatic Yoga. The synthesis of the

teachings of Pranik Healing, Buddhism, and Arhatic Yoga practice among people in Western Visayas, Philippines was made in this study.

This study aimed to study and determine the existence and practice of Buddhist teachings in Pranik Healing and Arhatic Yoga. Specifically, it aimed to determine the origin and purpose of Pranik Healing and Arhatic Yoga in the Philippines; identify the Pranik Healing and Arhatic Yoga teachings being practiced; determine who practiced Pranik Healing and Arhatic Yoga in the Philippines today; identify the Buddhist teachings used in Pranik healing and arhatic yoga, and identify the frequently asked questions and testimonies on Pranik Healing and Arhatic Yoga

METHODOLOGY

This study made use of a descriptive research design. Secondary data were used. In addition, interview with the Center Manager was done to augment on the secondary data gathered. The locale of the study was the whole country for the information on the different centers but the rest of the data were gathered from the Western Visayas, Philippines center because of the proximity of the local researchers to this Center. An interview guide was used to gather the needed data. The demographic profile of the Pranik Healers and Arhatic Yoga were analyzed using frequency count and percent while the rest were simply discussed in detail to get the clear picture of the practice of Pranik Healing and Arhatic Yoga.

Analysis, Presentation, and Interpretations of the Results of the Study

The Origin and purpose of Pranik Healing and Arhatic Yoga practices in the Philippines

The Founder

The founder of Pranik Healing in the Philippines which later on spread among the different countries in the world was Grand Master Choa Kok Sui. He was born in Cebu, Philippines, on August 15, 1952, Master Choa Kok Sui is the originator of modern Pranik Healing. Since ancient times, sages and mystics have been practicing ideologies similar to Pranik Healing. However, it was through Master Choa Kok Sui's tireless research, culminating in the book *Miracles of Pranik Healing*, that the practice of Pranik Healing was modernized and spread worldwide.

Trained as a chemical engineer, Master Choa Kok Sui used various scientific methods to validate the existence of Pranik Healing. It was through his rigorous validation and experimentation that led Pranik Healing to garnered consistent and predictable results, allowing it to become a viable healing practice.

Besides Pranik Healing, Master Choa Kok Sui also developed the Arhatic Yoga system, an advanced meditation system that combines powerful yoga and meditation practices that aim to accelerate enlightenment. Master Choa designed the system for everyone so that each person can easily practice Arhatic Yoga while still being able to pursue a normal life. Following his passing in 2007, Master Choa Kok Sui left Pranik Healing and Arhatic Yoga as his lasting legacy to the world. With hundreds of healing centers in 150 countries on six continents, his dream of manifesting Heaven on Earth within 150 years could become a reality!

The main Purpose of Pranik Healing was "to alleviate the suffering of the people by complementing allopathic medicine with Pranik Energy healing." On the other hand, the Purpose of Arhatic Yoga was "to accelerate the evolutionary development of the Soul so that the person can be of greater service to Mankind and the planet Earth and to produce intelligent, compassionate, good-hearted, powerful disciples who will become great Divine servants."

Organization

The Institute for Inner Studies, Incorporated (IISI) was established on 27 April 1987 by Master Choa Kok Sui with the purpose of spreading Pranik Healing, Arhatic Yoga, and inner teachings globally. By early 2000, with the help of many dedicated instructors and foundations, Master Choa Kok Sui's Institute for Inner Studies has been able to spread the work of its founder in major cities of over 80 countries, on all five continents. The first book by Master Choa Kok Sui, *Miracles Through Pranik Healing* published in late 1987 has been translated in over 20 languages and read into over 80 countries. The IISI maintains its head office in Makati, Philippines.

Pranik Healing has been described as a simple yet very powerful technology that can be employed with immediate benefits to the patients. This quality of Pranik Healing makes it the perfect Healing modality for millions of people suffering from a variety of illnesses who have no access to medicine. It was with this idea in mind that Grand Master Choa Kok Sui decided to bring Pranik Healing to the poor and underdeveloped areas of the world.

Thus, was born the World Pranik Healing Foundation on July 23, 1990, with a humble beginning where the office was started with only one table and a chair, shared by about 6 employees. They had to use the stack of Pranik Healing books as their chairs during staff meetings. But what they lacked in logistical support, they more than made up

for, in terms of Devotion and will-to-do-good. In its first year alone, the Foundation was able to produce more than 3,000 graduates from seven different regions of the Philippines. Initially funded by Master Choa and the Institute for Inner Studies, Incorporated (IISI) which was established on 27 April 1987 by Master Choa Kok Sui, the Foundation eventually attracted other benefactors enabling the organization to continue the work of propagating Pranic Healing throughout the Philippines as well as in other developing countries like Indonesia, India, and parts of Africa and Asia.

To date, the Foundation, in addition to its branch office in India, has been able to help spread Pranic Healing in Indonesia, Bhutan, Nepal, Malaysia, Hongkong, Thailand, Srilanka, Singapore, UAE, Qatar, Bahrain, Oman, Saudi Arabia, Iran, Lebanon, Syria, Jordan, Cyprus, Turkey, Egypt, Morocco, China, Pakistan, The Gambia, Benin, Ivory Coast, Burkina Faso, Niger, Ghana, Togo, Nigeria, Senegal, Kenya, Rwanda, Zambia, Tanzania, Mauritius, and South Africa. Pranic Healing will continue to expand and spread out in the next few years to more and more countries.

World Pranic Healing Foundation Today

Today, the Foundation has generated hundreds of thousands of Pranic Healing graduates, and inspired, with Master Choa's blessings, many donors from among the Pranic Healing graduates from around the world. The Foundation has established healing centers in other parts of the Philippines: the Cebu Pranic Healing Center in Cebu City on the island of Cebu established in 1992, and the World Pranic Healing Foundation Region 6 Branch in Iloilo City on the island of Panay, started January 2001. In addition, the 1st international branch office was established in Bangalore, India in 2009 (World Pranic Healing India).

The World Pranic Healing Foundation, India is tasked to help spread Pranic Healing in other parts of the region not covered by the Indian Pranic Healing foundations, including the Middle East, and Africa.

With the support of its donors, the Foundation has not only been able to continue its international operations in developing countries but has finally been able to purchase its own office. The International headquarters of the World Pranic Healing Foundation is now located at 2210 Medical Plaza Ortigas Building, in Pasig City, Metro Manila, Philippines.

Pranic Healing Foundation of the Philippines

Pranic Healing Foundation of the Philippines was established by Master Choa Kok Sui in 2002 with the aim of spreading Pranic Healing in the Philippines (PHFP). The PHFP is affiliated with the World Pranic Healing Foundation and the Institute for Inner Studies and has branches all over the Philippines.

There are six (6) major Pranic Healing Centers in the country. In the Luzon island, the main There are six (6) major Pranic Healing Centers in the country. On Luzon island, the main office is found at Ortigas Center, Pasig City. The Northern Luzon Pranic Healing is found in Baguio City while for Central Luzon, it is found in Pangasinan Province. In the Visayas region, one center is found in Iloilo City, Western Visayas and the other one is found in Osmeña St. Cebu City for the Central Visayas Pranic Healing center. In Mindanao, the Centers are found in Davao City and Surigao del Norte.

Pranic Healing and Arhatic Yoga Teachings

According to Mr. Alfonso Ma. Parreno (2016), Manager, Western Visayas Pranic Healing Center the Pranic Healing Teachings being practiced were composed of: (a) Healing of self and other people's physical ailments through Basic Pranic Healing using white prana energy; (b) Advance pranic healing using color energy to heal severe physiological ailments; (c) Pranic Psychotherapy for emotional relationship healing; (d) GMCKs Super Brain Yoga; (e) Character building through Inner reflection and firm resolution; (f) Meditation on Twin Hearts for peace and illumination; (g) Pranic breathing techniques; and (h) Healing of places and Businesses using Pranic Psychotherapy and Practical Psychic Self-defense.

On the other hand, the Arhatic Yoga Teachings being practiced were composed of the five (5) pillars which are required among Arhatic Yogi at different levels. The first pillar was devotion to God and reverence to the spiritual teachers. This pillar emphasizes that as a soul Arhatic Yoga practitioners acquire their sustenance from the Supreme being, thus, it is just proper that they have to acknowledge such indebtedness. The practices under this pillar are Sharanagati/ Salutation to God and sharanagati to the spiritual teacher, So Ham or I Am That I Am (Recognize, salute and respect to the Divinity/ Namaste), and the Great Invocation.

The second pillar is purification. The Arhatic Yoga practitioner must be pure or clean holistically or in physical or bodily practices, in the food intake, and the character or attitude when dealing with own self or other people. Purification practices are done through self-healing, Grand Master Choa Kok Sui's Super Brain Yoga, physical exercises, Breathing Exercises, Balancing Breathing, Turtle Breathing, and Belo Breathing. In terms of character building, they practiced Inner reflection and firm resolution, and Blue Triangle.

The third pillar is Meditation. Several meditations were required of the Arhatic Yoga practitioner. The first one is Arhatic Meditation on Twin Hearts, Arhatic Meditation on the Soul, Arhatic Meditation on Inner Breath (Kundalini), Arhatic

Dhyan, Arhatic Meditation on Twin Hearts Om Mani Padme Hum Blessing of All and of All countries, Arhatic Meditation on the Lord's Prayer and Wesak Festival Meditation. These meditations are scheduled daily for the whole week alternately one day after the other.

The fourth pillar is Service and Tithing. This was anchored on Lord Jesus' teachings of giving the 10% of our income to the one who gave us our lives. The activities done relative to service and tithing were (a) Charity Healing/ pranic healing camp; (b) Scholarship to deserving students; (c) Organizing groups for a common cause and Teaching the essence of Arhatic Yoga; (d) Feeding program to the street children; (e) Humanitarian and legal assistance program for these prisoners who do not have legal counsels

to defend themselves, especially that many of them were wrongly accused; (e) Medical Mission, and (f) Financial and material support especially when there are calamities that happened in some places on Panay Island.

The fifth pillar was Study. To master the teachings, the Arhatic Yoga practitioner must continually study them because we cannot always rely on our own understanding but we need to learn and relearn things and concepts. This is done through attending to Annual Arhatic Yoga Retreat every 3rd week of October, the Celebration of Wesak Festival, the conduct of the Pranic Healing Convention, and Regular nurturing/group study sessions in every centre all over the country.

Who Practices Pranic Healing?

The data on who practiced Pranic Healing were gathered only in Western Visayas Center. The Center started in 2001 but it has very minimal membership. In 2009, it was revitalized today the Center continues its services to the community.

The data in table 2 shows that there were 2,265 Pranic Healer graduates in Western Visayas. Out of these graduates, 92.45 percent were Roman Catholics, 7.5% came from other sects, and very minimal from Islam (0.01%). These figures are understandable considering that 90% or less of Filipinos are Roman Catholics.

With regard to their professions, many of the graduates were employed by private firms in the region (26.6%), teachers coming from the private and government service in Western Visayas followed next with 19.6% graduates, employees from the government service contributed to 15.5% of the graduates; student has 12.1%; businessmen 5.8%. The rest of the professions came in lower percentages. This simply shows that the graduate of Pranic Healing came from varied professions (Table 1).

However, not all were entitled to be elevated to Arhatic yoga. In Western Visayas Pranic Healing center, out of the 2, 265 Pranic Healing graduates, only 72 were able to achieve the preparatory level, and only 14 individuals were elevated to Levels 1 and 2. The reason for this was that many of the Pranic healers were not consistent in their practice.

Buddhism Teachings Found in Pranic Healing and Arhatic Yoga

The most common Buddhist teaching integrated into pranic healing/arhatic yoga was the Four (4) Noble Truths. The Buddha's first sermon after his Enlightenment centered on the Four Noble Truths, which are the foundation of Buddhism. The truths are: (1) The truth of suffering (Dukkha); (2) The truth of the cause of suffering (Samudaya); (3) The truth of the end of Suffering (Nirhodha); and (4) The truth of the path that frees us from suffering (Magga). These can be found in the book of GMCKS on Buddhism revealed. Likewise, they are found in the different Sutras written by GMCKS. The Eightfold path was also being practiced and introduced to the Pranic Healers and Arhatic Yoga practitioner because these are the universal truth that needs to be known among humanity so that we will be able to attain "heaven on earth". These eightfold path were composed of (a) Right Understanding; (b) Right Intent; (c) Right Speech; (d) Right Action;; (e) Right Livelihood; (f) Right Effort; (g) Right Mindfulness, and (h) Right Concentration.

Buddhist Mantras such as Om, Om Mani Padme Hum, Om Shanti Shanti Shanti Om were being practiced by the Pranic Healers and Arhatic Yoga practitioners. Mantras are sacred sounds or words that contain divine energy or spiritual energy. These incantations are special utterances as they are the embodiment of divine vibrations. Master Choa Kok Sui stresses the importance and the innate power of various mantras.

The Power of "Om" was realized by the practitioners. "Om", "Amin," and "Amen" are all sacred universal sounds and are primitive in nature. It is interesting to note how similar they all are in sound and their basic implications though they are used in different religions. These mantras seek to merge your individual consciousness with Divine Consciousness. The energy generated through these chants helps to disintegrate diseased and negative energies in the meditator as well as in the environment. The cleansing and energizing properties of the Om mantra and the sacred words of Amen and Amin help in de-stressing, elevating consciousness, and creating a spiritual environment that is clean and pure.

Moreover, Om Mani Padme Hum was also studied as a mantra. "Om Mani Padme Hum" is a very powerful mantra that is filled with immense Love, Mercy, and Compassion. Master Choa Kok has unveiled the deeper meaning of this prayer and has explained the benefits and applications of this imple yet potent mantra. From his book, Om Mani Padme Hum, you can gain insight into the process of achieving yoga, or Union with the Higher Soul. The location of the Blue Pearl, or

the seed of consciousness is revealed in this book along with the deeper significance of being Born of the Lotus Flower. During meditations, mudras, mantras, and breathing techniques were practiced. Meditation on Twin Hearts Leads you to "becoming aware of one's true nature. The Lord Buddha Said: "Let us inspect our thoughts that we do no unwholesome deed; for as we sow, so shall we reap. Hatreds never cease by hatreds in this world. By the love alone they cease. This is an ancient law. Good will towards all beings is the true religion: cherish in your hearts boundless goodwill to all that lives. Go and do your duty: show kindness to thy brothers and free them from suffering."

The Law of Karma is always part of the teachings in Pranic Healing. "Each man, by the action of unerring karma, receives in an exact measure all that is due, all that he deserves, neither more nor less. Not one benevolent or evil action, trifling as it may be, as secretly as it be done, escapes precisely balanced scale of karma" (Helena Roerich, Foundation of Buddhism).

"So long as an evil deed has not karmically matured, the fools think his deed to be sweet as honey. But, when his evil deed karmically matures, he falls into untold misery." Dhammapada, Wisdom of the Buddha.

The Golden Rule was also practiced and given great emphasis during trainings and retreats. "Whatever thou likest not for thine own self, for any person else, too, like it not." Dhammapada, Wisdom of Buddha. Inner Purification and Character Building have Five Virtues based on the Law of Karma: (1) Loving-kindness and Non-Injury; (2) Generosity and Non-Stealing; (3) Honesty and Non -Lying; (4) Industriousness and Non- Laziness and moderation/Non- Excessiveness.

Table 1. Data on who practices Pranic healing at the Western Visayas center

Particulars		f	%
Number of Pranic Healer Graduates	From 2009-present	2,265	100.0
Religious Affiliation			
	Roman Catholic	2,094	92.4
	Other Christian Sect	45	5
	Islam	170	7.5
		1	0.01
Total		2,265	100.0
Professions of the Pranic Healers			
	Employees in Private Firms	602	26.6
	Teachers	444	19.6
	Employees in Government firms	350	15.5
	Students	275	12.1
	Businessmen	132	5.8
	Health and Medical Practitioners	79	3.5
	Housewives	45	2.0
	Senior Citizens	35	1.5
	Self Employed	34	1.5
	Farmers/Labourers	31	1.4
	Overseas Filipino Workers/ Seafarer	20	0.9
	Driver/Security Guards	15	0.7
	Social Worker/Guidance Councilor	49	2.2
	House help	39	1.7
	Religious	18	0.8
	Police	20	0.9
	Researcher/Scientist	35	1.5
	Architect	40	1.8
	Lawyer	2	0.1
Total		2,265	100.0

Effects/benefits of Practicing Pranic Healing and Arhatic Yoga

- The aura or the Bioplasmic energy field becomes cleaner, wider, brighter, and stronger
- The different chakras or energy centers and the protective webs become cleaner, bigger, brighter and balance
- Healing of Physiological, psychological/emotional ailments
- Healing of relationship
- The character or behavior of the practitioner become refine
- The different psychic faculties such as the different intelligences, creativity, instinct, Buddhic or Christ Consciousness, higher emotions, etc. are being activated or develop
- Develops a love for oneself, to God, to humanity, and the entire creation of God.
- Increases spiritual magnetism, improves the quality of life, achieve greater success, joy, and happiness, and achieved inner peace and oneness with God and oneness with all.
- Accelerate the spiritual evolution of the soul
- Practitioner becomes the highly intelligent, compassionate, loving, kind-hearted, and powerful divine servant and powerful healer

Frequently ask Questions/Testimonies

1. Are Pranic Healers allowed to make medical diagnoses?

Pranic Healers are not doctors. However, medical doctors can be Pranic Healers. Pranic Healers see disturbances in one's energy body and are not trained to make a diagnosis. To make Pranic Healing more effective, it is advised for patients to consult doctors to give an accurate diagnosis of the nature and scope of the illness. That way, both medicine and Pranic Healing go hand in hand.

1. Is Pranic Healing going to replace conventional medicine?

Pranic Healing does not intend to supplant medical medicine. Rather, Pranic Healing aims to complement the medical treatment given by doctors. Patients getting Pranic Healing treatment are advised to consult a medical doctor for the best results.

2. Is Pranic Healing part of the "New Age" movement?

Pranic Healing, is in fact, an ancient practice. It has been around for hundreds of years and was practiced by great masters all over the world. It was Master Choa Kok Sui who rediscovered, modernized, and formalized its practice by developing techniques that allow Pranic Healing to become a school of energy that everyone can learn and practice.

Is Pranic Healing Foundation of the Philippines, PHFP, a religious sect?

Again, no. Rather than being a religion, the Pranic Healing Foundation of the Philippines is an educational institution aiming to teach people the benefits of energy awareness, spirituality, and character building.

Is Pranic Healing a Religion?

Pranic Healing is not a religion but can be described as a spiritual practice or avenue bringing you closer to God. As you progress with the courses, you may come to recognize and respect the all-pervasive Universal Energy, which some term as "God". Spirituality is a way of life that conforms to the Divine Laws as well as the Laws of Nature. Spirituality need not be religion-based nor connected with any dogma or rituals. It is a path that helps all souls enrich their lives by learning their unique lessons, moving forward, and evolving.

How is Pranic Healing Done?

Pranic Healing is done by following a systematic procedure of using energy to treat the imbalanced energy of the patient. The treatments start from cleansing to energizing the affected part of the energy body of the person.

What are Chakras?

Chakras are whirling energy centers of the energy body or aura that control, energize, and are responsible for the proper functioning of the whole physical body and its different parts and organs. The endocrine glands are also controlled and energized by some of the major chakras. Prana is taken in or released in the chakras. Any congestion or depletion in the energy body will eventually manifest in the form of ailments.

What is Prana?

Prana is a Sanskrit word meaning life force or energy. In Genesis of the Holy Bible, reference was made to the "breath of life" which holds the key to human existence: a mysterious force which animates and sustains life. It has been called by different names: "chi" in Chinese, "ki" in Japanese, "likas lakas" in Filipino, "pneuma" in Greek, and "ruah" in Hebrew, all corresponding to prana. The movement and quality of circulation, rhythm, and purity of prana are what determine the quality of our lives.

How does Pranic Healing work?

Pranic Healing works through the transference of life energy, chi, or prana to heal the body. Pranic Healing is a safe and gentle method of treatment, a no-touch technique that accelerates the rate of self-healing and self-recovery.

What is Pranic Healing?

Pranic Healing is a highly developed and tested system of energy medicine using prana to balance, harmonize, and transform the body's energy. Pranic Healing has been practiced by mystics since ancient times and kept secret from the general public, but was discovered and modernized by Master Choa Kok Sui. It was his tireless research and validation that led Pranic Healing to become a viable practice with consistent healing results.

CONCLUSIONS

The founder of Pranic Healing and Arhatic Yoga has prepared the Filipinos for a better way of life which meaningful and worth leaving for. The teachings in Pranic Healing and Arhatic Yoga are geared toward the holistic development of man physically, mentally, and emotionally anchored on different moral values worthy to be emulated. These practices are slowly gaining popularity among Filipino people in different professions or fields of work. Moreover, Buddhist teachings are found among the teachings of Pranic Healing and Arhatic Yoga because of the universality of these teachings that lead people in leaving a wholesome life with reverence to the Supreme Being and all the creations around him. In the course of the growth and spread of Pranic Healing and Arhatic Yoga people are interested in knowing these through asking different questions to make things clear to them.

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