

Article on Pranic Healing - Bulgaria - Magazin "Women" June 2008

We are living amidst an ocean of energy (prana), but we don't know how to swim in it. It is sufficiently to connect our self's with the main sources like sun, earth, air and to draw power and health from them.

We are talking about Pranic healing with Mrs. Charlotte Anderson, wife of the well known spiritual teacher Grandmaster Choa Kok Sui, who recently visited Bulgaria. After the death of her husband a year ago, she continues to make popular his techniques on work and healing with prana, to publish his books and disks. At the same time she organizes courses for advanced Arhatic Yoga. Mrs. Claudia Dieckmann also takes part in the conversation. She is manager of the Institute for Energy Medicine in Vienna. She is a certified instructor to the courses for Pranic healing in Central and Eastern Europe.

Q: Mrs. Anderson you are for the first time in Bulgaria, what kind of energy did you feel in our country?

A: I feel like Bulgaria is in a process of taking off. I sense that intelligent and diligent people are living here. In the moment you are coming out of a period that it was hard to use actively your intelligence. The world is opening for you. I see a bright future for your country that you will build on your own.

Q: Mrs Dieckmann what the pranic healing represents?

A: Pranic Healing is a way to transfer energy with harmonizing purpose without touching the body. It can be used for prophylaxis and for reliving from emotional and physical problems.

Q: What are the cases that can be helped with prana?

A: It is very easy to get rid off a headache in a minute. It can be used in cases of stomachache, problems connected with stress, light indispositions, brain fag, higher temperature, colds, nose bleeding, menstrual problems, biting, wounding.

Notice, that you can help yourself.

When you are trained to heal with prana it is not necessary to go to someone else to heal you.

Q: Is there a difference between the Pranic healing and Reiki?

A: In the Pranic healing there is no need of physical touch or preliminary initiation (special setting-up, that is given by a teacher). The Pranic healing is a very strong powerful instrument for healing. Since I have practice Reiki myself, I can assure that the pranic healing is much faster and it can be focused on where it is needed.

Q: Still what is the difference between prana and the other types of energies that exists in the Universe?

A: The energy is energy.

Q: Maybe we give different names to the same thing?

A: We can talk about more specific term, introduced by Grandmaster Choa Kok Sui. It is about the ability to use prana from the sun, from the air, from the trees. Pranic healing means the ability to cure through all these energies that surround us.

Q: How long does it take to learn to heal with prana?

A: Two days are enough, sometimes the skill can be obtained in one day.

Q: While as an initiation is not necessary, is it possible one to teach himself to heal with prana or it is compulsory to have a teacher?

A: It is better to be guided and to have an instructor.

Q: Is it possible if one is more sensitive to reach by himself in some situation the healing method?

A: If you read books about Pranic healing, you may learn to do some of things, whereas the instructor will teach you to feel the energy with your palms, as well as how to give it and take it off. In the course you will master certain techniques connected with the ability to feel the prana, to point at it, to energize with it.

Q: With prana you can heal not only yourself, but the other people as well?

A: The Pranic healing is type of complementary therapy. In no means it does not substitute the classical medicine. It has to be applied along with the standard healing methods. In emergency cases when it is not possible to obtain a qualified medical service you can use pranic healing only. The principals basically can reduce to the level of cleaning the body and energizing it. In dependence of having lack or excess of it we can energize or take off.

Q: Is it possible to heal by distance?

A: Yes it is.

Q: Is the effect weakening then? Is more time needed for healing?

A: If the patient is receptive, open to that kind of therapy, time and space does not influence the healing process. Experiments have been done in California and it is determined that if the patient is closed in a steel box thousand of kilometers away, the energy is still healing. There is no difference if pranic healer is near to the client or far away. Many traditions recognize that the energy can be transmitted in a long distance. In Pranic

healing the energy can be precisely oriented, while as in Reiki it is considered that with laying the hands on the body you transmit the energy and it goes where it is needed. Reiki is a good technique and many people are using it. With Pranic healing we can do miracles.

Q: Mrs Anderson, if the patient is not familiar with that technique or is feeling distrust, is that influence the healing efficiency?

A: The energy follows the thought. If the thoughts are full with doubt, then it is possible that the orienting from the healer energy not to reach the body of the patient. There are different factors that influence the healing process. Master Choa Kok Sui said that every illness, each condition can be healed, but not every person can be healed. Some conditions are very serious like the one of cancer ill person. The tumor can be removed but the illness can spread to another place.

We have clinics for Pranic Healing attached to many hospitals in India, Australia, and other countries. In Australia for instance we have a healer that is occupied with cancer ill patients, that cleans their bodies after chemotherapy. He does pranic healing at the same time with the chemotherapy and with that he eliminates most of the unwelcome symptoms that follow it. Many of them did not reveal at all. It is stated that the blood test is changing rapidly also. When the energy status is improved, the body is healed.

Q: Do the children easily accept that healing then the adults?

A: They are much opened to it.

Q: Mrs. Dieckmann how a pranic healing séance is passing and how many séances are needed for healing?

A: The patient comes to the healer that compulsory informs him that the Pranic healing just completes the traditional one, not substituting it. That means that the patients have to consult with medical doctors, as well. After that the healer scans the energy field of the patient to understand if there is lack or excess of the energy. Then the healer cleans the chakras, after that they can be energized. When the energy body is harmonized, it improves the status of the physical body. The numbers of the séances depends of individual status of the patient.

Q: How can we energize ourselves from the Nature energy?

A: The prana of the fresh air helps us; we receive prana from the earth, sun, stones and trees.

Q: How it happens?

A: There are many techniques that can be used. Usually it happens by itself. But the more conscious and focused we are on this process the

more we receive. You can do the same what many people in Austria do – to use the healing energy of the trees. That depends on your abilities to be purposive and conscious.

Mrs. Anderson adds:

The Pranic Healing teach us on basis principles in the nature. Master Choa is not only a Grand Master of Pranic Healing but also a Master of Energy. His students are learning to distinguish the effect of the energy upon the physical body, to point at it and to use at it. He wanted to make the Pranic Healing a possession of the whole world.

Q: What does the Pranic Feng Shui represent, I understood that you will deliver a lecture on it when you are in Bulgaria next time?

A: It is connected with the application of the energy on the surrounding environment. For example it is possible when you sleep, to become rich, to manage and increase your prosperity, to improve your health, while being at home. You can use the secret potentials in the office-while you are talking on the telephone or negotiating with partners. It is possible to achieve great results. Master Choa used many simple techniques as he gave them step by step. Different practices from the entire world use in different manner the energy to improve the life of people.

Arhatic Yoga – accelerates the development of the soul

We are talking about Arhatic Yoga and Pranic healing with Mrs. Charlotte Anderson, wife of the well known spiritual teacher Grandmaster Choa Kok Sui – founder of the the contemporary Pranic healing and Arhatic Yoga. After the dead of her husband, she continues to make popular his techniques on work and healing with prana, to publish his books and disks. At the same time she organizes courses for advanced Arhatic Yoga in different parts of the world. Recently the American that lives in the Philippines visited Bulgaria for first time. "I hope next year to come again to organize courses on Pranic Feng Sui and Materialization of Ideas", she shared.

Q: What does Arhatic Yoga represents, Mrs. Anderson?

A: Arhatic Yoga is a spiritual system, synthesis form different yoga practices and techniques. It accelerates and enhances the evolution of

the soul, by not only emphasizing on mediations but also on building the character and good relations in the life.

Q: When it is created?

A: Master Choa Kok Sui has started with his spiritual practices as a child. He has lived in a unique and very interesting environment in the Philippines. He descends from family of ethnical Chinese industrials. On the island where he was born, there were many people that have known and have used the energy. Healing with energy was something ordinary and natural. One of his so called "spiritual baby-sitters" has such abilities that it was enough to point a finger to lamp to turn it off. This is an example of direct orientation of the energy. That kind of abilities was completely natural for him. His father was Catholic, his mother Buddhist, and both have communicated with Daoists. He has been trained with Jesuits. At the same time he had known many people from theosophical society. All these factors have influenced his growth.

Q: Can everybody practice Arhatic yoga?

A: Yes, but it is better to start at first with the basic level of Arhatic yoga, after with Pranic healing in order to acquire some basic knowledge about the energy. To practice Arhatic Yoga, the most important is to be in good health. If you have a serious problems with the hearth, higher blood pressure or other disease you have to be careful.

Q: Would you like to share some of the benefits of this kind of yoga?

A: It develops loving kindness in real, helps to perfect what Master Choa called "hardware" - our brain. It accelerates the evolution of your soul through different techniques for cleaning and practices for character building. Character building is extremely important – for instance you have to be sincere and permanent in what you are doing. You have to be generous with other people.

Q: Is it possible to use this knowledge for harmful purpose?

A: Among the Arhatic Yoga practitioners there is very slight chance for such person to get into. The energy is not connected with radiating energy. The only practice connected with radiating energy is the blessing for peace, harmony, happiness, good health, success and prosperity. All these things we are requested form God and the Arhatic yogis regularly give them to the world. The system of Arhatic yoga is not religious. It is practiced from thousands s of people around the world – Christians, Muslims, Buddhists, Hindu, in over 100 countries in the world.

Q: Would you like to tell us about your first meeting with Master Choa Kok Sui?

A: This is a very serious question. I would like to specify that I am not only the wife and the mundane half of Master Choa Kok Sui, I was long years his spiritual companion. He is a great spiritual creature and great spiritual teacher.

It took us a lot of time till we understood that he is not only the body that we see, but also a great teacher. The scale of one great soul can be measured by the effect upon the people, that have communed with such personality and how this personality has changed their lives. He changes the life of the people wherever he goes. He created many humanitarian programs for nurturing the poor from different countries, and for improving of their way of life.

Once in the hotel where we were stayed at we saw on the TV a report for women in India so poor that they don't have clothes to go out. Two of them were using the same sari, when they have to go somewhere. After that case he mobilized 17 foundations in India for only 30 minutes 60 thousand women from the rural areas received saris. He said that you can evaluate the rich by the way that they are spending their money and the poor by what they are not willing to do in order to obtain more money. Our relation was very close, very intensive. During the last years of his life his body was not so healthy and many people asked me why it is so. For many spiritual teachers it was valid also. Many of them have died in young age and this is not unusual. He died in the day of Saint Josef and that was the most appropriate date in the Buddhist calendar for leaving the body. It was in the begging of very special period in the Hindus calendar, so that I can share with you that the great souls do not leave this world in inappropriate time. Certainly you will ask why my soul is so inspired to continue the work of Master Choa? He gave me a lot of love and affection. He was constantly telling me that we are one, we are one with all.

Q: Do you intend to write a book for him and for your common life?

A: Just at the moment I have so much work, that it is very hard to handle with that too. In 2007 we have worked constantly and the miracles were part of our everyday life. Even our followers were telling about their experiences.

Q: What do you have in mind when taking about miracles?

A: We have a Pranic healer from India, doctor that is occupied with facial-jaw surgery. He had a patient that his X-ray shows part of his jaw bone missing. After a Pranic healing treatment the bone has regenerated. We cannot even measure the personal power that is given to us, because we don't have such techniques.

Q: Where is the Pranic healing most popular?

A: In Italy, Austria, Germany, Finland, Ireland. In the USA there is a kind program for additional qualification for medical doctors, in Italy are also working on the same direction. We have instructors in Bulgaria. Most of all we have Pranic healers in India, which for one year train about 1000 people. In Germany according to unofficial data there are 3000 people trained during the last year. In Austria the government already pays the medical for their Pranic healing training.