

The Fine Messages of Master Choa

For over 15 years Charlotte Anderson Choachui is the Spiritual Consort of Grand Master Choa Kok Sui, who made the Pranic Healing popular all over the world. Having witnessed his methods and techniques, she can also talk about something else which is equally valuable – his philosophy and his view of life...

One cannot see someone like her at a usual place. The evening before we met she has taught Kriya Shakti in Sofia and at nine o'clock sharp she was expecting me in her hotel in Boyana. The view from there was somehow indicating the inspiration, which fed people like her. Spiritual half in over 15 years of the unique Choa Kok Sui she has studied his philosophy and mastered the skills in his pranic system. This is why we choose to talk about his wisdom and the way he taught others to perceive the world. We always have many opportunities – emphasizes Charlotte, what is important is not to stop looking through the window. The clouds from the one against us were playfully covering the edge of the sun, while the city, seen from above, looked still in spite of the fact that it was Monday.

ABILITY TO UNDERSTAND AND BE AWARE

"I was spiritual half of Grand Master Choa Kok Sui in over 15 years and have travelled much with him all over the world. My soul had the chance to be present in every hour of his every training literally everywhere. This means that I was able to hear and understand his teachings from the perspective of different philosophical and spiritual trends. I had the opportunity to become aware of them through the catholic Christian views, from the Hinduistic position, through the Buddhist aspects and the views of Islam. The reason for this is that truth is universal.

It is taught in different traditions with similar words. If you take the phrase from John's Gospel: "In the beginning was the Word and the Word was in God, and God was in the Word..." you will see that it repeats the Rigveda, which is thousand years older: "The Word was Brahma ...".

At another level, which is less perceived, we are all aware of these things. But when a wise person manages to bring to the forth of our mind the pieces of the puzzle – simple, gathered and easy to understand, then these leads to an advanced spiritual system for our enhanced ability to understand and be aware.

PRANIC HEALING

"Master Choa Kok Sui is not just the modern founder of the Pranic Healing and Arhatic yoga. At the same time he was a true master of energy. He understood how it can be applied and respectively how it can be transformed from one state into another. In this sense he afforded us with the opportunity to understand and learn how we can use the energy in our relationships with the environment through Feng Shui.

He was also able to train us how to cure the physical body when it is with very condensed energy. Through Pranic Healing we were able to learn to transform the energy from one level into another. The healing is done by the body itself, while the healer only helps and speeds this self-healing. This is also valid for the classical methods – with the medicines they help the ability of the body to heal itself.

KNOWLEDGE ABOUT THE LIFE ENERGY

"Another aspect of the Teaching of Master Choa Kok Sui relates to the aspect of our spiritual bond, i.e. the bond with the spiritual level through prayer, regardless of that to what spiritual personality you pray.

He also deals with topics and issues of psychology in the part that is called Pranic Psychotherapy. In Bulgaria we just completed the course "Kriya Shakti – the Science and the Art of Prosperity and Happiness".

Arhatic yoga is the science for how to become more successful and more prosperous through the use of energy. Because money is energy, love is energy. All factors in our life have energy nature.

Thus, if you understand and can transform energy, you can use it in different ways."

WISE CHOICE FOR THE PRESENT AND THE FUTURE

"Sometimes we are attached to things, which may not be so good for us. We can have desires, because, for instance, we may lack self-confidence or may have never had sufficiently good life. We watch TV, we look through magazines and we say to ourselves: "God, send me a red Ferrari ...". The question is whether we can detach and do not attach.

To divide our mind and awareness. To define the things which we truly need from the things we just want to own. This is why we need to step back and look through the window of opportunities. Because life and this whole world outside holds every opportunity for us. Spirituality is one of the ways to reveal all our opportunities. It is time to learn to make wise choices for the present and the future.

PRANA REVEALS THE LINK WITH OUR ENERGY BODY

The system of Master Choa Kok Sui demonstrates how our emotions, mind and physical body are related to the invisible. To that end he teaches how to distinguish energies and how to define the state of our chakres. Through the pranic breathing our energy level is raised. The system has its meditative practice and develops mind potential although for many it is a magnet for the possibility of those who have mastered it to self-healing.

KRIYA SHAKTI TEACHES THE SCIENCE OF PROSPERITY

Through mudras, meditation and powerful thought forms we can manage our happiness. Master Choa draws the attention to that if we know the energy and know how to transform it and apply it in different life situations. Kriya Shakti is just this! The system chases away sabotaging thoughts and teaches the principles of moderation and accumulation, for which they say that has kept away from the Asian superrich all economic crisis.

ARHATIC YOGA INTEGRATES ALL TYPES OF YOGA

Master Choa has received it from his teacher Mei Ling. Through higher spritual techniques the energy fields are developed to achieve spiritual growth and realisation without conflict with the professional development

DEVELOPMENT OF THE HEART

“Which is the worst attachment of man? There are may be several... One of the things is the inclination to be relentless, non-forgiving and callous.

To be ready to do everything to receive what we want.

To cheat, to lie, to steal, and even kill.

To cause pain at all levels – mental, emotional, physical.

To hurt and cause damage to environment and thus bringing about paying of huge price by all.

The family of mankind is facing serious problems.

But in every crisis we can see the aspects of the granted opportunities. In this spectrum of opportunities we can try to do things without hurting others.

This can take place through the development of the heart. Through the development of the feeling of compassion or the universal love.

For instance, if you recite the prayers of St. Francis of Assisi, blessing every person and every living being, this is of great service to humanity for the energies of the blessing.

Or if we take the example of Mother Theresa – serving the poorest of the poor.

These persons have been unquestionably good because they have developed their hearts.

Due to this they have practiced loving kindness to all living beings. Does this mean that we cannot kill even a mosquito when it tries to bite us? In India we know such saints who never use a car and only walk because they would not like the vehicle to kill any animal which might be crossing.

Such non-violence is not popular in the Western world.

For most of us this is not particularly practical, but sometimes the fine messages of the soul may render someone to want to wish this kind of life and to apply it.

THE PATH OF THE GOOD SOUL

“Master Choa Kok Sui has tried a lot to explore, had the ability to synthesize knowledge and to transfer it from one tradition into another, to find the threads of the universal truth hidden somewhere there... He studies ancient manuscripts and sources of knowledge in different languages to be able to present these view in a way as true to the original as possible. This is an important factor!

In this tradition, they would not ask you to change your religion or philosophy. The existence of God, according to Master Choa, is self-evident.

He said: “I am simple one good soul, which is trying to become one better soul...”

People, who share this teaching also share this feeling that they are good souls, which want to become better souls...”

(Text under Charlotte’s picture:

From 18th till 20th September Charlotte Anderson will be again in Bulgaria to deliver a seminar on Arhatic Yoga – a system in which one can learn and experience the essence and the power of the seven types of yoga: Raja yoga, Karma yoga, Kundalini yoga, Gyana yoga, Bhakti yoga, Mantra yoga and Hatha yoga.)

Praha interview of **Krasi Prodanov**

Photos: **Konstantin Nachev** and archive

We are grateful to the co-operation of Prana Bulgaria – one can read more about them at: www.pranicbulgaria.com