

PRANIC HEALING RESEARCH

PRANIC HEALING STUDY 6

Investigation of the Effects of Pranic Healing Techniques on Birthing Process and Maternal Outcomes

Andrea Tarabek, R.N.
Jim Sorden, Senior Certified Pranic Healer

Abstract of the presentation:

According to the principles in Pranic Healing, healthy individuals tend to have "cleaner" energy whereas sick or depleted individuals tend to have more what is called "dirty" or "diseased" energy. Based on these principles, a person's environment may have either a positive or negative effect on him or her due to the quality and quantity of vital energy existing in the room. This is especially important during recovery from physical ailments or during medical procedures.

Specific Pranic Healing techniques are used to remove "dirty and diseased" energies from a physical environment and to increase the "positive and healthy" energy level of that environment. This double blinded study aimed to evaluate these techniques by observing their possible effects on the condition of patients during the birthing process. A total of 978 vaginal births were studied at a Level 1 Birthing Center in Santa Barbara, California. Pranic Healing techniques were applied from February through December of 2003 to prepare birthing rooms for the labor and delivery process. The data for 256 births during this period was compared with data for 722 births in the years 2000, 2001 and 2002.

According to the statistics gathered, preparing birthing rooms by using Pranic Healing techniques had a positive effect on the birthing process and maternal outcome. Specifically, it was observed that there were an increased percentage of births with intact perineum, an increased percentage of non-medicated births and a reduction in the number of complications.

