

FACIAL REJUVENATION THROUGH PRANIC HEALING

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"Pranic Healing Facial Rejuvenation provides the fundamental principles of facial cleansing, softening, moisturizing, toning, and regenerating to achieve a younger, refreshed, revitalized facial appearance."

In cultures past and present, there has always been preoccupation with beauty and aesthetic appearance. A beautiful face is something every person is expected to achieve. Good looks express good character. And the face is always the first thing that people notice and perhaps maybe the only basis for judgmental and lasting impression. As the eyes are the mirrors of the soul, the face is the reflection and visible image of beauty, health and happiness of the whole body. If something is not right internally, it shows on the face. The face conveys every pleasure, misery, anxiety or worry. A troubled face reflects inner struggle or problems while a happy and cheerful face can captivate and influence relationship with others. In contrast to other parts of the body, one cannot hide the face, as it is always open for analysis, impressions and scrutiny. For this reason, the search for an effective facial and beauty program continues.

In exploring the meaning and importance of beauty, a common intrinsic and extrinsic factor to consider is stress and painful psychological experiences. These negative energy that one experience can show on the face in the form of lines and wrinkles. A person that is a constant worrier will have horizontal wrinkles in the forehead. A person that frowns constantly or a person that is very intense will have vertical lines between the eyebrows. An unhappy and sad person will show droopy lines and wrinkles on the sides of the eyes and mouth. Contrary, a very happy person will have "laughing lines" that tend to point upward. On this premise one can say that the stress energy and painful psychological experiences are stored in the facial lines and wrinkles on the face.

By applying Pranic Healing - an advanced form of subtle energy healing that balances, harmonizes the energy processes in the body - facial stress energy can be removed or disintegrated and the skin

is toned and nourished. This results in a refreshed, energized and healthy face. Active in over 85 countries, hundreds of thousands of Pranic Healers worldwide have learned and applied this powerful innovative technology that can harness the energy of the body, mind, and spirit to produce optimal health and well being. Pranic Healing is a powerful system that has gained worldwide popularity. It uses one's own natural vital energy or *prana* to accelerate the body's innate self-healing ability. Easy to learn and apply, Pranic Healing uses a series of simple, effective and powerful methods to generate energy. (Miracles Through Pranic Healing, 2nd edition 1999 by Master Choa Kok Sui)

Pranic Healing Facial Rejuvenation is a specific no-touch no-pain energy healing technique that removes accumulated stress and painful psychological energy from the face. By applying advanced Pranic Healing techniques utilizing color energy or color *pranas* on the face in

a specific hue, proportion and sequence an energy facial skin program is established. (Advanced Pranic Healing, 3rd edition 1995 and Pranic Psychotherapy, 2nd edition 2000 by Master Choa Kok Sui).

A pilot study completed in New Jersey showed significant benefits of pranic energy application. Twenty-one subjects (*female* = 29; *male* = 2; *white* = 14, *Asian* = 4, *Hispanic* = 3; *mean age* = 44.7 years) enrolled in the study over a five-week period. Weekly Pranic Healing sessions were done. There was an overall positive and beneficial result from the study. Some of the most dramatic results included complete disappearance of vertical lines in 1 or 2 sessions. One subject looked at least 10 years younger following completion of the study. The wrinkles and facial lines were notably diminished and a certain glow and vibrancy were noted in most subjects. The study results and observations are noted on Table 1 and Table 2.

Table 1. Study Results

Most Dramatic Observations

- Vertical lines between eyebrows completely disappeared after 1-2 healings (Subject 4 - one healing session & Subject 5 - two healing sessions)
- Subject 21 (50 year old male) looked 10 years younger after the study

- Wrinkles and lines on the side of the mouth, eyes and forehead disappear or were significantly less after 1-4 healings
 - A refreshed "glow" is noticeable after the healing sessions
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Table 2. Study

More Common Observations

- "Face feels happy, light and relaxed"
 - "Face feels warm, clean and refreshed"
 - "Feels tingling sensation and movement of energy on the face"
 - "Face feels plumper, more youthful and fresh"
 - "Facial skin feels taut"
 - "Facial tension released, feel energy moving and face firmer"
 - "Face filled up and feels puffed up"
 - "Face very tight, energized and lifted"
 - "Face free of tension. Everybody in the study looked younger"
 - "I feel happy with my face"
 - "I like how I look"
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Overall, the subjects looked better and felt better after the Pranic Healing Facial Rejuvenation sessions. They are happy and the stress is replaced with peace, self-confidence and inner serenity.

Pranic Healing Facial Rejuvenation that may average 10-15 minutes per subject is done in conjunction with a guided Meditation on Twin Hearts for Psychological Health and Well-Being. Science has accepted meditation as a known modality in stress relief. Scientific and research studies on Meditation on Twin Hearts have shown positive beneficial results including measurable changes in brain waves from beta waves to alpha and delta-theta waves, improved skin conductance and muscle testing, increased brain synchrony between the left and right sides of the brain and increased serotonin and melatonin blood levels. (www.meditationontwinhearts.org) Pranic Healings can be performed with the hands or with a laser crystal for precise color energy projection. (Pranic Crystal Healing, 1996 by Master Choa Kok Sui)

Pranic Healing Facial Rejuvenation has provided the essential elements of facial skin care but in the context of a no touch energy healing. It provides the fundamental principles of facial cleansing, softening, moisturizing, toning, and regenerating to achieve a younger, refreshed, revitalized facial appearance.

The Pranic Healing Facial Rejuvenation Program is a safe, simple alternative approach in the hope of achieving a wrinkle-free, stress-free and youthful looking face.

