

# The West African Pranic Healing Foundation

Volume 1

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Any testimonials or articles can be sent to  
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*“An intelligent person is not closed-minded. He does not behave like an ostrich burying his head in the ground trying to avoid new ideas and developments.*

*An intelligent person is not gullible. He does not accept ideas blindly.*

*He studies and digests them thoroughly, then evaluates them against his reason; he tests these new ideas and developments through experiments and his experiences.*

*An intelligent person studies these ideas with a clear objective mind.”*

- MCKS

## What is Pranic Healing?



Pranic healing is an ancient science and art of healing that utilizes prana or ki or life energy to heal the whole physical body.

It also involves the manipulation of ki and bioplasmic matter of the patient's body.

It has also been called medical qigong (ki kung or ki healing), psychic healing, vitalic healing, therapeutic touch, laying of the hand, magnetic healing, faith healing and charismatic healing.

# On Forgiveness

taken from GMCKS Golden Lotus  
Sutras - Experiencing Being

*“Forgiveness is not a matter of who is right or wrong. It is a matter of doing the right thing.*

*Compassion means to Forgive.*

*There is both Inner Forgiveness and Outer Forgiveness. Inner Forgiveness is for all people, but Outer Forgiveness should be done on a case-to-case basis.*

*If the mistake or the crime is serious, the offender cannot be forgiven externally. There has to be justice and order, without which there will be chaos.*

*Inner Forgiveness is therapeutic. If you do not Forgive you cannot be Internally Healed. Forgiving heals the Soul.*

*The reason young people look so pretty is they have not yet been scarred by life.*

*You must Learn to Forgive or you will dry up like dead wood.*

*Your Spiritual Development depends on your ability to Forgive others.*

*Your ability to “fly” in the Inner World depends on Inner Forgiveness.*

*If you do not Forgive, you will continue to think about offender and the unpleasant event.*

*By Forgiving and Blessing, you stop wallowing in mud and you achieve Inner Peace and Freedom.*



*Do not be unhappy. The past is the past! Let go, learn to Forgive and Forget. Let Go and Go on Living!*

*The way to handle your enemies is to Forgive and Forget. Otherwise, you will become their nanny, mother or father, wiping their backsides in your future incarnation. Anger and hatred chains two souls together.*

*Learn to Forgive, Forgive, and Forgive! Do not ask for “an Eye for an Eye.” If you Forgive, and ask for Forgiveness, the “Link” binding you together will be cut.*

*To be free, some people must consciously Forgive over and over again. Anger and Hatred bind people together!*

*When you Hate someone, it creates an “Energy Link” with the person. You become chained to the person and your Soul becomes entangled with that person. If you want to be free, you must Forgive people.*

*Silently say,*

*“You are forgiven, God's blessings and peace be with me and be with you.”*

*Repeat 7x for 7 days.*

*Forgive other people before you ask for Forgiveness. As your sensitivity increases, you must practice patience and forgiveness.*

*Forgive! Forgive! Forgive! As you Forgive, you will be Forgiven.”*

# 4th West African GMCKS Arhatic Yoga Retreat 2012 at Hotel Sarakawa, Lome



There were around 300 Arhatic yogis at the retreat at Sarakawa..We had people from Benin, Ghana, Nigeria, Gabon, Hong Kong, Iran, India, Congo... Master Danny and Master Hermie who are senior trainers from the Phillipines reminded us of many of the practices that we were taught in Arhatic yoga, further explaining to us the reason behind these practices and what changes our physical, mental and emotional bodies undergo. We were also privileged because we watched several videos of Master Choa Kok Sui himself and it was wonderful to see him especially for those who had never met Master (the founder of pranic healing and Arhatic yoga). The three days went by very quickly and we also got to meet other pranic healers. New friends were made and experiences shared. It was encouraging to be part of a community driven by a purpose of improving our own lives as well the of lives of other people.

- Editor

"Before I came to the retreat I had so many thoughts jumping in my mind after the 1st day of retreat I already feel calm and peaceful"  
- Rohit from Lagos



"The Meditation in a group caused the descent of a large amount of divine energy which me allowed to undergo a kind of emotional purification and greater control over my emotions followed after the retreat"  
- Amivi from Togo



"Pranic healing has helped me solve internal issues . I am now a pranic healing trainer myself"  
- Bita from Iran



"During the 4 days of the retreat I felt great joy and felt a sense of forgiveness towards all that have hurt me"  
- Essoham from Togo



"I had a lot of things clarified at the retreat and one thing I realized I have to do is make a proper schedule in order to do my practices."  
- Eileen Carlos from The Gambia



"Amazing priceless teaching and seeing Master for the first time!"  
- Meghna from India



"Apart from spiritual practices during the retreat we also had a very enjoyable session of dancing with Master Hermie"  
- Landry from Togo



Dear Friends,

I've been a Pranic Healer for more than six years now. It has been a great learning experience, and I am still learning and growing every day of my life. Master Choa taught us how to live life the right way, by loving and caring for each other, by being practical, yet spiritual. I have many beautiful experiences to share with all of you. But here I will talk about one of them.



I was working in Mumbai and practicing Pranic Healing at the same time. A lady approached me for healing. She had an allergy on the skin, all over her body. There were patches on her face that made her look unattractive. She also had acne because of the allergy. I told her she could come to my house for regular healing. She started coming. I would make her sit in the meditation room and play the meditation on twin hearts by Master Choa Kok Sui. She would meditate while I would open the Advanced Pranic Healing book and use the protocol on skin allergy for her healing. After every session she would tell me that she was feeling light and peaceful. She would pay for the healing and leave, to come back again the next day. Within 3 to 4 healings she could feel the difference on her skin. After about 7 sessions the allergy started to subside. The patches started reducing and the texture of her skin started to improve. Apart from that, regular practice of twin hearts meditation made her a happier and more peaceful person. We did about 21 sessions, after which she stopped coming for healing. I invited her to join our Pranic Healing family and she came for full moon meditation organized by our Foundation – The Pranic Healing Foundation of South Mumbai. On the day of full moon we invite several hundreds of people to come together in a group and practice the meditation on twin hearts. She also came. And when I saw her, I could not take my eyes off her face! She looked like a doll. Her skin was smooth, and shining, and flawless! There was a beautiful natural pinkish glow on her face. I asked her what she had done to look so good. She said, “Nothing.” I could not believe her so I asked again, “Did you take any medicine?” She smiled and said, “No. It's just the healing you did.”

- Jasleen Goraya

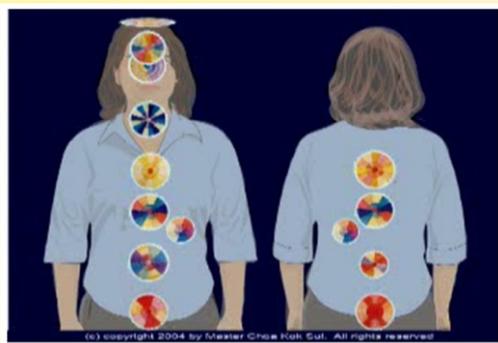
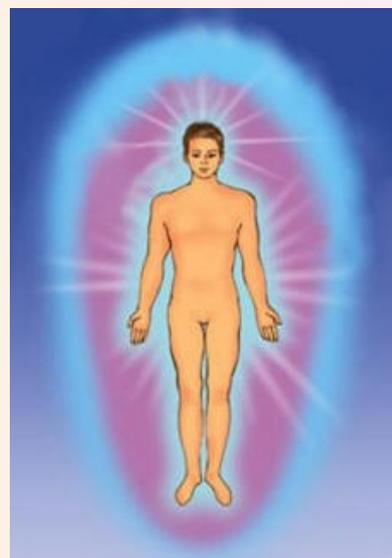
# The following is the summation of the main points relevant to the study of Pranic Healing:

1. The whole physical body is actually composed of two bodies: the visible physical body and the invisible etheric body which is made up of finer substances called etheric matter (Chap. 1, p.3). This etheric body corresponds to what is now called the bioplasmic body.

2. The etheric body is the vehicle of prana or ki (Chap. 1, p.4).

3. The etheric body has many nadis or etheric channels through which prana or ki flows (Chap. 3, p. 22). These etheric channels are the equivalent of the meridians or bioplasmic channels.

4. The etheric body is the mold or pattern of the visible physical body (Chap. 2, p. 13).



5. The etheric body has several chakras or etheric whirling centers which absorb, digest, and distribute prana and is responsible for the proper functioning of the whole body (Chap. 3, p. 22; Chap. 4, p. 32).

6. Some chakras are psychic faculty centers or the sites of our psychic faculties (Chaps. 3-13, pp. 22-62).

7. Prana can be obtained from sunlight, air, and trees (Chap. 2, pp. 8, 16-21).

8. The visible physical body and its etheric body are so closely interrelated that what affects one also affects the other (Chap. 1, p. 6). Healing is brought about by removing the diseased etheric matter from the patient's etheric body and by transferring or projecting prana from the healer's etheric body to that of the patient's etheric body (Chap. 17, pp. 74-83).

9. A strong health aura acts as a protective shield against germs and infection (Chap. 4, p. 33).

10. Persons whose limbs have been amputated sometimes complain that they still feel the limb in place. The reason for this is that the etheric counterpart or the etheric mold is still intact (Chap. 1, p. 6).

It should be noted that the existence of the etheric body and other important points mentioned in the preceding items were later verified or rediscovered by Russian scientists.

- Excerpts taken from the book *Miracles Through Pranic Healing* by Master Choa Kok Sui

# Courses Information

**Basic Pranic Healing Course:** Some of the things covered in this course are basic techniques and principles of Pranic Healing, healing of simple ailments and more severe ailments, Twin Hearts Meditation, Powerful Breathing Exercises to increase energy levels, Distant Healing, Self Healing and much more.

Duration : 2 days (9 am to 6 pm)

Course Fees: Includes the Basic Pranic Healing Book and Twin Hearts Meditation CD

**Advanced Pranic Healing Course:** Teaches further techniques to provide more powerful healings using colour pranas. It helps you heal long and more serious diseases faster and more effectively. Learn more advanced healing techniques.

Prerequisite: Basic pranic healing

Duration: 2 days (9 am to 5 pm)

Course Fees: Includes Advanced Pranic Healing Book.



**Pranic Psychotherapy:** This course helps you understand how negative thoughts and emotions effect us and those around us. It helps you to heal yourself as well as others from various conditions such as depression, fears, stress, anxiety, addictions and other psychological & emotional problems.

Prerequisite: Basic and Advanced Pranic healing

Duration: 2 days (9am to 5pm)

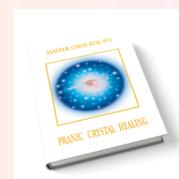
Course Fees: Includes Pranic Psychotherapy Book and Meditation CD

**Pranic Crystal Healing:** This course allows you to further enhances your ability to heal faster and more efficiently using crystals.

Duration: 1 day (8 am to 6pm)

Prerequisite: Basic, Advanced & Pranic Psychotherapy

Course Fees: Includes Pranic Crystal Healing Book



**Psychic Self Defense:** This course informs how you are affected by energies in your home, your work place and where ever you visit. It helps you protect yourself from negative energies of other people such stress, anger and depression. It helps you have better health, more energy clear thinking and much more.

Duration: 1 day (8 am to 6pm)

Prerequisite: Basic, Advanced & Pranic Psychotherapy

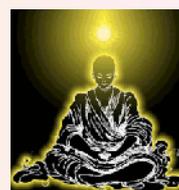
Course Fees: Includes Psychic Self Defence Book



**Arhatic Yoga Preparatory Level:** This course provides you access to secret higher spiritual practices and allows you to develop spiritually by helping you awaken the kundalini cautiously. It also helps in improving your life in totality. Higher Meditations and purification practices are taught that increase your awareness, your intelligence and give you solutions to everyday problems of : health, relationships, finance and others. This course helps you realize by removing your inner weakness you can transform your life.

Prerequisite: Basic, Advanced & Pranic Psychotherapy

Duration : 2 days (8 am to 6pm)



# Pranic Healing Centres in West Africa

## Lome, Togo

1) GMCKS Pranic Healing Centre  
Lome  
#411, Avenue Nicolas Grunitzky, B.P.  
2855,  
Lome, Togo  
Tel: (228) 22205864  
Contact: Amivi

2) Clinique Barruet  
Boulevard Houphouet Boigny, Lome,  
Togo  
Tel : (228) 22212197  
Contact: Dr. Barruet

## Accra, Ghana

GMCKS Pranic Healing Centre Accra  
No 8 Sublane Tessano, PO Box No  
19810, Accra North,  
Accra, Ghana.  
Contact: DOH Botchoe  
Tel: (233) 540518180

## Lagos, Nigeria

GMCKS Pranic Healing Centre Lagos  
22, Alh.Muritala Animashaun close,  
Off Adelabu street , Surulere,  
Lagos , Nigeria  
Tel:  
017907437/08065970928/080697310  
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## Dakar, Senegal

GMCKS Pranic Healing Centre,  
Senegal  
129, Rue Mousse et Diop face  
cocktail du Senegal, Dakar, Senegal  
Contact: KUDJODJI Attisso Sena  
Tel: +221 778445030 31033

## Cotonou, Benin

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Tel : +229 94638025  
Contact: LOKO Zinsou

2) Centre GMCKS & ML de  
Godomey  
03 BP 080  
Cotonou; Benin  
Tel: +229 90085563  
Contact: Ahossi Roger

## Banjul, The Gambia

West African Pranic Healing  
Foundation – The Gambia  
Contact: Jallow Reyes  
Tel: (220) 7737387

## Abidjan, Ivory Coast

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Abidjan  
Lot 62 IL 11 Vision 2000  
2Plateaux, Angré,  
Abidjan, Ivory Coast  
Tel: (00225) 22 50 04 53; 01 80  
07 22  
Contact: Lawson Paul

## Ouagadougou, Burkina Faso

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