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So what is prana and where does it come from?

Prana is the creative life force that flows through all and gathers itself together in this realm to bring life into form. It is a flow of pure love, that some would call Divine, that comes from the original Source of all creation. It is also known as the universal life force, chi or cosmic particles. When its flow is weak within us we also slowly become weak and undergo what we feel are normal human limitations, such as dis-ease and death. When its force is pulsing strongly out through us, it transforms us and allows us to experience more of our limitless, divine nature until we become the enhanced or ascended human.

The following is an excerpt about prana from Choa Kok Sui's book *Miracles through Pranic Healing*. "Prana or ki is that life energy which keeps the body alive and healthy. In Greek it is called *pnuema*, in Polynesian *mana*, and in Hebrew *ruah*, which means "breath of life" ...

"Basically, there are three major sources of prana: Solar prana, air prana, and ground prana. Solar prana is prana from sunlight. It invigorates the whole body and promotes good health. It can be obtained by sunbathing or exposure to sunlight for about five to ten minutes and by drinking water that has been exposed to sunlight. Prolonged exposure or too much solar prana would harm the whole physical body since it is quite potent.

"Prana contained in the air is called air prana or air vitality globule. Air prana is absorbed by the lungs through breathing and is also absorbed directly by the energy centers of the bioplasmic body. These energy centers are called chakras*. More air prana can be absorbed by deep slow rhythmic breathing than by short shallow breathing. It can be also absorbed through the pores of the skin by persons who have undergone certain training.

"Prana contained in the ground is called ground prana or ground vitality globule. This is absorbed through the soles of the feet. This is done automatically and unconsciously. Walking barefoot increases the amount of ground prana absorbed by the body. One can consciously draw in more ground prana to increase one's vitality, capacity to do more work, and ability to think more clearly.

"Water absorbs prana from sunlight, air, and ground that it comes in contact with. Plants and trees absorb prana from sunlight, air, water, and ground. Men and animals obtain prana from sunlight, air, ground, water, and food. Fresh food contains more prana than preserved food."