Would you like to feel this this Energy?

PRANIC HEALING®

DISEASE FIRST ENTERS OUR ENERGY BODY
BEFORE ENTERING THE PHYSICAL BODY
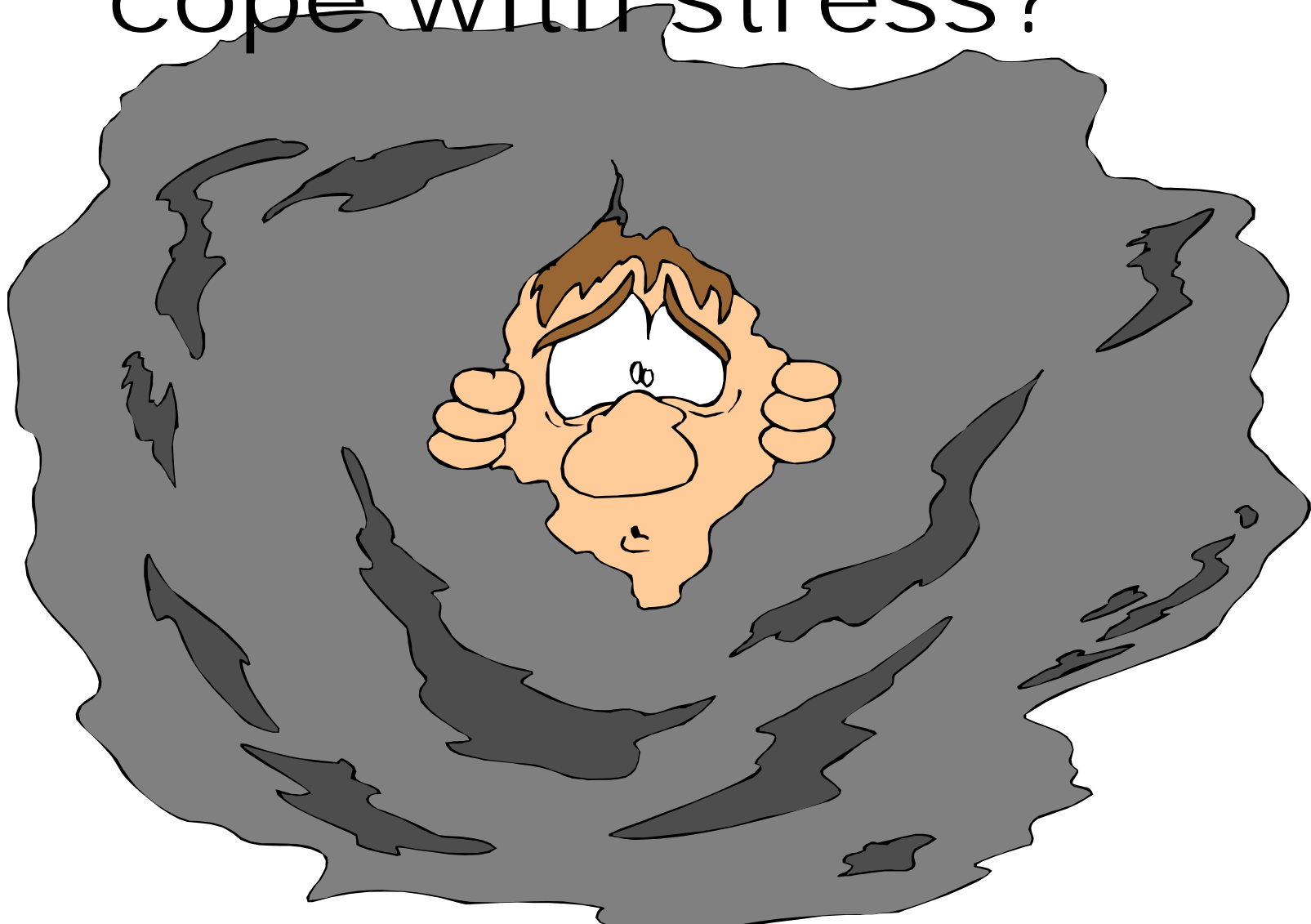
Human Aura

– Invisible
Energy Body
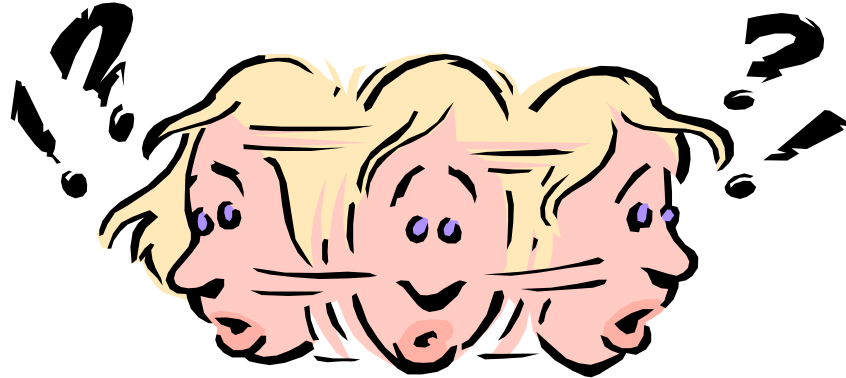
In Response to Stress
Fight -or - Flight

Be Aware

Recognize when you are stressed

Practice reducing stress through your positive mental attitude.

Change Your Lifestyle

SAY YES TO...

Forgive Easily

- **Healthy Diet**
- **Letting go of anger**
- **Proper Exercise**
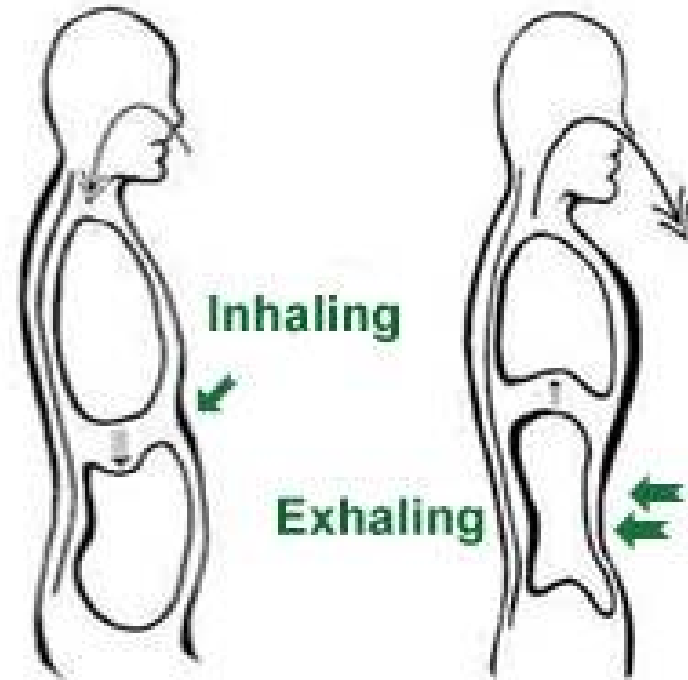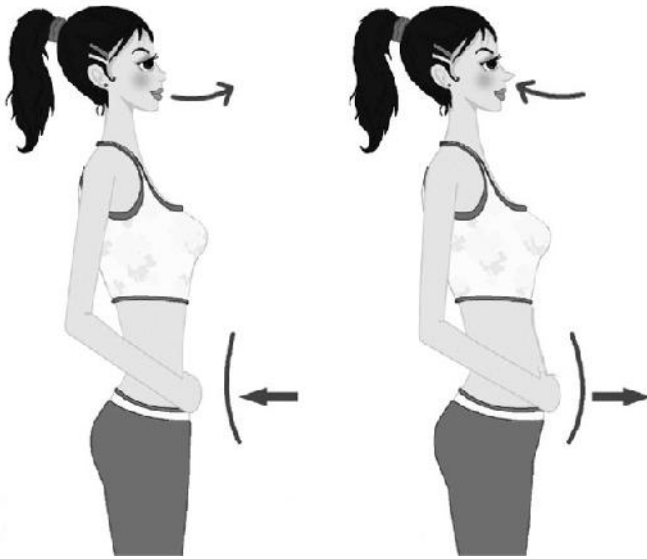- **Relaxing**
- **Making a Schedule**

Preventions?

Refrain from - Anger, Hatred, Jealousy etc..
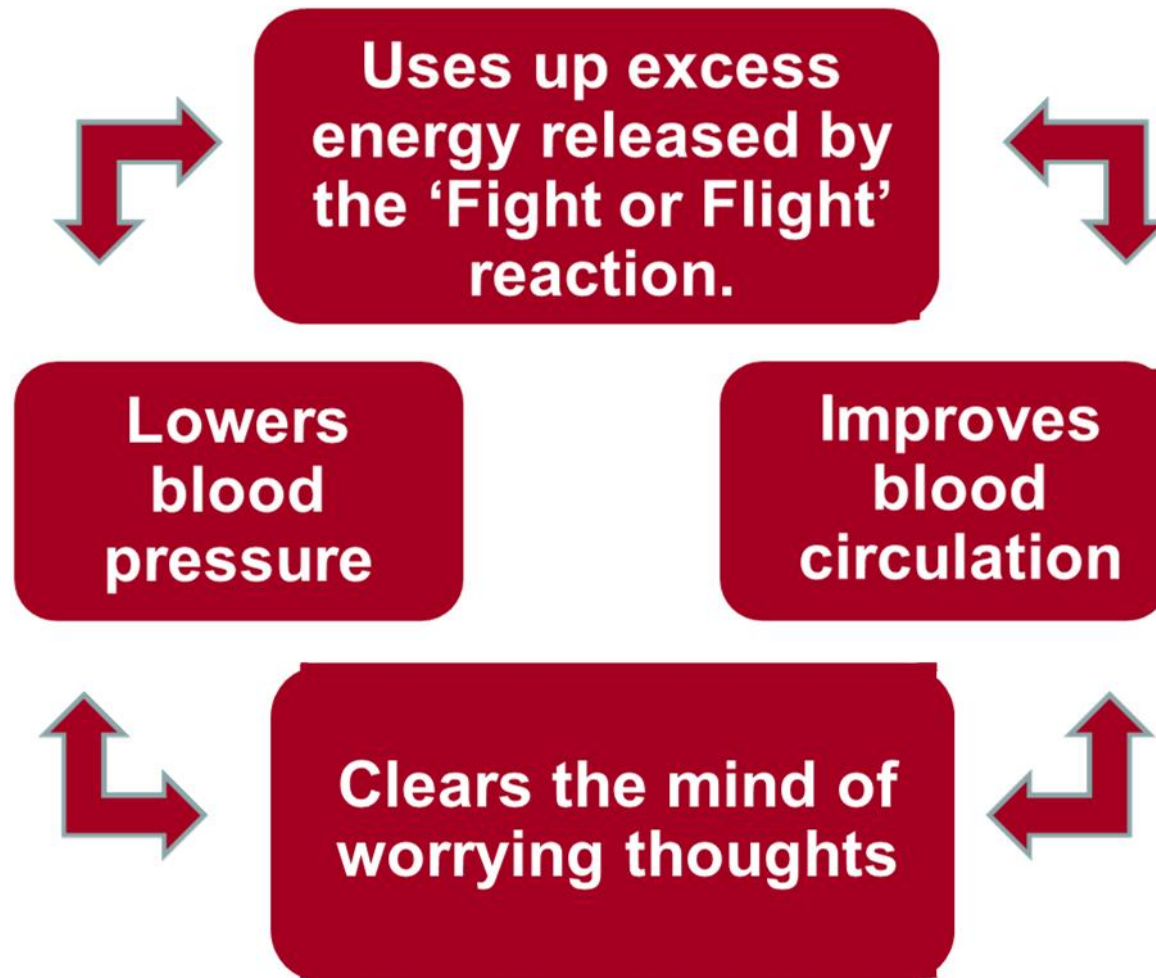
Preventions?

Correct Breathing

When the breath is Still & Strong, so is the Mind. Learn the power of breathing and its relationship with your energy source. "to breathe properly is to live properly"

Deep Breathing Abdominal Breathing – Inhale Hold Exhale

Inhaling

Exhaling

Benefits of Exercising

Uses up excess energy released by the 'Fight or Flight' reaction.

Lowers blood pressure

Improves blood circulation

Clears the mind of worrying thoughts

FAIL