

## Energy Healing 101: Pranic, Tantric, and Reiki

You have probably come across exotic-sounding terms such as "chakra", "prana", "aura", and "tantra" in your course of reading books on spirituality, sex, and healing in the New Age literature section of the bookstore. But what's the real scoop behind these exotic vocabularies?

### Are All Energy Healings the Same?

Chakra or energy center is a term used in Pranic healing, an ancient Hindu system of energy healing. "Prana" means life energy. "Aura" is another terminology traced to Pranic healing. Aura is a non-physical body that consists of energy, which exists along with our physical body. The aura that covers our body is said to have seven layers pertaining to the physical, emotional, mental, and spiritual aspects of an individual as manifested by energy. Studying the color and thickness of auras give ideas on the state of health of individuals. Six colors are associated with aura and interpreted into six personalities. These colors are all present in an individual but one or two are more pronounced.

Green - ambitious achiever

Blue - spiritual peacemaker

White - unconventional chameleon

Red - activist

Orange - creative communicator

Violet - psychic

Although Tantra is popularly associated with the peculiar practice of sex and spirituality, it is another method of energy healing. It comes from the word "tan" which means to spread or expand. The concept of connectedness is a recurring theme in Tantric writings on sex and spirituality. As a method of healing, spirituality and sex figure prominently. It is presupposed that the union of man and woman can reach spiritual levels during orgasm, which removes the body and mind off collected impurities. These impurities being negative energies can in turn manifest as physical illnesses.

Unlike Pranic and Tantric healings, which have Hindu origins, Reiki originated from Japan. It is relatively younger than Pranic and Tantric healings having been rediscovered in the early 1900's. Reiki stands for universal energy, an energy brought forth by higher intelligence. Students of Reiki are taught how to tap this energy to heal physical, emotional, and mental illnesses.

Although Pranic, Tantra, and Reiki are all systems of energy healing, they

differ in the type of energy tapped for healing: life energy, sexual energy, and universal energy respectively.

The concepts of the connectedness of mind, body, and spirit; the connection of individuals to all living and nonliving things around them and to the universe; and how energy impacts physical, emotional, and spiritual well-being are some of the salient similarities of these three healing methods.

### Why Do People Turn to Energy Healing?

Pranic, Tantric, and Reiki are considered alternative methods of healing. In spite of the availability and relative accessibility of modern medicine, how come more and more people are being drawn to them? Here are some possible reasons:

- Energy healing worked where modern medicine failed.

For several reasons both explainable and unexplainable, modern medical treatment failed to heal ailments and conditions in several if not many persons. Research or data may not be able to support this statement. But for the families of the dying as well as for the dying patient, they would take the risk of using alternative methods ranging from herbals and organics, faith healers, witch doctors, and New Age healing techniques just to be get well.

- People perceive modern medicine to be isolating.

Medical treatments are oftentimes focused on the disease and its causative agent, which can make a patient feel isolated and treated like a mere host of the disease. Although recent developments in hospital practice are gradually promoting the holistic treatment of a patient, the perception still persists. Unlike in energy healing, since energy and spirituality are intimately linked, the patient feels that all aspects of his health are being attended to.

- Energy healing is non-obtrusive and natural thus it is safer.

Repeated surgical procedures are physically and emotionally traumatic for most patients. It is but a logical and attractive option to both patient and families to look for less stressful health interventions. Moreover, with the rising popularity of New Age religions, going natural is the way to go.

- Energy healing is a good way of relieving stress.

Meditation is part and parcel of energy healing methods and this is an added come-on for highly stressed people. Moreover, sophisticated equipment is not required thus it becomes all the more convenient for students and future students of energy healing.

The battle between alternative healing and mainstream medicine continues as both present the benefits of their approach. But in the final analysis, what matters is the restoration of good health.