

**INTEGRATIVE HEALING INSTITUTE
3300 NACOGDOCHES RD. #110**

**PRANIC HEALING MEDITATION AND CLINIC NIGHT
Mondays 7 pm to 9 pm**

Welcome! We are a group of Pranic Healing® practitioners, from beginner to more experienced practitioners, offering Pranic Healing® sessions to the community as a public service. Donations are welcome and proceeds go to partially compensate the institute for the use of space, to the charitable projects of Master Choa Kok Sui, and to further the Pranic Healing® movement in the United States. May the good karma generated by your donation come back to you and your family many many times spiritually, materially and financially.

The free Pranic Healing® clinics use the Pranic Healing® system as found in the book *Miracles through Pranic Healing®*, and other bestselling books by Master Choa Kok Sui. Pranic Healing® has worked successfully with ailments ranging from asthma, arthritis, cancer to addictions, depression and phobias. It is an effective no-touch, painless, healing art that acts as a powerful catalyst to spark the body's inborn ability to repair itself. **Disclaimer:** The Pranic Healing® system is not meant to replace orthodox medicine but merely to complement it. Pranic Healing® practitioners DO NOT physically touch the recipient's body, diagnose diseases, prescribe any drugs/substances or make any health claims or promises.

Pranic Healing is based on two principles. First, *the body has the ability to heal and repair itself*. Second, the principle of *Life Force Energy*, which is needed for the body to heal itself and remain healthy. Life Force Energy (referred to as *Chi* in China, *Ki* in Japan, *Prana* in India and *Ruah* in the Old Testament) surrounds and interpenetrates the physical body. The physical body and the "energy body" are so intimately connected and related that what affects one, affects the other and vice versa. If there is something wrong physically, it also manifests on the energy field. In Pranic Healing, we work on the energy field to accelerate the healing process.

You will receive a brief session during which the practitioner will do a general healing or address a specific concern you may have. During the healing, simply relax and be open and receptive. Silently repeating "I completely, deeply, permanently accept all the healing energy, Thank You" several times during the healing will help you receive more.

APPOINTMENTS ARE RECOMMENDED. Please call Maria Wilson at 210 445 9234 to let us know you are coming so we can schedule you in.

If you are interested in booking a full session with a Pranic Healing® practitioner you may consult him/her personally for more information. you are encouraged to avail yourself of additional sessions if your ailment requires it. For more information on Pranic Healing please check www.pranichealing.com.

Guidelines to follow after Pranic Sessions

1. Preferably do not wash or shower 12-24 hours after sessions. This further allows the assimilation of energy in the emotional and physical body.
2. Eat light meals and abstain from red meats for 12-24 hours. Red meat requires much energy to digest and is also a low form of energy.
3. Try to rest after the session. Follow your normal routine but no excessive exercise or activities.
4. Try to keep your thoughts and actions focused positively. This allows the healing energy to be more fully absorbed. Mentally repeating the affirmation "I completely, deeply, permanently accept all the healing energy, Thank You" several times throughout the next two days can also assist the process.
5. Begin taking salt baths on a regular basis if your ailment is severe. At least 2-3 times a week. This cleanses the energy field around the body, helping it to stay cleaner and healthier, which can accelerate the rate of healing.

Salt Bath: Use 1-2 pounds of regular table salt or rock salt. It need not be expensive sea salt. Dissolve the salt in a bath of water. Fill tub enough to cover entire body. Soak for 20-30 minutes and follow with a regular shower to wash off the salt water.

6. You may experience physical and emotional reactions following sessions. The body may cleanse itself naturally by diarrhea, vomiting, strong smell in urine, etc., but this is rare.