Balancing the Human Energy Field through Pranic Healing

Overview
The purpose of this article is to explore energy anatomy, the energy healing system of Pranic Healing and self-care techniques based on Pranic Healing principles.

Learning Objectives:
Following this education activity, the participant will be able to:
- Describe the practice of Pranic Healing
- Discuss how Pranic Healing differs from other energy healing systems
- Explore the factors that can impact the effectiveness of healing
- Compare the basic methods an individual will commonly use to help clear negative emotions and limiting beliefs with those developed by Co and Robins (2002)
- Participate in a variety of modalities used to balance the human energy field through Pranic Healing such as pranic breathing, energy manipulation, energetic hygiene, meditation on Twin Hearts and energy generating exercises

Contact Hour(s) 1.2

Requirements for Successful Completion
Read the entire article, score 70% or better on the posttest, and complete the online evaluation form.

Conflict of Interest
The planners and faculty have declared no conflicts of interest related to this activity.

Commercial Support
There is no commercial support or sponsorship for this activity

Expiration Date of Contact Hours
Posttest must be completed on or before September 30, 2020

Beginnings, AHNA Member Magazine, October 2018 Issue

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