

Did You Know

- Cultures have studied the body's energy centers for thousands of years?
- Energy healing is based on scientific principles?
- You don't have to be spiritual to benefit from energy healing?
- Energy healing is totally accessible?
- You can maintain your energetic health at home?

Credit: <https://www.mindbodygreen.com/0-23890/what-everyone-should-know-about-energy-healing.html>



Kolawole Braimah, CEO and Managing Partner at LifeWellness Wholistic Center is a Health & Wellness Consultant, Iridologist, Energy Healer, Life Coach and

Energy Medicine and Pranic Healing

Energy medicine is both a complement to other approaches to medical care and a complete system for self-care and self-help. It can address physical illness and emotional or mental disorders, and can also promote high-level wellness and peak performance.

You heal the body by activating its natural healing energies; you also heal the body by restoring energies that have become weak, disturbed, or out of balance. To accomplish this goal, energy medicine utilizes techniques from healing traditions such as pranic healing, reiki, crystal healing, chakra healing, acupuncture, yoga, kinesiology, and qi gong etc.

Flow, balance, and harmony can be non-invasively restored and maintained within an energy system by tapping, massaging, pinching, twisting, or connecting specific energy points (acupoints) on the skin; by tracing or swirling the hand over the skin along specific energy pathways; through exercises or postures designed for specific energetic effects; by focused use of the mind to move specific energies; and/or by surrounding an area with healing energies (one person's energies impacts a another's).

Energy medicine can be used to treat illness and relieve pain; stop the onset of illness as soon as it begins, stimulate immune function, relieve headaches, release stress, improve memory, enhance digestion, relieve arthritis, neck, shoulder, and low back pain, and cope with electromagnetic pollution.

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By learning simple energy techniques to keep your energies balanced and humming, you can improve your health, sharpen your mind, and increase your joy and vitality.

The essential principles of Energy Medicine include:

1. Energies—both electromagnetic energies and more subtle energies—form the dynamic infrastructure of the physical body.
2. The health of those energies—in terms of flow, balance, and harmony—is reflected in the health of the body.
3. Conversely, when the body is not healthy, corresponding disturbances in its energies can be identified and balanced.
4. To overcome illness and maintain vibrant health, the body needs its energies to:
 - a. Move and have space to continue to move—energies may become blocked due to toxins, muscular or other constriction, prolonged stress, or interference from other energies.
 - b. Maintain a balance with other energies—the energies may lose their natural balance due to prolonged stress or other conditions that keep specific energy systems in a survival mode.
5. Flow, balance, and harmony can be non-invasively restored and maintained within an energy system.

The body's energy anatomy is as complex and multi-layered as its physical anatomy. I work with nine primary, interrelated energy systems. While I have seen the body's energies all my life, the functions of each of these systems became increasingly clear to me as I started to help others with their healing.

In my practice of energy medicine, I have found that each energy systems is identified and spoken of in the healing tradition of at least one other culture. Some are widely known, such as the meridians, the chakras, and the aura. Other systems have not been as widely recognized. Let us examine the widely known energy systems.

Meridians: The meridians are energy pathways that serve as the body's energy "bloodstream." Each meridian runs both along the surface of the skin, where its flow can be most readily influenced, and deep into the body, where it brings the energy to at least one or more organs or physiological systems. Meridians bridge mind, body, and spirit.

Chakras: Situated along the spine are seven major chakras (additional "minor chakras" can also be found throughout the body). The chakras are like pools or

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swirling disks of energy that bathe and fuel the organs in their proximity. They govern the endocrine system and carry information about the person's history. They also encode and process physical, mental, emotional, and spiritual experiences. Each major chakra has seven layers, with its deepest layers reaching almost into the Basic Grid and its outermost layers touching into the aura.

Aura: Like the Earth's atmosphere, the aura surrounds and envelops the body. It is the body's outermost energy system, composed of seven layers or "nested auric fields" (think of Russian dolls) and seven concentric bands from the bottom to the top of the body. Each layer and each band serves a different function—but ultimately the aura acts as:

1. a filter to protect the body from toxic or disruptive energies, and
2. an antenna bringing in beneficial energies.

The aura processes necessary nutrients from the environment, such as sunlight, and helps harmonize you within the magnetic field of the Earth. The proper functioning of the aura greatly impacts physical, emotional, and spiritual health.

Studying energy medicine the practice that I have found exciting and beneficial to my practice and to my clients has been Pranic Healing.

Pranic Healing is one of those things that you do not consciously know that you are missing. It can take you as far as you want to go, in so many ways. It can show you how to take the pain out of a skinned knee or a burn. Pranic Healing can teach you to accelerate the healing of a broken bone, or help you to find peace, forgiveness and give you the tools that you need to live a fruitful, loving and productive life.

Its Founder, Grand Master Choi Kuk Sui has thought of a remedy for whatever ails you, on whatever level. Learning Pranic Healing is like learning to read, or add, at first it seems foreign, then it is second nature, and you wonder how you could ever get along without it; After some time, one begins to realize what a precious gift Pranic Healing is. Like a fine wine, or a friendship it unfolds revealing ever more subtle expressions of its unique genius.

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SO WHAT IS PRANIC HEALING? It is a Simple yet extremely powerful recipe driven, no touch system of healing. The foundational techniques can be learned by anyone able to follow simple instructions, in just one weekend course. In Ghana it is offered at the Pranic Center at Tesano. Pranic Healing is complimentary in nature. It is not meant to replace Allopathic Medicine, or any other healing method. It is easily adapted into a practice, or may be used alone. Pranic Healing uses the forces present in nature, along with the body's innate abilities, as the foundation on which Pranic Healing is built.

It is based on two principles. The body has the innate ability to heal its self. In order to do so life force, or life energy must be present. The body has intelligence of its own. If it did not we would spend all our time telling it what to do. No time to do anything else. The body has the ability to control and energize its own system it's conditioned to do so. In order for the body to heal it requires life force or life energy. Simple, no life force or life energy, no healing can occur, the body is dead. There are several sources of this life force or "Prana". These include the environment i.e. the sun, the air, the earth. We get some prana from the food that we eat, from animals, and from other people, and spiritual sources.

The First healing technique learned in Pranic Healing is how to stem the flow, how to remove attachments and energetic links to negative people and situations. Cleansing and Energizing are two other basic techniques used in Pranic Healing. Before any energy is given, negative, dirty, diseased, or contaminated energy is first removed and disposed of properly this is called cleansing. After cleansing, areas that have depleted energies are energized.

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Having been a pranic healer for the last four years, I know that everyone can benefit from Pranic Healing in one way or another. Whether it is from learning how to help without being drained, or to keep your body healthy, or to help your family, friends, relatives and loved ones Pranic Healing has something to offer everyone.

Pranic Healing at LifeWellness Wholistic Center

At LifeWellness Wholistic Center we offer Pranic Healing, meditation and energy medicine as part of our healing therapies and protocols. Also as part of our corporate social responsibility we offer free Pranic Healing sessions the last Thursday of every month at our Kokomlemlle facility. If you have any perplexing lifestyle ailments do make time to pass by or call and book an appointment with us.

Walk into your divine presence and experience the new you!!!

Credits: <http://www.pranichealing.net/about-pranic-healing/>
http://www.energymed.org/hbank/handouts/principles_ener_med.htm
The Pranic Center, Tesano

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☎ 020 202 3252 / 027 175 2425

10 Zinia Street, Community 20 Lashibi

No. 7 Faanofa Road, Kokomlemle, Accra

www.lifewellnessghana.com