

Sensation of Pranic Energy between Hands: An Exploratory Study

Srikanth N. Jois*, Manasa B.**, Lancy D'Souza***, Nagendra Prasad K.****

Abstract

Prana is the universal principle of energy or force. The present study seeks to understand the experiences of participants when they perceived the pranic energy between their hands. Exploratory research design was used. 178 participants with a mean age of 26.8 years took part in this study. In Session One, participants were asked to view their hands and record their observations in an open-ended questionnaire. In session two, participants were guided to feel the prana between the hands and recorded their experiences using the same open-ended questionnaire as conceptualized by Master Choa Kok Sui. The results were analysed using Contingency Coefficient analysis and Chi Square tests. Results revealed that all the respondents felt the pranic energy between their hands and expressed their experiences. 60.7% of the respondents were feeling the prana in palm and finger tips. 55.6% of respondents felt warm sensation in their hands. Sensation of warmth was significantly more in post-session, compared to pre-session ($CC=.573, p=.000$). 78.1% of respondents felt magnetic force between hands, 42.7% of them felt tingling / electric sensation, 31.5% felt energized. In addition, 52.8% of the respondents felt relaxed after the sensation of prana. Evidence from this study indicates that Prana which exists in the plasmic state can be felt by anybody with proper guidance and training.

Keywords: Prana; Palms; Relaxed; Temperature.

Introduction

Prana or ki is that vital energy or life force which keeps the body alive and healthy. In Greek, it is called pneuma, in Polynesian mana, and in Hebrew, ruah which means "breath of life." It is the sum total of all energy that is manifest in the universe, all the forces in nature and powers and which lie everywhere around us [1].

Indian sages could unravel the mystery by understanding Prana as the basic fabric which bridges mind and matter. The dynamics and laws of Prana were understood through systematic practice of Pranayama to gain mastery over Prana [2]. Though

the essence of life is seen as a metaphysical irreducible life force that cannot be measured, Indigenous systems of healing such as Ayurvedic and Chinese medicine and modern modalities such as chiropractic rest on concepts of a vital force or subtle life energy that is central to healing. Called by many names, including Prana in Ayurvedic medicine and qi in Chinese medicine, these indigenous terms go back thousands of years. They may actually refer to something similar to the present-day concept of the bio field, which is, at least in part, based on the electromagnetic field theory of modern physics [3].

The important difference between traditional and modern views of the vital force is that the bio field rests on physical principles and can be measured, whereas the traditional concepts remain metaphysical. Nonetheless, considerable similarities exist between ancient concepts of the life force and modern bio field concepts [3]. The Upanishads which were written thousands of years ago clearly mention that Prana is the most vital ingredient which flows through the Nadis and invigorates the whole body [4]. There are several major bioplasmic channels and through these channels flows prana or ki that nourishes and invigorates the whole body and it is

Author's Affiliation: *Research Head, **Consultant Psychologist, ****Research Consultant, World Pranic Healing Foundation, India, Research Centre, Saraswathipuram, Mysore 570009. ***Associate Professor, Maharaja's College, University of Mysore, Mysore- 570006.

Reprint's Request: Srikanth N. Jois, Research Head, World Pranic Healing Foundation, India, Research Centre, Saraswathipuram, Mysore 570009.

E-mail: srikanth@pranichealing.co.in

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sensitive to external impacts. Disease or illness arises as a result of blockages, excesses, or irregularities in the flow of prana. Prana is the link between the astral and physical body. When the slender thread-link of prana is cut, the astral body separates from the physical body. Death takes place. The prana that was working in the physical body is withdrawn into the astral body [3-5].

According to Sui [1], Prana which persists in the plasmic state can be seen by the naked eyes and felt by anybody with guidance and training. Swamy Niranjananda [6], encourages his students to become aware of a life force, or 'prana', of which the human body is entirely comprised. Through awareness of prana and using techniques which awaken the psyche, pranavidya (knowledge of prana) leads to an awareness of the spiritual self and the development of latent healing power. In addition, a previous study on pranic energy has revealed that prana can be felt, seen and experienced, and perception of this energy has brought some positive changes on their psychological status [7].

Prana has not been studied much. A review of earlier study on prana says that anybody with interest can view and experience the pranic energy with proper training and guidance. In addition, perceiving and experiencing the prana is itself very beneficial. Hence our study aims to explore this very experience by understanding the feelings and sensations involved in perception of the pranic energy among participants.

Method

Sample

The participants for this study were localities from Mysore districts, involves students, youth and adults totalling 178 participants, with a mean age of 26.86 years. Table 1 provides socio demographic details of the participants.

Procedure

Exploratory research design was used in the study. Since Prana is omnipresent the venues chosen were those places where the respondents either worked, or attended a course in colleges. Permissions were taken to conduct the study from concerned authorities. On obtaining informed consent from participants, a two-hour introductory session was conducted followed by study procedures. In Session One, participants were asked to view their palms, and record their experiences in an open-ended questionnaire. In

session two, participants were guided to feel the prana between the hands as mentored by Master Choa Kok Sui and recorded their experiences using the same open ended questionnaire.

Inclusion Criteria

1. Those interested to learn about Prana.
2. The age criteria for participants ranging from late adolescence to elderly.

Exclusion Criteria

1. Those with previous Pranic experience.
2. Early adolescents (age ranging from 11 to 13)

Tools

Open ended questionnaire was given to record participants experiences about pranic energy in session one and session two.

- Describe your experience between your hands?

Coding: The responses of Session one and two from the participants were categorized into different domains like physical, psychological, bioplasmic and then tabulated.

Physical Domain: The physical domain in this study defines all those sensations which the participants experienced physically like warmth in the hands, coolness, pulsation, etc.

Psychological Domain: All the experiences that participants felt like nice feeling, relaxed feeling, peaceful, excitement, happy, etc.

Bio-plasmic Domain: All the sensations which cannot be categorized under physical and psychological domain like magnetic force, tingling sensation, pressure etc.

Ethical Consideration

The concerned authority was approached to get permission for the study. Following ethical guidelines were followed. The data was collected only after getting the informed consent from participants. Confidentiality of the participant was maintained at the utmost level. The participation was voluntary and no coercion of any sort was used. The participants were informed about the method of administration and the purpose of the study. The researcher was objective by not letting any personal biases affect the research process. The data collected was used only

for research purpose. Participant had an option of dropping out of the study at any time, if required.

Statistical Analysis

The results were analysed using Contingency Coefficient analysis and Chi Square tests.

Results and Discussion

The present study was aimed to draw a definitive conclusion on the sensation and experience of Pranic energy among participants. The data collected has been consolidated, coded and similar expressions about energy sensations were grouped accordingly as physical, psychological and bioplasmic. Results obtained have been tabulated and interpreted.

Table 2 shows that in session one 23.0% of respondents gave expressions like holding the pen, writing, working, eating, etc. 3.4% of them expressed about temperature variation, mentioning warm and cold. 2.2% of the respondents have given various expressions such as looking at lines in palm, relationship between hands, etc. 48.9% of them felt nothing.

Table 3 shows that chi square test revealed a significant difference between groups of sensations ($X^2 = 58.056$, $p = .000$), where 4-6 expressions were seen significantly high with percentage of 56.7 in session two. It was found that, significant associations were observed between education and sensation of pranic energy ($CC = .310$, $p = .001$). Graduates had pranic energy sensations significantly more when compared post graduates and high school / diploma students. It is understood that all the participants were able to perceive the prana between the hands.

Table 4 shows that in session two, 60.7% of the respondents were feeling the prana in palm and finger tips. 55.6% of respondents felt warm sensation in their hand, 1.7% of the respondents felt their hands were light. Higher percentage of respondents from stream of high school and diploma significantly experienced heat or warmness, when compared to Post-graduate and graduate respondents respectively ($CC = .285$, $p = .001$).

Table 5 shows that Sensation of temperature felt by participants in pre-and post-session. In pre-session, before experiencing prana between the hands 3.4% of respondents have felt warm/cold sensation. After experiencing the prana in post session 55.6% of respondents expressed about warm sensation in their hand. It can be concluded that sensation of temperature is significantly more in post-session, compared to in pre-session ($CC = .573$, $p = .000$).

Table 6 shows that in session two, 52.8% of the respondents felt relaxed after the sensation of prana in between the hands. 5.6% of them felt it as a new awareness / experience. Education had a significant effect in the experience of relaxation. Higher percentage of respondents from stream of high school and diploma significantly experienced relaxation when compared to Post - graduate and graduate respondents respectively ($CC = .240$, $p = .006$).

Table 7 shows that in session two, 78.1% of respondents had felt a magnetic force between hands, 42.7% of them felt a tingling / electric sensation, 31.5% felt energized, 16.3% of respondents felt texture related sensation such as smooth, like ball, pressure, hard, iron. More males significantly experienced energized feelings when compared to females ($CC = .215$, $p = .004$). Higher percentage of respondents from high school and diploma stream significantly experienced tingling sensation, when compared to Post - graduate and graduate respondents ($CC = .208$, $p = .021$).

Table 1: Socio demographic profile of participants

Sensation of pranic energy Number of expressions		Age group			Gender		Education			Total
		<20	21-30	30+	Male	Female	PG	Graduation	High school	
1 - 3	F		2	8	8	10	9	8	1	18
	%	8.4	5.0	18.6	10.0	10.2	26.5	8.5	2.0	10.1
4-6	F	53	25	23	46	55	16	60	25	101
	%	55.8	62.5	53.5	57.5	56.1	47.1	3.8	50.0	56.7
6+	F	34	13	12	26	33	9	26	24	59
	%	5.8	32.5	27.9	32.5	33.70	26.5	27.7	48.0	33.1
Total		95	40	43	80	98	34	94	50	178
		CC=.169, p=.262			CC=.014, p=.983		CC=.310, p=.001			X ² =58.056, p=0.000

Table 2: Sensation of Prana across different ages, genders and education levels

Socio demographic profile.	Variable	F	%
Gender	Male	80	45.0
	Female	98	55.0
Age	<20	95	53.4
	21-30	40	22.5
	30+	43	24.2
	Post-graduation	34	19.1
Education	Graduation	94	52.8
	High school	50	28.1
	Urban	70	39.3
Locality	Rural	108	60.7
	Practicing yoga/ exercise	Yes	17
Practicing breathing exercise	Yes	19	10.7

Table 3: Physical sensation of pranic energy in between the hands during session one

Sensation of prana between hands		Age			Gender			Education		Total
		<20	21-30	30+	M	F	PG	Graduation	High school	
Holding something	F	21	5	15	16	25	7	26	8	41
	%	22.1	12.5	34.9	20	25.5	20.6	27.7	16.0	23.0
Test statistics		CC=.183, <i>p</i> =.051			CC= .065, <i>p</i> =.385			CC=.122, <i>p</i> =.267		
Temperature	F	5	0	1	3	3	0	5	1	6
	%	5.3	0.0	2.3	3.8	3.1	0.0	5.3	2.0	3.4
Test statistics		CC=.120, <i>p</i> =.275			CC=.019, <i>p</i> =.800			CC=.120, <i>p</i> =.277		
Looking at hand	F	0	3	1	3	1	1	2	1	4
	%	0.0	7.5	2.3	3.8	1	2.9	2.1	2.0	2.2
Test statistics		CC=.201, <i>p</i> =.027			CC=.092, <i>p</i> =.222			CC=.023, <i>p</i> =.954		
Nothing	F	55	23	9	29	58	10	47	30	87
	%	57.9	57.5	20.9	36.2	59.2	29.4	50.0	60.0	48.9
Test statistics		CC=.316, <i>p</i> =.000			CC=.228, <i>p</i> =.002			CC=.208, <i>p</i> =.022		

Table 4: Physical sensations of pranic energy in between the hands during session two

Sensation of prana		Age group			Gender			Education		Total
		<20	21-30	30+	M	F	PG	Graduation	High school	
Finger tips	F	60	22	26	52	56	21	62	25	108
	%	63.2	55.0	60.5	65.0	57.1	61.8	66.0	50.0	60.7
Test statistics		CC=.066, <i>p</i> =.675			CC=.080, <i>p</i> =.286			CC=.140, <i>p</i> =.173		
Warm	F	49	22	28	44	55	22	40	37	99
	%	51.6	55.0	65.1	55.0	56.1	64.7	42.6	74.0	55.6
Test statistics		CC=.111, <i>p</i> =.332			CC=.011, <i>p</i> =.881			CC=.285, <i>p</i> =.001		
Light	F	1	1	1	2	1	0	2	1	3
	%	1.1	2.5	2.3	2.5	1.0	0.0	2.1	2.0	1.7
Test statistics		CC=.053, <i>p</i> =.780			CC=.057, <i>p</i> =.446			CC=.064, <i>p</i> =.696		

Table 5: Sensation of temperature in pre and post session

Sensation of pranic energy		Physical Session		Total
		Pre	Post	
Temperature (warm)	F	6	99	105
	%	3.4%	55.6%	29.5%
		CC= .573, <i>p</i> =.000		

Table 6: Psychological sensation of pranic energy in between the hands before and after sessions

Sensation of pranic energy		Age group			Gender			Education		Total		
		<20	21-30	30+	M	F	PG	Graduation	High school			
Session One	Psychological	Good	F 7	1	5	8	5	4	9	0	13	
		%	7.4	2.5	11.6	10.0	5.1	11.8	9.6	0.0	7.3	
	Test statistics	CC=.120, p=.279			CC=.094, p=.212			CC=.178, p=.059				
	Very important	F 4	1	2	4	3	2	1	4	7		
Session two	Psychological	%	4.2	2.5	4.7	5.0	3.1	5.9	1.1	8.0	3.9	
		Test statistics	CC=.041, p=.863			CC=.050, p=.508			CC=.160, p=.101			
	Relaxed	F 45	21	28	46	48	22	39	33	94		
	%	47.4	52.5	65.1	57.5	49.0	64.7	41.5	66.0	52.8		
Session one Session two	Psychological	Test statistics	CC=.145, p=.154			CC=.085, p=.257			CC=.240, p=.006			
		New Awareness	F 3	3	4	5	5	2	7	1	10	
	%	3.2	7.5	9.3	6.2	5.1	5.9	7.4	2.0	5.6		
	Test statistics	CC=.117, p=.293			CC=.025, p=.741			CC=.101, p=.400				

Table 7: Bioplasmic sensation of pranic energy in between the hands

Sensation of prana		Age group			Gender			Education		Total	
		<20	21-30	30+	M	F	PG	Graduation	High school		
Session two Session one Session two	Bioplasmic	Magnetic sensation	F 79	32	28	62	77	24	77	38	139
		%	83.2	80.0	65.1	77.5	78.6	70.6	81.9	76.0	78.1
	Test statistics	CC=.180, p=.057			CC=.013, p=.864			CC=.107, p=.359			
	Tingling sensation	F 39	17	20	32	44	15	32	29	76	
	%	41.1	42.5	46.5	40.0	44.9	44.1	34.0	58.0	42.7	
	Test statistics	CC=.045, p=.835			CC=.049, p=.511			CC=.208, p=.021			
Session two	Bioplasmic	Feeling energy	F 25	15	16	34	22	12	33	11	56
		%	26.3	37.5	37.2	42.5	22.4	35.3	35.1	22.0	31.5
	Test statistics	CC=.119, p=.286			CC=.215, p=.004			CC=.127, p=.236			
	Texture related	F 16	6	7	15	14	6	15	8	29	
%	16.8	15.0	16.3	18.8	14.3	17.6	16.0	16.0	16.3		
Test statistics	CC=.020, p=.966			CC=.060, p=.422			CC=.018, p=.972				

Results indicated that all respondents were able to sense the pranic energy between their hands and they have expressed their varied sensations with more than one expression. 56.7% of respondents have expressed their pranic energy sensation in 4-6 expressions. In perceiving prana between the hands, graduates had better experience. Irrespective of their gender and age, any participant can feel the prana between hands.

Findings indicate that, in session one, participants when looking at hand their responses were oriented more towards temperature variations, holding pen, book, writing, feeling nothing etc. It is observed that these kinds of interpretations are not seen in session two. When participants were in to session two, they

have expressed that prana seemed like warm sensation in palms, some felt experience of prana in finger tips, and they felt a kind of lightness in their hand and energized sensation. In addition, they experienced some bioplasmic sensations like, magnetic force and pressure between their hands, tingling / electric sensations in their fingertips. Prana could felt by them like a ball, smooth in texture. These experiences were not seen during session one, when participants were simply looking at their hands. It is also seen that after experiencing the prana, participants felt relaxed and they have expressed that feeling the prana brought a new awareness in them. It can be inferred that feeling of prana itself has a beneficial effect on their mood. This finding was

supported by a study on pranic energy perception, that revealed majority of the participants viewed and experienced the pranic energy with guidance. 61.1% of the respondents have expressed that the sensation of Prana was a nice feeling in between their hands [7].

In addition to previous studies, numerous pranic energy healers have stated about pranic energy experiences between healers and healees. Sui [1] has stated that eighty to ninety percent of people will be able to feel a tingling sensation, heat, pressure or rhythmic pulsation between the palms on the first try. As Benor [8] reported, numerous healers experience palpable sensations when they move their hands close to but not touching the body. This may be experienced as heat, coolness, tingling, stickiness, or other feelings in the healer's hands. Turner [9], a prominent British healer, recorded about commonly reported sensations of heat, tingling, vibrations and cold. Conversely, Chen [10] reports that "receivers" demonstrated an increase in the palm temperature during the reception intervals, while no such changes were noted outside these "blind" intervals. Finally, Gloria Alvino [11] mentions low levels of light coming from people who have practiced yoga for many years, and Qigong masters emit some "vital force" with "a very low fluctuating carrier wave". As reported by healers, in this study it was seen that there was a significant change found in experience of temperature variation between sessions. The sensation of warmness was significantly more in session two compared to session one.

Though this study is about of the perception of Prana which is vital for an organism, the manipulation and balancing of Prana plays a pivotal role in keeping a living thing healthy. Pranic Healing, Pranayama, Acupuncture etc., are few techniques which help to keep the Prana in balance. Earlier studies show that manipulation of prana can benefit in various ways. In a study, projection of prana to plants is also useful in pranic agriculture protocols. It has been proved to increase the yield of Pole bean [12], cucumber [13] and green gram [14]. Pranic vegetables were also reported to have increased shelf life, [13] increase seed germination and seed vigour [14].

Thus, current findings were in line with previous findings and experiences of the prominent healers. Evidences of these, illustrates that prana is different from the breath. This is also a feature that has to be observed. The prana is a very subtle tendency within us. We may say the characteristic of the total energy of the system is the prana. It is not located in any part of the body particularly. Though it has special

emphasis laid in different parts of the body, it is equally distributed everywhere. Prana is nothing but the sum total of the energy of the system. Whatever our total capacity is, that is our prana-shakti [15]. It is the Prana that is manifesting as the actions of the body, as the nerve currents, as thought force. From thought, down to the lowest physical force, everything is but the manifestation of Prana [16]. Prana cannot be separated from the physical vehicle and its etheric double during life and the three always stay together in the waking or sleeping state of man [17]. Without Prana the body can't live. Strictly speaking, Prana is breath; and as breath is necessary for continuance of life in the human machine. It works unceasingly on and around us, pulsating against and through us forever [18].

Conclusion

Evidences of this study indicate that pranic energy or life force can be seen or felt with guidance. A common man with interest can experience this higher realm of the existence easily. Experiencing the prana between the hands revealed some physical and bioplasmic experiences by respondents in this study. It is observed that there has been a good impact on participants' mood as a result of experiencing prana. Results of this study provide foundations for further studies on pranic energy.

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