

Psychological and bioplasmic states of adolescents upon viewing air and ground *prana*

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Prana is a subtle energy utilised by plants, animals and humans and has not been adequately studied in the recent past. The present study was conducted to record the observations on viewing of air and ground pranic energy by adolescents and subsequent impacts on their psychological and bioplasmic domain. Exploratory research design was used. Four hundred and thirteen adolescents participated in the study and were guided to view *prana*. An open-ended questionnaire was used to record their experiences, which were then categorised into psychological and bioplasmic domain. The results were tabulated and analyzed using contingency coefficient analysis. While viewing air *prana* 66.8 % of them witnessed it as small globules, 35.6 % saw something moving fast, 51.3 % felt relaxed and good after viewing air *prana*. While viewing ground *prana*, 15 % of the participants witnessed it as lines and 12.3 % saw it as waves emerging from ground. The study indicates that adolescents' perceptions of air and ground *prana* are different. The above study showed that viewing air and ground *prana* can bring positive change in well being of the adolescents.

Keywords: *Prana*, Pranic energy, Air *prana*, Ground *prana*

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As stated by Swamy Vivekananda¹, *prana* is not just the breath; *Prana* is that which causes the motion of the breath, that which is the vitality of the breath. According to Sui², *prana* or *ki* is the vital energy or life force which keeps the body alive and healthy. *Prana* has been known across regions, it is called *pneuma* in Greek, *mana* in Polynesian, and *ruah* in Hebrew which means "breath of life." *Prana* which persists in the plasmic state can be seen by the naked eyes and felt by anybody with proper guidance and training. *Prana* is remarkably powerful and resilient, yet it is also very delicate³. Solar, air and ground *prana* are three major sources of *prana*, which are obtained from sunlight, air and ground, respectively. Air and ground *prana* are called vitality globules because they appear as small spheres or globules of light when seen clairvoyantly or by a person with slightly more sensitive eyes. Organism including man, plant and tree is surrounded by an energy field body called bioplasmic body or 'Aura'. *Prana* is the substance of an *aura* of a living

being⁴. According to Powell⁵ *prana* has been mentioned in most of the *Vedic* and *Yoga* texts. Thousands of years old *Upanishads* clearly mention that *prana* is the most vital ingredient flowing through the *Nadis*, invigorating the whole body. In western terms, *prana* can be best visualized as vitality on the physical plane, as the integrating energy that co-ordinates the physical cells. *Prana* is essential for functioning of any physical body as one integral whole, working as one entity. Without *prana*, the body would be just a collection of independent cells. The *prana* of the life form holds the living organism together⁶. Energy healing or energy therapy based on the energy body of the human beings is an emerging form of complementary and alternative medicine. Energy healing alters the quality and quantity of *prana* in the body. The origin of energy healing is traceable to various areas of the ancient world and has been noted in Western and Eastern cultures. Prominent examples of such healing practices are acupressure, acupuncture, *pranic* healing, *reiki*, crystal healing, *qigong*. In a study involving projection of *prana* using *pranic* agriculture

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protocols on polebean plants, produced higher yield⁷. Studies on nutrition and quality characteristics of cucumber showed higher moisture content along with longer shelf life among *pranic* treated cucumbers compared to control group⁸. *Pranic* healing could bring a significant impact on agriculture in terms of increased seed germination rate and higher seeding vigour⁹. *Pranic* healing also, improves the health and well being of animals and was found effective in treating mastitis and epistaxis¹⁰. Jain *et al.*,¹¹ found that *pranic* healing was effective in controlling chronic pain of musculoskeletal origin among human patients. *Prana*, being the very essence of life is primarily responsible for life. Feeling and experiencing this *prana* in itself is very beneficial. An earlier study was conducted to analyse the experiences of participants when they were guided to feel the *pranic* energy in between their hands and also guided to see the air *prana* and absorb air *prana*¹². This study aims to explore and understand the feelings and sensations involved in perception of air and ground *pranic* energy among adolescents. Based on the results of this study, it would be easier to understand later if this *prana* can be utilised in order to bring balance in physical and psychological health.

Methods

Design

Exploratory research design was used in the study.

Sample

The participants for this study were 413 adolescents in the age range of 12–19 yrs with an average of 14.45. The participants were all National Cadet Corps (NCC) members. The study was conducted during a training camp of the NCC cadets in an open field. The temperature was 25 °C with relative humidity of 78 %, respectively. Table 1 provides the socio-demographic details of the study participants.

Tools

An open-ended questionnaire was used for the participants to describe in detail their feelings and changes experienced after viewing air and ground *prana*.

Coding

The participants were asked to record their observations after viewing air and ground *prana*. Responses were then categorised into 2 different domains, namely psychological and bioplasmic.

Table 1 — Socio-demographic profile of the study participants

| Socio demographic profile | Variable | Frequency | Percentage (%) |
|--|----------------------|-----------|----------------|
| Total | | 413 | 100.0 |
| Sex | Male | 125 | 30.2 |
| | Female | 288 | 69.7 |
| Age | <14 | 278 | 67.3 |
| | >14 | 135 | 32.6 |
| Occupation | Student | 413 | 100.0 |
| Education | High School/ Diploma | 386 | 93.7 |
| | Middle School | 42 | 6.2 |
| | | | |
| Religion | Hindu | 358 | 86.6 |
| | Muslim | 32 | 7.7 |
| | Christian | 16 | 3.8 |
| | Others | 7 | 1.6 |
| Locality | Urban | 260 | 62.9 |
| | Rural | 153 | 37.0 |
| Yoga/exercise | Yes | 261 | 63.2 |
| Breathing exercises/ <i>Pranayama</i> | Yes | 238 | 57.6 |

Psychological domain: Experiences felt by participants like relaxed, good, new experience, happiness are categorised in this domain.

Bioplasmic domain: Experiences felt by participants like small globules, white particles, energy coming, like stars, like bacteria, some energy experiences of lines, waves emerging from the ground, globules movement are categorised in this domain.

Procedure

The study commenced consequent to obtaining the relevant permission from the Commanding officer, 3 Kar Girls Bn, National Cadet Corps, Mysuru. The participants were then guided by one of the student of Master Choa Kok Sui for two hours to view air and ground *prana*. Subsequently, the NCC cadets were asked to describe their experiences in a questionnaire. The responses were then coded to categorize them into psychological and bioplasmic domains. Frequency distributions of the collected data variables were analysed using contingency coefficient analysis. The results obtained were tabulated and interpreted.

Results

The study sought to understand how adolescents perceive *prana* and how it affects their well being. The results of the study have been discussed and detailed interpretations have been made. Various bioplasmic experiences recorded by the participants are detailed in Table 2. When guided to view air

prana, 66.8 % of the total respondents with 55.2 % males and 71.9 % female participants expressed that they were able to observe small globules and expressed them as bubbles, particles and micro particles. The table shows that gender had a significant effect in the experience of viewing small globules ($CC = .161, p < .001$). More females were able to see small globules than males. While viewing air *prana*, 32.4 % of the respondents expressed that they were able to observe white also mentioned as bright, light, lustre, transparent, shining particles, sparkles. 35.6 % expressed that they were able to observe something moving randomly, freely, scattered, moving at constant fast speed, like water, moving cautiously. 13.3 % had an experience of incoming energy and 12.3 % of the respondents expressed they were able to see something like stars. The above expressions had no significant gender effect on bioplasmic experiences of the participants. 15.3 % of the respondents expressed that they were able to observe bacteria like structures like amoeba, bacteria and worms in shape with insignificant difference between genders ($CC = .089, p = .071$). 3.9 % of the respondents expressed ability to see some energy, which was not significant ($CC = .059, p = .231$) between genders. However, 0.5 % of the respondents expressed that they absolutely had no experience, with 2 female participants reporting so. Finally, one female respondent expressed that she has seen air *prana* earlier. The bioplasmic experiences of the participants upon viewing ground *prana* are provided in Table 2. When guided to view ground *prana*, 15 % of the respondents expressed that they were able to see lines emerging from ground, 12.3 % expressed they were able to witness waves emerging from ground and 3.4 % expressed they were able to witness globules emerging from the ground. As shown in the table, gender did not have significant effect on the above expressions while observing ground *prana*. The psychological experiences of the respondents after seeing *prana* is listed in Table 3. 51.3 % of the total respondents, with 40.0 % males and 56.2 % female participants expressed that they felt relaxed, good and very nice after viewing air *prana*. The table shows that gender had a significant effect in the experience of feeling relaxed and good, after viewing air *prana* ($CC = .148, p = .002$). 15.0 % of the total respondents, with 6.4 % males and 18.8 % female participants expressed of feeling a new experience

Table 2 — Bioplasmic experience after viewing *Prana*

| Bioplasmic experience after viewing <i>prana</i> | Total | Gender | | | |
|--|---------------------|------------------------------------|-------------------------------|-------------|--|
| | | Male | Female | | |
| Air <i>prana</i> | Small globules | F 276 % 66.8 Test statistics | 69 55.2 CC=.161, p<.001 | 207 71.9 | |
| | White | F 134 % 32.4 Test statistics | 36 28.8 CC=.051, p=.297 | 98 34.0 | |
| | Moving fast | F 147 % 35.6 Test statistics | 43 34.4 CC=.016, p=.739 | 104 36.1 | |
| | Energy coming | F 55 % 13.3 Test statistics | 14 11.2 CC=.041, p=.404 | 41 14.2 | |
| | Stars | F 51 % 12.3 Test statistics | 14 11.2 CC=.023, p=.640 | 37 12.8 | |
| | Lines | F 62 % 15 Test statistics | 15 12 CC=.055, p=.259 | 47 16.3 | |
| | Waves | F 51 % 12.3 Test statistics | 10 8 CC=.087, p=.077 | 41 14.2 | |
| | Globules movement | F 14 % 3.4 Test statistics | 6 4.8 CC=.051, p=.297 | 8 2.8 | |
| | Ground <i>prana</i> | | | | |
| | | | | | |

Table 3 — Psychological experience after viewing air *prana*

| Psychological experience after viewing <i>Prana</i> | Total | Gender | | |
|---|------------------|------------------------------------|-------------------------------|-------------|
| | | Male | Female | |
| Air <i>prana</i> | Relaxed and good | F 212 % 51.3 Test statistics | 50 40.0 CC=.148, p=.002 | 162 56.2 |
| | New Experience | F 62 % 15.0 Test statistics | 8 6.4 CC=.015, p<.001 | 54 18.8 |
| | Happy | F 62 % 15 Test statistics | 12 9.6 CC=.099, p=.042 | 50 17.4 |
| Ground <i>prana</i> | | | | |

after viewing air, expressed as wonder and made me curious. The table shows that gender had a significant effect in the experience of feeling a new experience while viewing air *prana* ($CC = .015, p < .001$).

The psychological experiences of the respondents after viewing ground *prana* are provided in Table 3. When guided to view ground *prana*, 15 % of the total respondents with 9.6 % males and 17.4 % female participants expressed that they felt happy with

narrations like lively, happy, pleased and nice experience. Gender had a significant effect with more females feeling happier (CC = .099, $p = .042$).

Both genders were able to view air and ground *prana* with different degree of clarity. The results show that significantly higher percentage of females saw the small globules. The female percentage of other bioplasmic experiences was more than male while viewing air *prana* except while seeing some energy. While seeing ground *prana*, except for globules movement, the female percentage was higher while recording bioplasmic experiences. Significantly higher percentage of females had psychological experiences while viewing air and ground *prana*.

Discussion

Normally, people don't view air and ground *prana* and are unable to harness its benefits. Many feel physical and psychological fatigue due to imbalance in receiving the vital energy *prana*. The perception of air and ground *prana* allows a person to get acquainted with subtle untapped resources to have healthier and productive life.

This study revealed that adolescents could experience air and ground *prana*. The study showed that most adolescents could perceive air *prana* and lesser percentage could experience ground *prana* and had positive psychological experiences. Adolescents recorded varied bioplasmic experiences after viewing air *prana* such as small globules, white particles, something moving fast, particles like stars and bacteria. After viewing ground *prana*, bioplasmic experiences were that of viewing lines and waves emerging from ground and movement of globules. The above expressions show that perception of air and ground *prana* are vastly different. Vitality globules come in different sizes. Some contain more units of white *prana* and some contain less. To clearly see the globules one has to face away from the sun with a clear sky as background and concentrate the eyes a few feet away. The globules, on account of their brilliance and extreme activity, appear to dart about in the atmosphere in immense numbers, can be seen by almost anyone who cares to look especially on a sunny day. The globules shine brilliantly, almost colourless and comparable to white light. The vitality globules are often seen as brilliant, flashing about in the atmosphere, and shining with white even by those who are not in the ordinary sense a clairvoyant. These are the vitality globules, specks charged with that force which the *Hindus* call *prana*. Vitality globules

come in different sizes. Some contain more units of white *prana* and some contain less^{2,6,13}. In a study with 811 participants with varied age group, air *prana* was seen by 98 % of the participants¹². In the current study 89.6 % of the adolescents viewed air *prana*. Ground *prana* or ground vitality globule is absorbed through the soles of the feet. Ground vitality globules interpenetrate the ground and extend several inches away from it. They are denser or more closely packed and usually bigger than air vitality globules. As the concentration of *prana* just above the ground is greater than in the air, the density of ground *prana* is about four to five times greater than *prana* contained in the air. With more practice, one will be able to see ground vitality globules just a few inches away from the ground. One can learn to consciously draw in more ground *prana* to increase vitality^{2,3}.

The intake of *prana* is called *pranayama*, which plays a pivotal role in bringing positive change in physical and psychological wellbeing. The practice of *pranayama*, Qi-therapy, *qigong* have shown remarkable improvement in psychological states and subtle energy. A study on *Anuloma-Viloma Pranayama* is having significant impact on the anxiety and depression among the aged¹⁴. A brief application of Qi-therapy may exert a positive psychological and physiological effect¹⁵. *Qigong*, a form of Chinese therapeutics, has the effect of alleviating clinical depression and thus improves quality of life¹⁶. The practice of *nadi sodhana pranayama* significantly improved level of psychological wellbeing of middle aged working women¹⁷. *Bhastrika* and *kapalbhati pranayama* can be effectively used to increase the selected physiological variables of sports men¹⁸. In the current study, as adolescents started observing the air and ground *prana*, they were also absorbing *prana* much more than normal, which resulted in their positive psychological state.

According to Pavri¹⁹, *prana*, the physical body and the etheric double are inseparable during life, with all the three staying always together in the waking or sleeping state of man. Similarly, Powell⁵ in his book, has mentioned that The Etheric Double has two main functions. The first function is being absorption of *prana* or vitality and distributing that to the whole physical body. The second function is to act as a bridge between the dense physical body and astral body, transmitting the consciousness of physical sense—contacts through the enteric brain to the astral

body. During bad weather conditions, many people get sick, not only because of the temperature variations, but also because of the decrease in solar and air *prana* (vital energy). Thus, a lot of people become susceptible to infectious diseases and feel mentally and physically sluggish. This can be counteracted by consciously absorbing *prana* or *ki* from the air and the ground². Drawing in ground *prana* is one way of energizing yourself. *Prana* can be used to relieve serious health problems³. Air and ground *prana* can aid to maintain a good state of health. In order to better utilise these subtle energies one has to view and be acquainted with the existence of such vast energies sources. This study has demonstrated that upon viewing *prana*, the adolescents felt psychologically better.

Conclusion

The air and ground *prana* experience demonstrate that adolescents could experience subtler energy. The adolescents' perceptions of air and ground *prana* were different. Several responses from this study prove that viewing air and ground *prana* can bring about positive psychological changes like feeling relaxed, happy and good. Adolescents can use *prana* as a resource from nature to achieve good health and well being.

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