

Pranic Healing in Bucks County and Philadelphia



Following All Doctor's Orders,
Help Yourself Heal!

Reverend Mike Wanner

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Pranic Healing Primer Series

Free Kindles



“Healing Presents” Tab
(Cancer Days 1-5, 11-15, 21-25 at Healing Presents Tab)
<http://www.AngelRaphaelSpeaks.com>
Optional “Prison Presents” Tab

Table of Contents

Copyright	2
Table of Contents	3
Acknowledgments.....	4
1- What Is Prana.....	5
2 - Pathway to Healing.....	7
3 - My Journey with Pranic Healing	11
4 - Pranic Healing Has A Special Meditation	13
5 - Research News	15
6 - Pranic Healing Resources Local to You.....	16
7 - Intelligence & Awareness.....	17
8 - Simplified Beginning Ideas	18
9 - Start Learning	20
10 - Pranic Healing For Kids	21
11 - Pranic Healing Events & Healers Online	23
12 - COVID 19 Healing Pods	25
13 - Wrap Up	26
14 - Angels Please Prayers-Addiction Help.....	27
15 - Online Prayer Request Links	29
16 - Books Category Resources	30
17 - Private Channeling	31
18 - Reverend Mike Wanner.....	32

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1- What Is Prana

Before we talk about healing, Pranic Healing, and all the parts of our lives where Pranic Healing can assist, let's take a moment to speak about prana.

Prana is vital because:

Prana is the life force energy that flows through all Living things/beings, and it is pivotal to healing.



Also called subtle energy, Ki or Chi, Prana is very different from the Alternating Current (AC) and Direct Current (DC) electrical energy used in our homes, vehicles, and batteries.

When people are depleted, receiving fresh prana can help them re-balance. Prana will trigger their internal healing system and bring them back into equilibrium.

Being in alignment generally leads to optimizing everything in one's life and a state of physical, emotional, mental, spiritual, and even financial wellness.



2 - Pathway to Healing

You may notice that I put prana in the first chapter because it is vital to the quality of life itself and even more important when people want to optimize their lives.

There are four areas of our lives that we can work to keep in balance. They are:

Physical
Emotional
Mental
Spiritual

Each of these areas is significant because they all interact all the time, and if one place becomes unhealthy, the others probably will also. On the next pages, I will offer an example of a method for each area that needs to be supported. Other methods can be useful, and I invite you to establish a separate effort of discovery into each spot, emphasizing those that currently need attention. I will then discuss Pranic Healing, which can be used for any of them.



Physical Support

Your primary care and specialty care providers during illness need to be your high priority focus. Please be sure to listen to all they say and decide wisely, negotiate, and apply unified action.

It may be awkward, but Physical support choices can be irritated by reactionary emotionality. In tough times the ill and injured must get a great deal of support from people they trust.

Don't fall into the trap of avoiding information that's hard to hear! If possible, have an advocate with you during your appointments to note all the doctors say. Your advocate can remind you of the essential information that you consciously or subconsciously deny hearing.

Useful information can significantly enhance your ability to get the physical support you need. By learning the details of your situation and responding accordingly, you can put together the best wellness management and survival plan.

Emotional Support Systems

I have written a lot about emotional support in my other books. A compelling way to support emotional healing is energy healing.

The first energy healing system I studied was Reiki. I took many Reiki Classes throughout the country and Internationally.

Further studies in energy healing took me to a modality called Integrated Energy Therapy® (IET), which changed my life. It allows one to invoke Angelic energy for the release of stuffed emotions and cellular memory.

Both Reiki and IET can be used in person or sent at a distance.

Mental Support System

Our minds can be our most reliable ally or our weakest link. When we allow our minds just to run, there seems to be a great cloud of possibilities on a scale from good to evil. When we take charge of our thoughts and direct them to a focus, we can move toward a goal. Sorting through the many questions can be daunting but tremendously important.

The best resource for information that I have found so far is an ancient system called Dowsing. It allows me to run through possibilities and objectively help myself, clients quickly, and friends find goals that resonate with a progressive path out of an apparent state of overwhelming emotional paralysis.

Dowsing can be done in person or at a distance. There is a book about it on the Cancer books by Mike page. I am excited to think about you using it along with or after Pranic Healing.

Spiritual Support Systems

I have also written a lot about Spiritual Support and emotional support in earlier books that I compiled.

Prayer is powerful, and its ability is increased with frequency. That means that the one praying can pray more often and say more of them to increase intensity. Those who need them can receive assistance from clergy, a prayer circle, a prayer therapist, or an online distant healing group to add to the primary prayer's efforts.

One resource for prayer support is the webpage www.Create-A-Prayer.com. Prayer can be practiced in person or at a distance.

Pranic Healing Contains Many Options for All Your Support Needs

Pranic Healing has many ways to start that can be utilized like your own personal healing smorgasbord. You can:

1. DIY – Do It Yourself
2. Attend meditations & healing groups online
3. Attend in-person events
4. Learn Basic Level Pranic Healing from a book
5. Start working on yourself
6. Start supporting children in schools

3 - My Journey with Pranic Healing

Before experiencing Pranic Healing, I imagined it as another healing energy system like many I have learned. When I felt a little demo session during an Open House at The Awaken Center for Human Evolution (AwakenCHE.org), I was immediately impressed with the energy shift that I felt right after closing my eyes.

I scheduled a session to see if it was a one-off experience or whether there was more for me to feel. Again, I was immediately impressed and amazed.

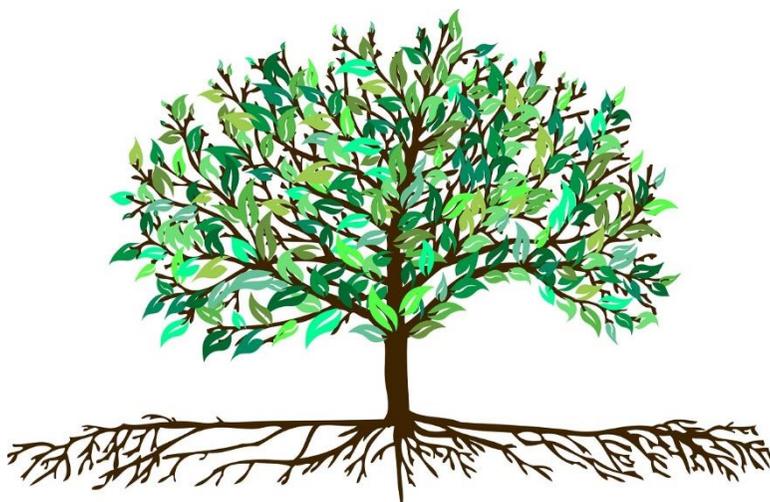
If you ever told me that at the age of 74 that I would be racing to take new training, I would have said you were nuts. Well, Pranic Healing got my attention, and I booked the training and took it in short order.

I was impressed and amazed. I shared my impression in a book series that I was writing about Cancer. Still, because my experience at the time was limited, I recommended that readers do their investigation and evaluation.

Before Learning Pranic Healing and after serving in the Air Force, I started an ambulance company and took care of many sick people. In both the back of an ambulance and while ministering at the bedside, I have consistently heard Cancer

patients and others tell me they didn't have enough energy, so I suggest that all who can learn how to improve theirs do so.

Since then, I have studied a lot more about Pranic Healing, and I participate in many healing events and conferences. One of the things that I like most about Pranic Healing is its focus on cleansing. Smoothing out existing energy and removing negative energies clears the way for fresh infusions of subtle energy.

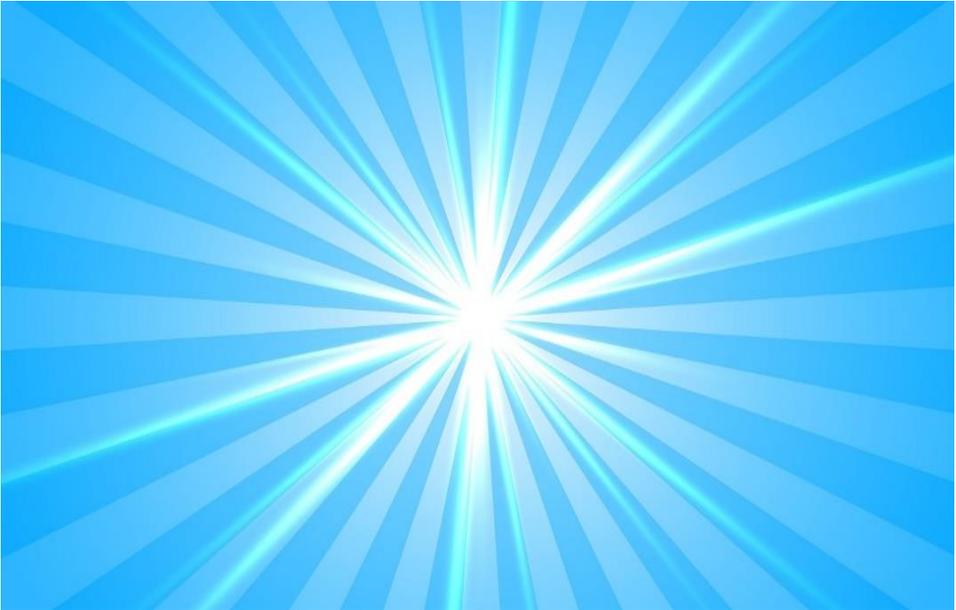


Pranic Healing seems to get to the roots of issues and then nurture the situation and everything and everyone involved.

4 - Pranic Healing Has A Special Meditation

The Meditation for Pranic Healing is called the Meditation on Twin Hearts. It's called that because it is designed to open the Heart and Crown Chakras ("Twin Hearts"), helping meditators to feel more love towards themselves, their families, and their communities.

As it does this, Meditation on Twin Hearts provides both physical and emotional benefits. It is correctly described as "... an integral part of Pranic Healing that provides the strength the body needs to fight off infections, as well as helping practitioners learn to control their emotions and feel less anger, anxiety, and irritation, reduce stress and improve concentration."



The meditation allows positive energy to flow through your body, which releases negative or unwanted energy. Scientific testing has shown people who practice this meditation are healthier and more at peace mentally compared to others.”

If you find the opportunity to participate in the meditation, I encourage you to give it a go in person or online.

5 - Research News



Pranic Healing is distinguished from many other forms of energy healing in its research depth and breadth. The Pranic Healing Research Institute, for example, conducts studies on the use of Pranic Healing in different diseases and conditions.

PHRI also measures the effects of Meditation on Twin Hearts. In March 2019, PHRI found that Meditation on Twin Hearts amplifies positive emotional regulation:

A Positive Emotional-Based Meditation but Not Mindfulness-Based Meditation Improves Emotional Regulation by Camila P. R. A. T. Valim, Lucas M. Marques, and Paulo S. Boggio, published in *Frontiers in Psychology*, the world's most-cited multidisciplinary psychology journal.

The authors investigated the effect of meditation on the cognitive ability of emotional regulation, comparing Meditation on Twin Hearts and mindfulness meditation. The participants who practiced Meditation on Twin Hearts were more effective in suppressing negative emotion and amplifying positive emotion than those who practiced mindfulness meditation and the control group.

Learn more at www.PranicHealingResearch.com.

6 - Pranic Healing Resources Local to You

WHERE?

Several local groups can connect you with Pranic Healing resources. Here are a few excellent ones:

www.PranicHealingUSA.com

www.PranicHealingPenn.com

www.PranicHealingBucksCounty.com

www.meetup.com/Pranic-Healing-Bucks-County-Meetup/

You may also network amongst spiritual healing, holistic, and wellness organizations to see what resources you can find. Holistic health venues, Body/Mind/Spirit events, Healing expos, naturopaths, healers, and chiropractors are excellent places to start.

Look for groups that offer Meditation on Twin Hearts, Pranic Healing demonstrations, and Pranic Healing sessions (try a treatment).

7 - Intelligence & Awareness

Powerful Words

“An intelligent person is not closed-minded. He does not behave like an ostrich burying his head in the ground, trying to avoid new ideas and developments.

An intelligent person is not gullible. He does not accept ideas blindly.

He studies and digests them thoroughly, then evaluates them against his reason: he tests these new ideas and developments through experiments and his experiences.

An intelligent person studies these ideas with a clear, objective mind.”

*~ Grandmaster Choa Kok Sui,
Founder of Pranic Healing*

8 - Simplified Beginning Ideas

From *Cancer Glue for Energy* by Rev. Mike Wanner

If you or someone you care about is in an illness crisis, resources can be sparse. While many things could offer some promise, it may be challenging to figure out the optimal ones for the needs of the person you want to help.

If you can get access to a book on Pranic Healing, you can begin to educate yourself and take one step at a time. Check your local library and ask for the topic if they don't have it on the shelves.

I particularly like the book "Miracles Through Pranic Healing." It is on kindle for \$13.99. When you start that book, even before you get to Chapter One, there are pages titled "How To Practice Simplified Pranic Healing Immediately."

A feature of the Pranic Healing Process is precise step-by-step instructions, a recipe for a healing process. While this Simplified Pranic Healing procedure can demonstrate effectiveness, it is not applicable to all potential challenges as the full system.

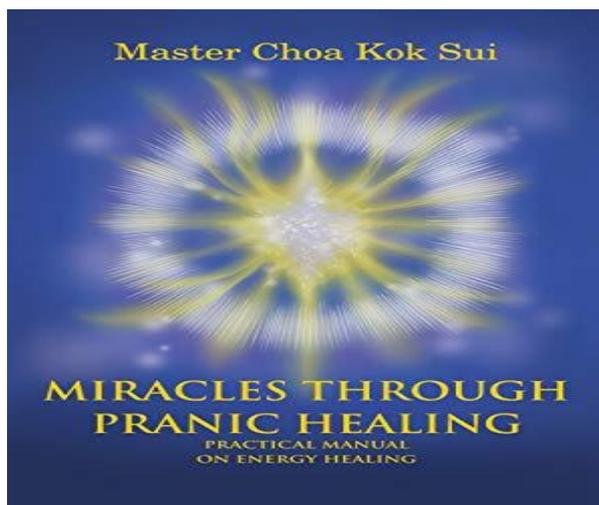
There are twelve steps in the procedure that are to go in sequence. Eleven of those steps are to read the specific text, and the twelfth is to do a treatment that could last 20 minutes to an hour.

The first eleven steps are described as readable within a time frame of two hours. The eleven steps are:

1. Learn about the eleven essential chakras.
2. Practice connecting the tongue to the roof of the mouth,
3. Read about the procedure process for Bioplasmic waste disposal.
4. Review General Sweeping technique.
5. Review the Localized Sweeping technique.
6. Learn about Diseased Energy Contamination & Handwashing Techniques.
7. Understand how to make a Patient more Receptive.
8. Energizing with Prana & Hand Chakra Technique.
9. Stabilizing the Projected Prana
10. Releasing the Projected Prana
11. Five things to avoid in Pranic Healing

After you've completed these steps, you're ready for The 12th step, to follow a protocol and begin Pranic Healing! That could take roughly 20 minutes to an hour. I Recommend that you consider this and all the steps above as an investment in your wellness.

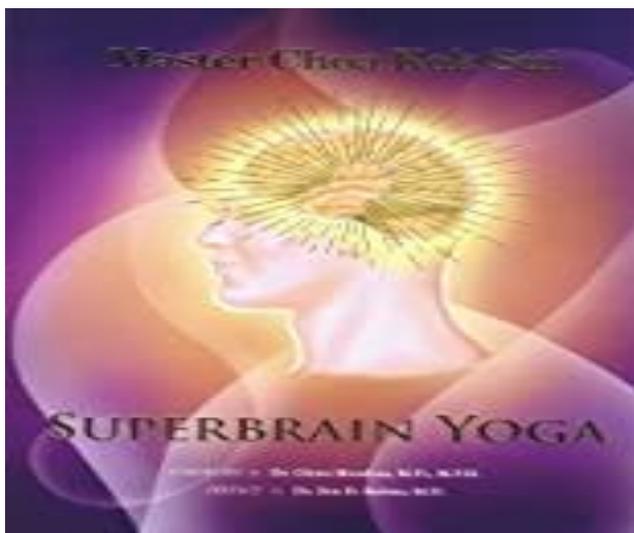
9 - Start Learning



Miracles Through Pranic Healing
~ Master Choa Kok Sui

10 - Pranic Healing For Kids

The Developer of Pranic Healing Master Choa Kok Sui created a program to help children & adults learn more efficiently. SUPERBRAIN YOGA improves both memory & understanding. Find out more in this book or via video.



Please consider viewing the videos below on YouTube.com

Public School Teacher - Kim Siar

<https://www.youtube.com/watch?v=qF8qnZM9IRY>

Stephen Co: SuperBrain Yoga and Pranic Healing - 1 of 2

<https://www.youtube.com/watch?v=68F9ZWBCaMY>

Stephen Co: SuperBrain Yoga and Pranic Healing - 2 of 2

https://www.youtube.com/watch?v=lk4pQy_dWrw

11 - Pranic Healing Events & Healers Online

Healing Events:
Bucks County
Montgomery County
Philadelphia County
Pennsylvania Regions
An International Holistic Resource



Healers Online To Find A Philly Area Pranic Healer

1. Go to

<https://pranicheal.wixsite.com/brandonthompson>

2. Go to

http://www.pranichealingcenter.com/pranic_healing_clinic.html

3. Go To <http://PranicHealing.xyz>

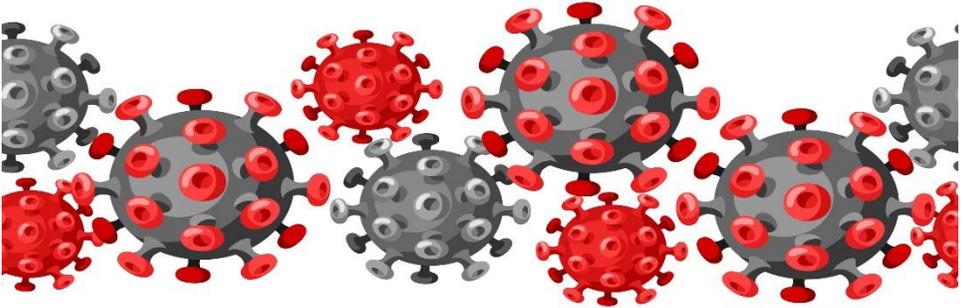
4. E-mail Karan@karantumasz.com

5. E-mail Janet at janet.fongheiser@gmail.com

6. E-mail Tina at dijit19136@yahoo.com

7. E-mail me at Mikewann@mail.com

12 - COVID 19 Healing Pods



COVID-19

PROJECT HOPE FOR HEALING

COVID-19 has hit the world hard, and Pranic Healing is doing its part to offer help for those affected.

Project Hope for Healing is an ambitious project begun in early 2020 by Pranic Healers worldwide to help people recover from Covid-19. Each day, hundreds of healers work distantly on Covid-19 patients.

People with COVID-19 who need healing can fill out the intake form at <http://www.projecthopeforhealing.com/covid19>. There is no cost to the patient and no time commitment other than giving their information at the outset (name, age, city of residence, symptoms) and about 5 minutes once a week to update their healer/s on their progress.

13 - Wrap Up

There are many tools & resources to help you heal. I hope this book inspires you to consider some that you may have overlooked.

Pranic Healing is a potent healing tool. I am still amazed at Pranic Healing's ability to help so many people with their afflictions and circumstances.

I hope this book allows more people to find options for the Healing they and their families need. There are some high potentials to be had with the energy work of many modalities.

The significant factor in Pranic Healing that I like is the Energy Cleaning, which is akin to smoothing out existing energy and removing some negative energy to clear the way for fresh infusions of subtle energy.

May all who read these words have their energy increase, AND SO IT IS! Amen and Amen! Pranic Healing Could Change Your Life. I hope it does.

14 - Angels Please Prayers-Addiction Help

Addict's

Angels of Healing Selected
Help Me to Stay Directed
Come To Me From The Sky
I Am Ready to Succeed, Not Try
If I Don't Invite You In
I Might Not Win
I Have Been Lost For Too Long
Help Me To Stay Strong

Alcoholic's

Angels of Healing On High
Help Me to Stay Dry
Come To Me From The Sky
I Am Ready to Succeed, Not Try
If I Don't Invite You In
I Might Not Win
I Have Been Lost For Too Long
Help Me To Stay Strong

Prayers Above From

**ANGELS ARE ALWAYS
AROUND ADDICTS
AND ALCOHOLICS**



**HELP IS NEAR NOW!
INVITE IT IN!**

**REVEREND
MIKE WANNER**

<http://AngelRaphaelSpeaks.com/AAAAAAA/>

The Link Above Has the Core Messages from the book on drop-down pages.

15 - Online Prayer Request Links

Circle Of Miracles

<https://circleofmiracles.org/services/prayer-request/>

The Center Of Being, Inc.

(Integrated Energy Therapy)

<https://www.learniet.com/angel-ariel/need-angelic-support/>

The Theosophical Society Order of Service Free Healing Network:

1. For People <http://www.theoservice.org/special/names-by-email.shtml>
2. For Animals <https://www.theoservice.org/spec.../animal-healing-names.shtml>

Prayer Resources

<http://Create-A-Prayer.com>

16 - Books Category Resources at www.Amazon.com

Distant Healing (or Mail List) e-mail mikewann@voicenet.com

Veterans Healing Six Pack plus 2

<http://angelraphaelspeaks.com/healing-books/veterans/>

PTSD Power Pack

<http://angelraphaelspeaks.com/healing-books/ptsd/>

Angel Raphael Speaks Series & Other Angel Books

<http://angelraphaelspeaks.com/>

Reiki

<http://angelraphaelspeaks.com/healing-books/reiki/>

Children

<http://angelraphaelspeaks.com/healing-books/children/>

Emergency Medical Kindness

<http://angelraphaelspeaks.com/healing-books/emergency-medical-kindness/>

Cancer

<http://angelraphaelspeaks.com/healing-books/cancer/>

Addictions

<http://angelraphaelspeaks.com/healing-books/addictions/>

Miscellaneous Healing

<http://angelraphaelspeaks.com/healing-books/misc-healing/>

Prison Books - 60+ Prison Books

<http://angelraphaelspeaks.com/prison-books/>

17 - Private Channeling

Angel Raphael Speaks, a series of messages channeled through Reverend Mike Wanner for the Highest good and Highest Healing of all concerned.

Many questions arise about Reverend Mike doing private channeling, and he does help with that, so E-mail him.

Reverend Mike is available worldwide as a psychic channel, emotional release facilitator, spiritual energy practitioner, teacher, and public speaker.

He looks forward to meeting you soon! E-mail - mikewann@voicenet.com 215-342-1270

PRIVATE SPIRITUAL READINGS/channelings or Spiritual Healing Sessions can be by telephone or in-person.

Rev. Mike is available for individual, intuitive one-on-one sessions with you, his Guide Family, and your Guides. He helps by offering clarity on emotional situations about your life, your purpose, your spirituality, and your release of stuffed emotions and cellular memory.

Connect to the Love of your Guides today!

For more information, please visit
<http://angelraphaelspeaks.com/channel/>

18 - Reverend Mike Wanner

Reverend Mike Wanner started his metaphysical and ministerial studies with Reiki in 1993 and studied seven Reiki styles in the US, Japan, Canada, Denmark, and Australia. He is certified to teach.

He became certified to teach Integrated Energy Therapy in 1999 and co-taught the new millennium's first IET class. Mike began dowsing in 2001.

Ordained as an Interfaith Minister of the Circle of Miracles Ministry and a Metaphysical Minister of the International Metaphysical Ministry, Rev. Mike practices and teaches spiritual energy therapies in the Philadelphia Area.

He was a faculty member of the Medical Mission Sister's Center for Human Integration's School of Integrated Body/Mind Therapies in Fox Chase, Philadelphia, PA, for twelve years.

For a complete Biography, please visit
<http://ReverendMikeWanner.com/Bio>

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Free Healing Books

<https://angelraphaelspeaks.com/healing-presents/>

Free Cancer Books

<https://angelraphaelspeaks.com/free-cancer-books/>

Free Prison Books

<https://angelraphaelspeaks.com/christmas/>