

# Pranic Healing Primer for Essential Workers



Pranic Healing Can  
Help You Stay Well!

Reverend Mike Wanner

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Free Kindle Books  
"Healing Presents" Tab



{Cancer Days 1-5, 11-15, 21-25}  
<http://www.AngelRaphaelSpeaks.com>  
Also, "Prison Presents" Tab

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# 1 - Essential Workers Can Be Safe

Safety could save your Joy of Life.

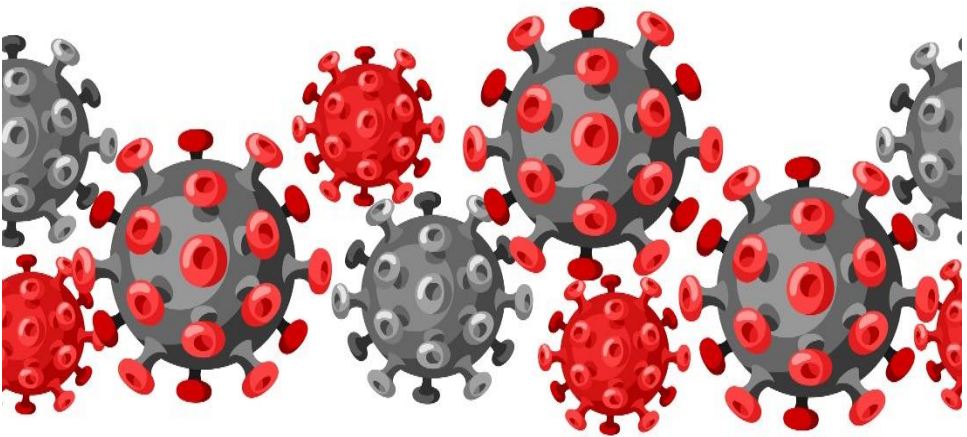
Safety could save your Peace.

Safety could save your Physical Energy.

Safety could save your Lifeforce.

Safety could save your Wellness

Safety could save your Career



Caring for others must be secondary to self-care diligence, for you cannot help others safely if you are not well and here on earth.

I invite you to consider that as you do your skills and help people, you can also nurture yourself so that exhaustion and disease do not replace your service to others.

## 2 - Self-Care Preserves You

Self-Care is Not Selfish.  
Self-Care is Selfless.



Self-Care can protect the Community & You.

# 3 - Do You Know Your Emotional Intensity?

## Emotional Intensity Test

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

Rate the strength of the Following Emotions on a scale from One (Least) to Ten (Most).

### **Rating - Emotion**

- \_\_\_\_\_ - Guilt
- \_\_\_\_\_ - Distrust
- \_\_\_\_\_ - Shame
- \_\_\_\_\_ - Threat
- \_\_\_\_\_ -Overly-Responsible
- \_\_\_\_\_ - Heartache
- \_\_\_\_\_ - Betrayal
- \_\_\_\_\_ - Resentment
- \_\_\_\_\_ - Anger
- \_\_\_\_\_ - Stress
- \_\_\_\_\_ - Powerlessness
- \_\_\_\_\_ - Fear

You may feel Guidance, and you would do well to follow it. If You do Not Have a clue where to start, Try This Process.

Write a short paragraph about your concerns so you can transfer the emotional challenges above into words and then allow yourself balance and a break. Please write below, or elsewhere, what bothers you most without thinking too deeply. Spontaneous writing helps clarity.

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I have developed this visual process because I can picture a grid in my head that shows me where help is needed.

If you do this, you can use the values to choose a path forward for yourself for the issues that are challenging you. No worries. Please make this a low-stress exercise by remembering that you find clarity and priority order as you evaluate without judgment.

## Another Option – Angel Assist

You took the test, Identified your concerns, and know where to focus. If you want the Angels to help, Check the chart that I posted as an Addendum.



## 4 - 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*

## 5 - 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.

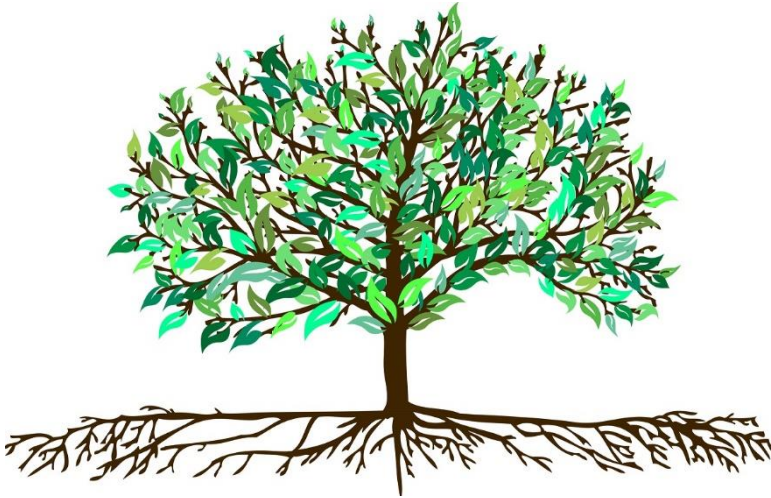
If you ever told me that at the age of 74 that I would be racing to take new training, I would have said you were nuts. Well, Pranic Healing got my attention, and I booked the training and took it in short order.

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 everyone involved.

## 6 - Start Calming with 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.

## 7 - 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.



## 8 - 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](http://www.PranicHealingUSA.com)*

*[www.PranicHealingPenn.com](http://www.PranicHealingPenn.com)*

*[www.PranicHealingBucksCounty.com](http://www.PranicHealingBucksCounty.com)*

*[www.meetup.com/Pranic-Healing-Bucks-County-Meetup/](http://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).



## 9 - 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 does not apply to all potential challenges as the full system.

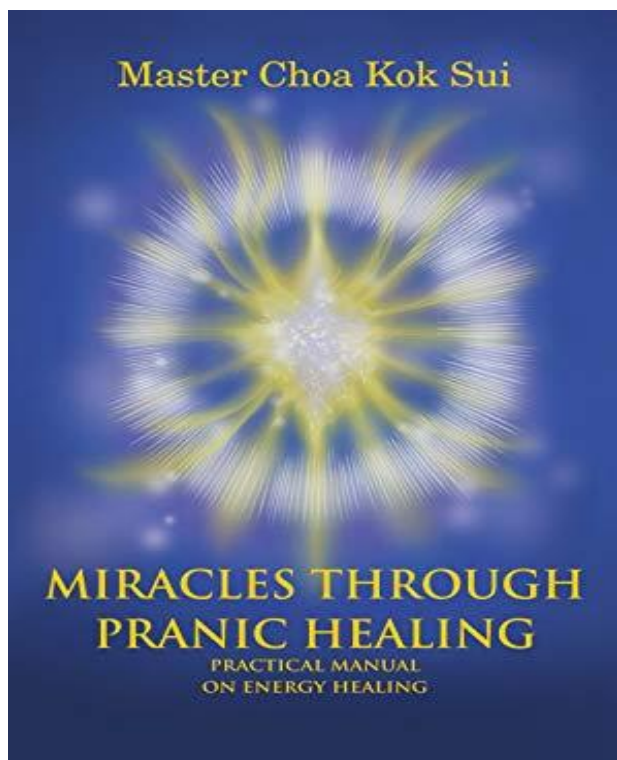
There are twelve steps in the procedure that are to go in sequence. Eleven of those steps are to read the specific text, and the twelfth is to do a treatment that could last 20 minutes to an hour.

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 12<sup>th</sup> 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.

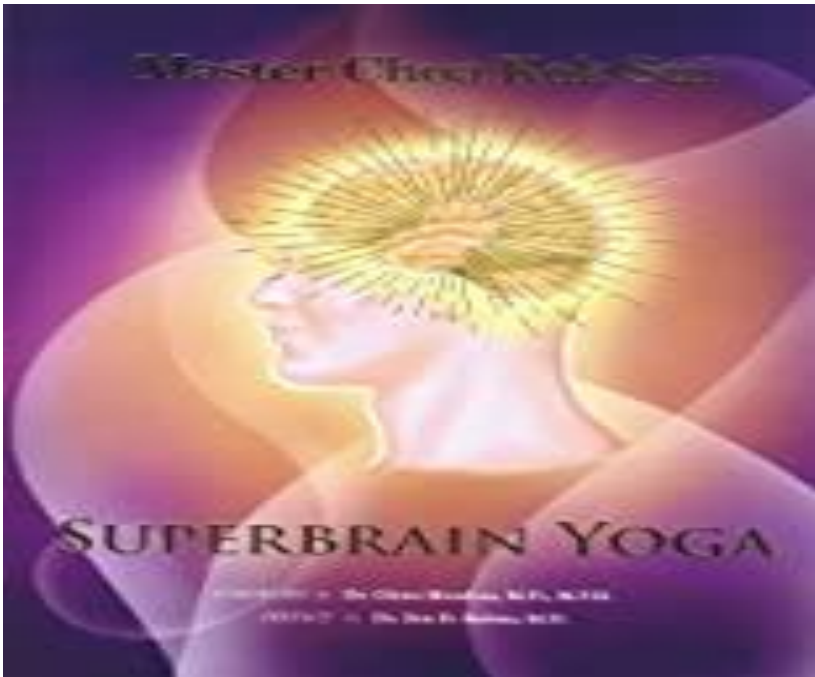
## 10 - Start Learning



*Miracles Through Pranic Healing*  
~ Master Choa Kok Sui

## 11 - PH For Kids & Adult Learning

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

# 12 - Pranic Healing Events & Healers Online

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



<http://AwakenCHE.Org>

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](http://www.pranichealingcenter.com/pranic_healing_clinic.html)

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

4. E-mail [Karan@karantumasz.com](mailto:Karan@karantumasz.com)

5. E-mail Janet at

[janet.fongheiser@gmail.com](mailto:janet.fongheiser@gmail.com)

6. E-mail Tina at [dijit19136@yahoo.com](mailto:dijit19136@yahoo.com)

7. E-mail me at [Mikewann@mail.com](mailto:Mikewann@mail.com)

## 13 - 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:

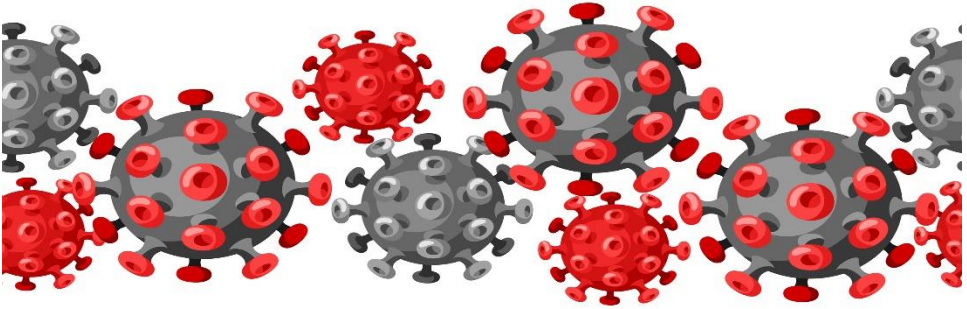
*A Positive Emotional-Based Meditation but Not Mindfulness-Based Meditation Improves Emotional Regulation* by Camila P. R. A. T. Valim, Lucas M. Marques, and Paulo S. Boggio, published in *Frontiers in Psychology*, the world's most-cited multidisciplinary psychology journal.

The authors investigated meditation's effect on emotional regulation's cognitive ability, comparing Meditation on Twin Hearts and mindfulness meditation. The participants who practiced Meditation on Twin Hearts effectively suppressed negative emotion and amplified positive emotion than those who practiced mindfulness meditation and the control group.

Learn more at [www.PranicHealingResearch.com](http://www.PranicHealingResearch.com).



## 14 - 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.

## 15 - 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.

# 16 - 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 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.

## 17 - 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>

# 18 - Book Category Resources at [www.Amazon.com](http://www.Amazon.com)

Distant Healing (or Mail List) e-mail [mikewann@voicenet.com](mailto: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/>

## 19 - 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](mailto: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/>

## 20 - 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>

[Free Kindle Books](#)

[Free Healing Books](https://angelraphaelspeaks.com/healing-presents/)  
<https://angelraphaelspeaks.com/healing-presents/>

[Free Cancer Books](https://angelraphaelspeaks.com/free-cancer-books/)  
<https://angelraphaelspeaks.com/free-cancer-books/>

[Free Prison Books](https://angelraphaelspeaks.com/christmas/)  
<https://angelraphaelspeaks.com/christmas/>



# Addendum - Angels by Emotion

No Worries. They All Work Together Always.  
{You Can't Go Wrong}

**Emotion - - - - - Angel**

Guilt - - - - - Raphael (& More Angels)

Distrust - - - - - Gabriel (& More Angels)

Shame - - - - - Celestina (& More Angels)

Threat - - - - - Celestina (& More Angels)

Overly – Responsible - - - Faith (& More Angels)

Heartache - - - - - Cassiel (& More Angels)

Betrayal - - - - - Cassiel (& More Angels)

Resentment - - - - - Daniel (& More Angels)

Anger - - - - - Daniel (& More Angels)

Stress - - - - - Sarah (& More Angels)

Powerlessness - - - - - Michael (& More Angels)

# Invitation Suggestion

Angels Are Always Around Us

They Respect Our Free Will

If We Want Their Help – We Must Ask!

If we ask, they will Surround Us, Protect Us,  
Guide Us, and Direct Us

Declare The Angel You Want to Connect With and Your  
Request

Use Your Own Words, or at least the following.

I Invite Angel

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{If Not Sure – Choose Angel Raphael – The Angel Of Healing}

I Request Your Support With

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Thank You