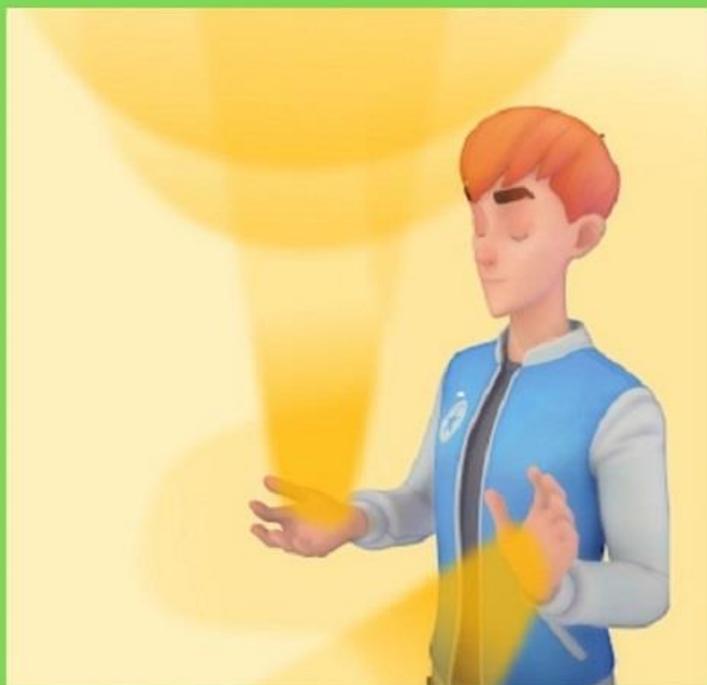


# **Pranic Healing Primer for Those Temporarily Impoverished**



Receiving & Giving  
Sequence

Reverend Mike Wanner

# Pranic Healing Primer for Those Temporarily Impoverished



## Receiving & Giving

Rev. Mike Wanner

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August 3, 2021

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*A Pranic Healing Primer Series Book*

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

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# Acknowledgments

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# Introduction

I delight in bringing the Pranic Healing Primer Series to the world. Each primer is done a little differently as it tries to share content in a framed way for the referenced community.

The impoverished may share a status, but the cause of their situation may be different than others they see as similarly challenged.

The Primer material will follow, first I would like to invite readers to reframe their thinking by reassessing the truth in their valuations.

Thoughts held to be accurate by a majority of the general population may be self-centered and self-serving. Acceptance of those belief systems may be of little help to the impoverished peoples' peace, power and possibilities perspective.

It is not unusual for groups of people to have a bias towards or against groups of different origins, religions, races, cultures, classes, or interests.

Stories that are repeated and repeated can take on a life of their own, and sometimes the stories become lodged in the minds of people who know a fuller version of the story but feel compelled to allow the classic tale to stand without challenge.

While classic stories help share a bit about the issues of concern, there can be a lack of preciseness in the details that may leave quiet community members short on the power

perspective possibilities that could make a difference in their lives.

If you have accepted too much of other people's stories and you find it doesn't help you, then it may be time to embrace your own truth and blossom with it.

It may be a good time to reprocess your truth internally and claim the personal growth that embraces your maturity and interpersonal skills. If you were wronged or disrespected, yesterdays' wounds can be reassessed so you find freedom by forgiving yourself and others.

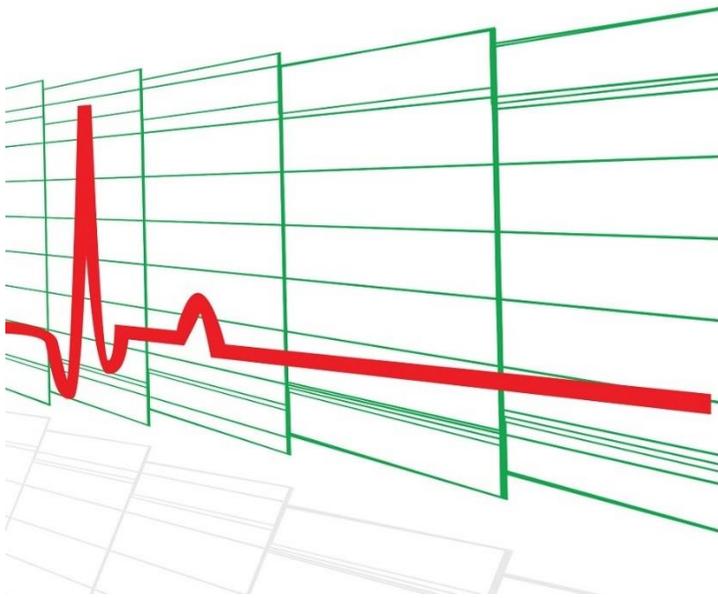
Forgiveness is not weakness. It is strength as you put your personal affairs in order and establish a firm footing for your future growth and manifestation.

[By the way, forgiveness is an internal process about empowering you. It is not a pass for others. You release yesterday's pain, claim today's power and set yourself up for an optimal life. When you forgive, you don't forget, but you claim all your power in today and you don't even tell those forgiven.]

# 1 – Heart Beat

## Living Well Or Poorly?

Your Giving and Receiving is to Your  
Abundance & Joy like Blood is to your  
Living



If your Receiving is Dying,  
Read On!  
Prime The Pump by Giving!

## 2 - Right To The Pursuit of Happiness

The second paragraph of Declaration of Independence provides

“We hold these truths to be self-evident, that **all men** {and women} are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.” Bold and { } are by me.

While impoverished people may be primarily focused on receiving from others, there is great value in all their efforts towards giving attention, recognition, and kindness to others. Even the most well-off people you may encounter can respond favorably to being seen as they wish to be known by those much poorer than themselves.

Lack of receiving can find roots in how you see and give to others. You wanting to be understood can also find a start in your efforts to understand others.

Asking questions of those talking to audiences you are within can allow them to be appreciated and understood at a deeper and broader level. Asking those questions can bring you new acquaintances and, ultimately, friends.

Efforts like those suggested must be authentic and well-intended. Asking non-specific trivial questions will be seen through and off-putting.

When you are interested in and generous with others, they can find you interesting and worthy of friendship, starting an association that could lead to more profound meaning for both parties.

Nothing fills one's security, safety and joy like a true friend who appreciates them as is wherever they are at any given time.

“A Friend in need is a friend indeed.” (Anon.) Be that friend for others and any loneliness can become part of your history.

Step up for others and they will standby you.

# 3 - The Power Of Your Thinking

## Wishing Won't Make a Difference

Developing A Plan Could

Information Is Power

Belief Updates Can Help

Beliefs that you have held for a long time can limit your power to take charge of your life. Changing those beliefs can enhance everything as you are a free being who has the ability to decide on what you want to focus upon.

When you turn yesterdays' belief that you can't change the way things are to todays' belief that you can, a circuit of possibility is born. Truth is then as you evaluate and all who look at the new truth you claimed will believe it's authenticity if they believe in the speaker of it.

There is no limit to the number of changes that you can make in one day so many things can change at the same time. Claiming those possibilities may require an action plan.

## 4 - Cycle of Receiving

If you have too little.  
You probably do not give enough.

If you do not give, you may still receive  
Because Creator is kind and giving.

Created in the image of a giver.  
Your cycle is set.

The cycle is to give,  
then to receive.

Your gifts to others,  
need not be physical.

The Gifts of kindness and  
love can cycle well.

The velocity of the giving cycle  
paces the receiving cycle.

**Your Gift to God, May Only Be The Word Thanks!  
Or Thanks Again! {& Again! & Again!}**

Consider an old expression that may  
be a Chinese proverb or not.  
The Scent of the Rose Lingers  
on the Hand of the Giver.

## 5 - What do you have to Give

You could give any of these and you have done a lot:

- Respect for each person you see
- A Wave of your hand
- A Smile from your face
- A Book Title you found valuable
- A Tool that others need
- An Invitation to a group
- An invitation to lunch
- An Invitation to a Church
- A bit of information that could help a particular person
- Information about jobs
- Information about programs
- Information about community involvement
- Moral support for the down and out
- One word from you, could save a life or
- make a friend
- And so much more

## 6 - Wishing Won't Do It But You Can Decide What You Want To Do and Do It!

The habits of your life are both shortcuts to what you do a lot but also may limit what you think you can do. A lack of prosperity thinking therefore means that you may have a pattern of expectancy that does not include abundance by giving first.

You can decide to reprogram your pattern to include the possibility of prosperity sooner. That may sound complicated but the reality is that you merely need to decide how you want things to be and claim it until it is so. It's biblical, Book of Proverbs 23:7: "As a man thinketh in his heart, so is he".

What limits you? What have you have decided or accepted.

Are You Ready to Thrive? Big question, Please get yourself ready to answer that for yourself. Are your ready to give?

Can You Accept the Fact That You Are Loved by Your Creator? This is a big question for a lot of people.

Please think seriously about all your issues because if you forgive others, you can set yourself free.

{By the way, forgiving other does not involve telling them. It is a way to put the pain in the past so you can be free to move on in your life.}

## 7 - Circulation

What Goes Around, Comes Back



Send Good Around,  
Good Comes Back Around Again.

Send Out Only Your Best!!  
The Best from others can flow to you.

## 8 - A Great Day To Start A New You

“Let’s Start at the Very Beginning!  
A Very Good Place to Start” {Sound of Music}

When You Were Young  
You Listened and Were Obedient  
And Learned the Way You Were Taught

Now, As An Adult, You Can Select What  
You Want In Your Life  
You Can Release All That No Longer  
Serves You.

Pranic Healing and It’s Meditation Can  
Support you Well on this Journey.  
You can revisit every area of your life and  
Cleanse all that no longer serves you.

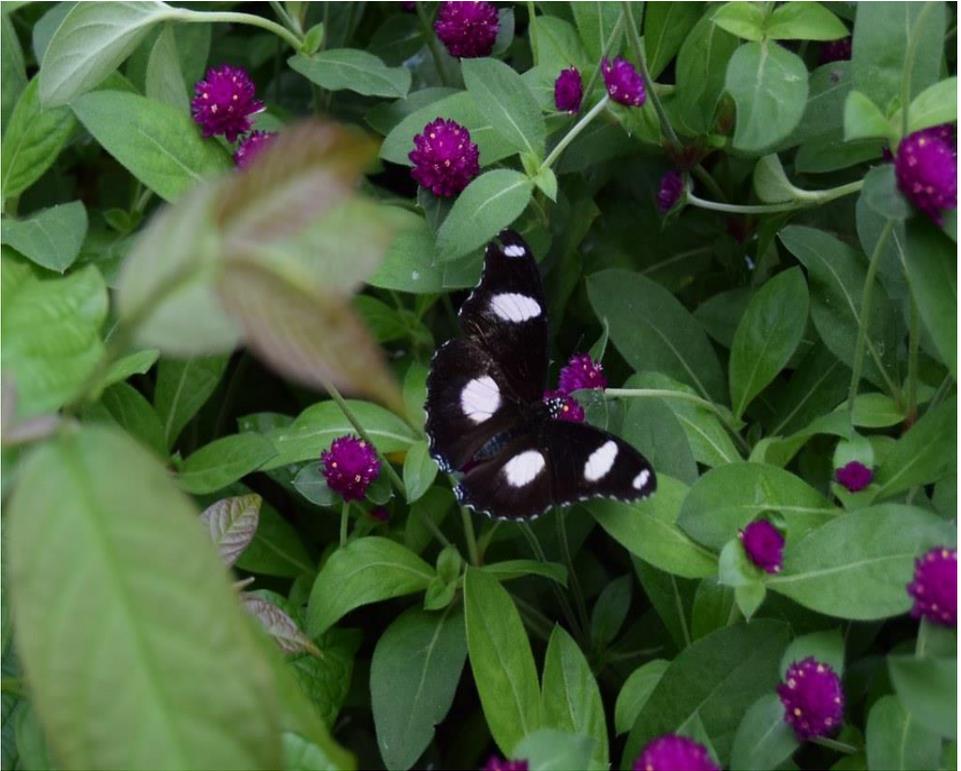
Finding New Freedom Brings Great Energy.  
Enjoy Your New Freedom, Peace and Joy!

## 9 - 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.



# 10 - 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.

Helpful 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 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, and friends quickly 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. There is also a free workbook for dowsing available to [www.LetterToRobin.org](http://www.LetterToRobin.org)

## 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](http://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 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

# 11 - 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.

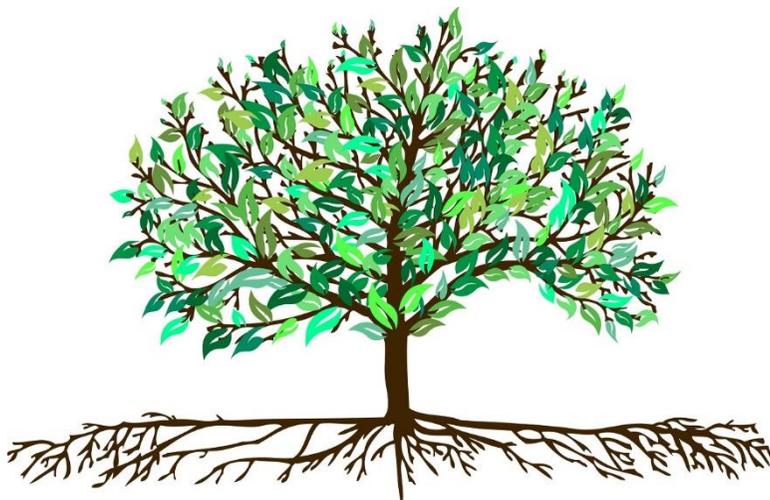
If you ever told me that at the age of 74 that I would be racing to take new training, I would have said you were nuts. Well, Pranic Healing got my attention, and I booked the training and took it in short order.

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.

## 12 - 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.

The meditation will work on you and the whole world. When an impoverished person does this meditation, they can feel its impact on them and their effect on the rest of the world. Giving and receiving are reciprocal.

## 13 - 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).

## 14 - 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*

# 15 - 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 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.

# 16 – Remember The Libraries

## Public Libraries

Are Key Resources in Assisting the  
Impoverished Amongst Us

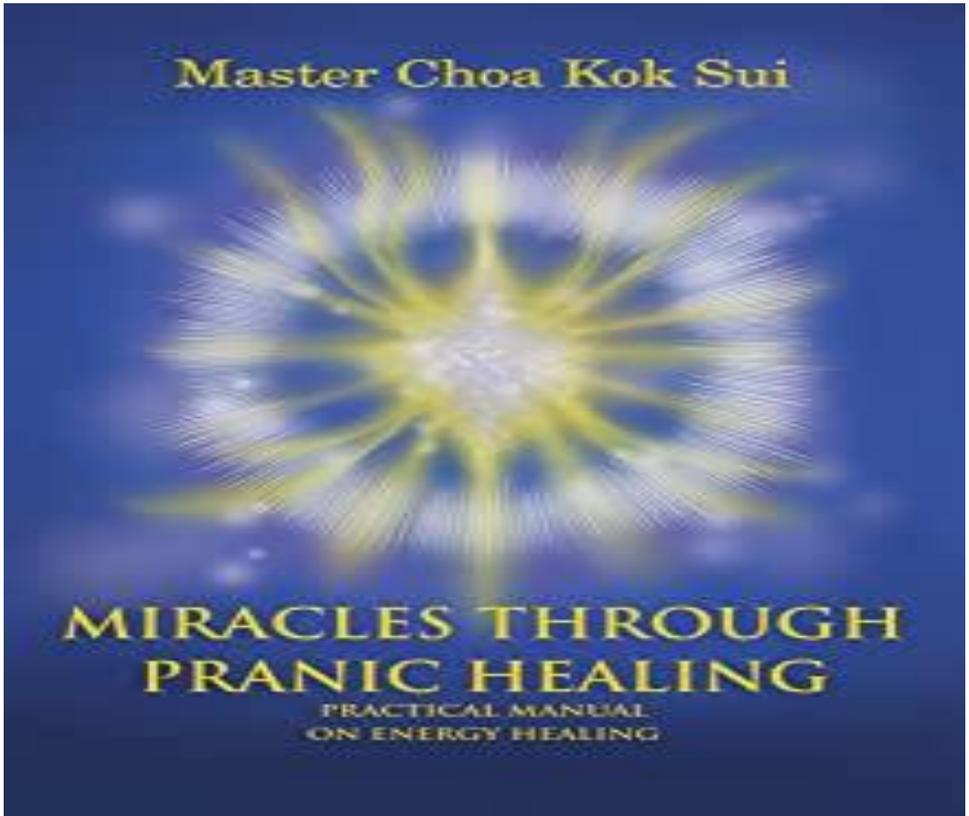


Please Thank them and Support them  
for all they are doing



Invite Them  
To Add the Following Books

*Miracles Through Pranic Healing*  
~ Master Choa Kok Sui



And/Or

"This book is more than brilliant—it is essential for all readers who value the quality of their health."

—CAROLINE MYSS, AUTHOR OF *SACRED CONTRACTS*

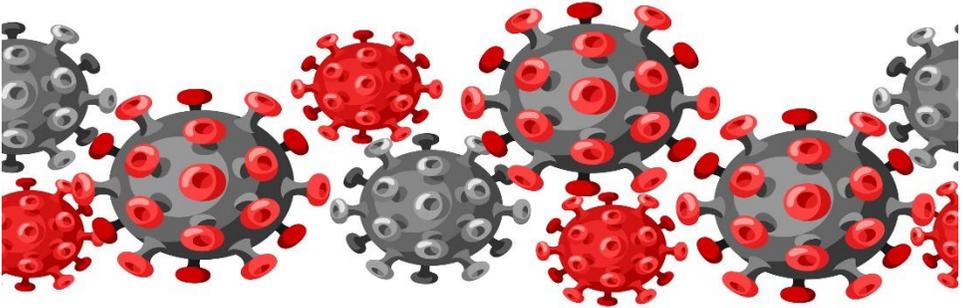
# YOUR HANDS — CAN — HEAL YOU



PRANIC HEALING  
ENERGY REMEDIES  
TO BOOST VITALITY  
AND SPEED RECOVERY  
FROM COMMON  
HEALTH PROBLEMS

MASTER STEPHEN CO &  
— ERIC B. ROBINS, M.D. —  
WITH JOHN MERRYMAN

## 17 - 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.

## 18 - 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 powerful 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.

# 19 - Angels Please Prayers-Addiction Help

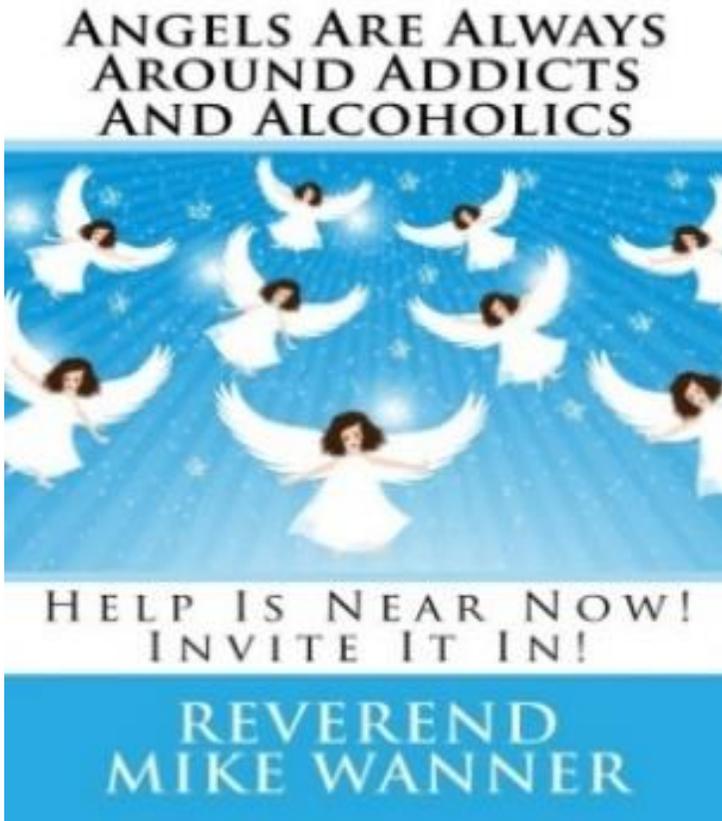
## **Addict's**

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



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

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

20 - Don't Worry Ever



**Ever**

It Does Not Help  
Prayer Still Does!

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

## 21 - 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>

## 22 - 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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