

Pranic Healing Primer for Those Temporarily Incarcerated



Rehabilitation For Self
and Others

Reverend Mike Wanner

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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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The Cover & Vision

The Cover depicts a person in meditation with an empowered Heart sending Healing to the world.

People in prison are isolated from the support that is available to most other people. This book is about helping the prisons and prisoners find motivation in a practical way that can help soothe some of their life experiences enough so that the energy of Divine love can help prisoners be motivated with freedom enough to have new options for a way to a new life.

When we are able to have a growing number of residents with empowered hearts in the incarcerated community (like the cover image), it will be much easier for staff to facilitate operations with diminishing conflict allowing a more harmonious balance for all.

Title Note

The title includes the word “Temporarily” and that is on purpose as a way to highlight that the residence is not intended to be permanent for the largest portion of the Population.

The author believes that attitude is powerful in the lives of all people and prison is a heavy-duty issue which can be intimidating and paralyzing for a lot of people. Positive reinforcement of possibilities could lighten the mood, stress, and work for everybody.

Section 1 -Introduction To Possibilities

This book is an addition to the *Pranic Healing Primer Series*, and it will reference books I have written related to incarceration and about segmentation in prisons that can help quarantine compliance.

I channeled Angel Raphael over three hundred times {Angel Raphael Speaks Volumes 1,2,3}, and there were only 22 messages about prisons, but Title suggestions have flowed since then and confused me for a long time. My response was I know nothing about that, and then info and knowing would flow until I had a background.

After not understanding for almost ten years, these chaotic times bring clarity and connectivity beyond my wildest expectations. The new chaos and crime spree in the country hits us when we have no place to put new prisoners because we really didn't have enough room for those already there.

We need to reassess our criminal justice system. I think Meditation on Twin Hearts and Pranic Healing can help provide options toward rehabilitating the prisoners who have occupied our facilities and prepare them for reentry by bridging the Hope gap with new energy to rehabilitate and motivate prisons, prisoners, administrators, politicians and taxpayers alike.

Creative administrations could tweak what is written here to establish rehabilitation goals that grow into real changes. I expect an optimal plan can be developed with Meditation on Twin Hearts, Pranic Healing, social distancing guidelines, and

segmentation criteria that I have written about previously in 27 Prison Segmentation Titles within my 64 incarceration books. The cost to the nation could be miniscule and savings to taxpayers huge.

A blessing coming out of all the chaos now may be the proper realignment for the processing, education, and decisiveness about wrongdoers. Rehabilitating lawbreakers can be beneficial to the country by lessening costs and allowing resources to be spent on other public programs that improve quality of life and educational resources for prisoners, their family, their community and all others including taxpayers.

Disclaimer

I, the author, am not involved with a particular prison or system or prisoner as many readers may be, but I have talked to many prisoners during Hospital Pastoral Visitations.

I am sharing what is coming to me in an effort to spread understanding and trigger conversations that can be helpful. It may be that the discussion needs finessing and I invite your wisdom into the mix.

My guidance has suggested that a lot can be done. I have detailed my views which are not the expert positions of a prison administrator or another expert who might be helpful here. I have written a lot about healing in general and in prisons, and the Healing Books list and the Prison books list are at the website <http://www.AngelRaphaelSpeaks.com>

That website also has pages titled “Prison Presents” and “Healing Presents” which offers books that are free on Kindle and the dates they are Free.

This book identifies the real goal of all my books about incarceration. My goal is fewer prisoners behind the walls and more who exit with the skills to never go back.

The complexity of all the issues that prisoners and prison staff have to deal with can lead to a very stressful environment, and that complicates the processes and raises the stress for everybody.

Stress has been so much in my awareness for so long that I actually have a whole separate website which deals with it, and the URL is <http://StressReleaseCoach.com>.

Please be aware that nowhere in my books is any recommendation for releasing prisoners who are not ready. There is a lot however about helping prisoners to find information so that they can repurpose their lives for the betterment of the whole community.

Note

I have also written about Dialogues, and I invite you to consider sharing your ideas in public and with me in the optimal format specified below. The core message about sharing opinions can be found for free at <http://angelraphaelspeaks.com/prison-possible/> I invite your consideration of this tool to further

dialogue and promote progress in all the areas of your interest about incarceration.

The desired format for Dialogues is a single Page Configuration >150 words <220 Words, in a 6 x 9 book format with all .5 margins, Title Font 20 Pt. Times New Roman, Body Font 14 Pt. Times New Roman. Adherence to this size will go a long way to simplify the process for me. Thank You.

1 - A Perspective on Reality and Incarceration

While the Angels brought me this topic, the resultant awareness that has come through it has saddened me. The discoveries I have found are rooted in avoiding reality.

Citizens seem to want government to deal with the issues and put wrongdoers outside their community but the problem is that the easiest way to do that has been incarceration and that can be very costly to the broader community and leave vast wounds in families.

America has a significantly higher percentage of our citizens in custody than any other country. We need to do a reality check in this budget crisis time, to seriously realign the options for people in prison so they can restart their lives, adopt new priorities and reenter the general population while bringing more safety to citizens.

We have had about 2.3 million prisoners in jail for many years and the crimes happening today out of quarantine frustration could easily make things much worse for everybody, especially for taxpayers, who could not afford prior years' prison costs.

Prison costs will go up, unless we make changes now to help those in the system and exit those who are worthy of release. In addition, we need to mitigate the influx of new prisoners by making changes to the judicial system that could provide options to incarceration.

My books also talk about preventing jail for candidates who could be better served with less costly options. A big part of that could prevent needless loss of jobs for those who aren't eventually convicted and the damage to the families of the economic loss that could further be harmful to family units and the children within them.

2 - Incarceration Redesign Time

Quarantine aligns with the segmentation criteria that my books have been discussing for years. Space optimization could allow prisoners to find the peace and safety to heal and then redesign their activities, realign with the Divine and their potential.

It is unlikely that prisons could provide social distancing as the overcrowding in prisons has been historically intense before the pandemic hit us. With the ideas shared herein, we can spread people out in segments by limiting access to others over 24 hours instead of 16.

My segmentation books talk about better space utilization as a 24-hour facility with shifts and optimal utilization of resources around the clock, so the congestion is minimized by design and allows more space for all when they are not sleeping. A third of the population could be isolated from the other two-thirds with a internal prison plan.

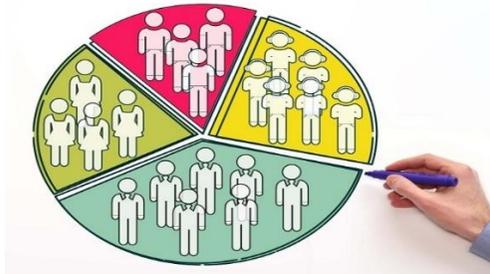
Prisoners now have few choices and little opportunity to do anything without others observing their process and having opportunity to interfere with their ability to focus and manifest. Segmented space could give options that can empower individuals.

The Simple plan for most prisons seems to be group moves with few choices as sixteen hours a day of daily activities and eight hours where everybody sleeps in their cells.

The segmentation perspective is to create segments within the whole so that time and space can be optimized for allowing more personal space so that being crowded in with others is minimized.

Creating a segmented prison could be adapted differently according to the variables from place to place. Ideally, there could be considerations discussed to split the community in many ways that optimize comfort, peace, safety, and social distancing.

Segmentation Can Provide Social Distancing and Increase Peacefulness



The Smaller the Segment,
The Better the Effectiveness

3 - Problems Seen with Incarceration Now

Disclaimer – Comments are Not Universal

Your Neighborhood Facility could be very different.

1. Prisoners have little opportunity to expect better days and be motivated to work towards achievable goals.
2. The system is quite rigid and absolute. Change does not come easy.
3. Prisoners are humans who do not respond well to rigidity.
4. Little opportunity for rehabilitation in many institutions.
5. Educational opportunities are minimal in many institutions.
6. Overcrowding can be a problem in many institutions.
7. Opportunity for Re-Entry planning could be enhanced.
8. Job opportunities for ex-offenders can be minimal and low-pay which makes successful reentry difficult and less likely.
9. Prisoners can lack a purpose for their lives.

4 - Lack of Purpose is a Major Problem

“Prison Rehabilitation”

{A Message from Set 10 of the Angel Raphael Speaks Series}

{A Channeled Message from Angel Raphael}

“The answer to prison rehabilitation is **Purpose**” (A purpose for each prisoner’s life.) While some institutions may have initiated programs to engage their residents, the feeling of a purposeful life brings a new reality to the incarcerated.

Purposes to consider will be ones that work for the incarcerated as well as the society, which actually pays the bills. Special characteristics to include would be the creation of a feeling of accomplishment generated by prisoner effort, and in turn, a drastic cost savings for the institution.

The real loss to prisons is wasted time, no productivity and no graciousness of interactive genius. If invited, the right use of time can provide different results from what is now seen.

There is no profit to society when cruelty is applied to the control of citizens. There may be temporary security, but that comes at a big price to the potential of all.

The best way to learn about what is possible is to listen to the troubled stories of the incarcerated people. Their genius can be tapped by mining information about how to fill the gap that they slipped into so that newer walkers on their path can find the gap filled by their charity of sharing their pain as a love patch to the sinkholes of society.

The answers through this channel are coming differently than most could conceive and that is because neither you nor I have a job whose agenda has its own needs.

You ask to imagine how much can be cut from prison costs to maintain security, improve lives, create new industry and improve the focus, flavor, and flair of American life and you dowsed for an answer. You got 47% reduction, and you questioned your dowsing. Your questioning is wise because there is a huge industry that has roots in the status quo.

While that is true, your answer has potential that will serve the ones that would resist the initiatives that flow from the message. Their positions are survivable as is for a time unknown but their openness to change can also serve their security.

The change will happen even if they choose to use their money to resist the inevitable avalanche of change. Their opportunities are paramount in the areas of personal safety for all and the possibility to create new meaningful arrangements that are self-sustaining for all levels of the resident base and those employed in the industry.” ARS 10

5 - Invitations

Invitation For Administrators

Please consider this book's topic can be a real grassroots effort towards improving the lives of those in your care. The idea may or may not work based on the lives, experiences, and customs of all involved. I could not possibly write a “How To” guidebook for the skills you might need to allow this concept to flourish in your space.

I think that all the circumstances of these crazy times align divinely so that new sprouts of hope could blossom into many lives. I know that your role is an almost impossible task as is because the job you fill is little understood and like the skills of the captains of ships and aircraft, you probably need to err on the side of safety to keep yourself from criticism.

I will not be surprised if few administrators have the foresight to try these ideas. I will be impressed by those who do.

Please Consider:

1. Selecting Optimal Candidates from those who apply.
2. Selecting a method of liaison with administration.
3. The assignment initially for participants would be to help design a workable program.
4. Keeping it simple at the outset.
5. Maintaining an invitation for residents to apply.

Invitation for Prisoners

It has been suggested to the administration that we consider creating a second shift to help comply with social distancing and spread the residents out. To do this, the author of the concept recommends that we offer some residents or groups of residents an opportunity to live on a different schedule than most residents.

The main idea would be to have an A shift with residents being 16 hours in the common prison areas and 8 hours in their cell overnight, as usual now. The B shift would have the participants being 8 hours in the daytime use areas when everybody else is asleep and up to 16 hours in their cells (At the outset) while everybody else is in the daytime use prison areas.

As experience with the concept grows the B plan cell time could be reduced as the ability to schedule creatively increases. The minimizing of time prisoners are crowded together can ease feelings of being cramped for both shifts.

The hope is that the spreading out would allow participants a level of freedom they have not experienced in prison. The introduction of the *Meditation on Twin Hearts* and the balance received by doing it can help heal oneself and the world.

The flow of love energy and empowerment for many can be stifled in prison but this meditation can empower participants to send love to the world with the expectation that the world can respond with love for nurturing everybody everywhere.

Even those with life sentences could find Purpose and personal joy in the mediation and the energy flow it invites. Giving and receiving are reciprocal.

The most immediate return flow could be participants feeling the freedom of choice to try something new. Raising the vibration in the Meditation by embracing Nature and the Divine can ease cycles of stress and inaction.

Later the healing modality called Pranic Healing can be introduced to offer a pattern that could help Plan B participants develop a Personal Purpose for their life by coming from love.

The hope is that Plan B participants over time can evolve in many ways to be a more evolved self of their choice.

6 - Plan Resources

The resources needed are very basic:

1. Meditation on Twin Hearts including Little Energy Exercises before and after meditation.

Available on DVD at Amazon and on YouTube
A PDF about the Meditation is downloadable from
<http://PranicHealing.xyz>

2. Access to the Steps of Practice

Books on the subject to start with:

“Miracles Through Pranic Healing”

Master Choa Kok Sui

“Your Hands Can Heal You.”

Stephen Co, Eric B. Robins MD & 2 Others

Administrators could schedule showings of a YouTube or DVD within their programs for Both Plan A & B population programs.

A very frugal effort toward rehabilitation could save the government a lot of struggles by increasing willingness to cooperate. The effort could build towards better days through cooperation, peace, and possibility building.

Section 2 – Developing the Concept

Ideas

The resources referenced above shows the primary tools which include the meditation and the books. There are many ways they could be used; a slow steady introduction is suggested.

Meditation on Twin Hearts focuses on opening the Crown Chakra to the Divine and the Heart Chakra to experience the flow of Love, which can be a power tool to help motivate individuals.

The Meditation focus is on the steps to use the energy for self and then the world which includes many people that prisoners could help remotely, which could be very comforting.

.

Teams

Little teams of people who meet in a socially distant or correspondent way could help understanding and integration of the concepts to Facilities they know well.

Participants could write plans to accommodate:

- Medical Visits
- Mail
- Visitations
- Chaplain Visits
- Fresh Air outdoors, etc.
- Deliveries etc.

Segment Characteristics

Mass Population? No.

Herd of People? No

Minimum Size? One

Maximum Size Concept Startup? One Hundred

Goals

1. Share the Concept with administration, staff and prisoners.
2. Invite Administration to Draft Local Perspective for common participants questions
3. Invite Staff to draft a list of questions
4. Participants prioritize the list of concerns
5. Invite prisoners to consider applying for participation.
6. Ask staff for a liaison volunteer.
7. Administration could accept the applicants or make selections as appropriate to an individual prison situation.

Time to Regroup

After a Trial Period, a time to reflect would be helpful. From there, an enhanced plan could be developed.

Then Review again:

1. Ideas
2. Teams
3. Segment Characteristic
4. Goals
5. The Total Experience

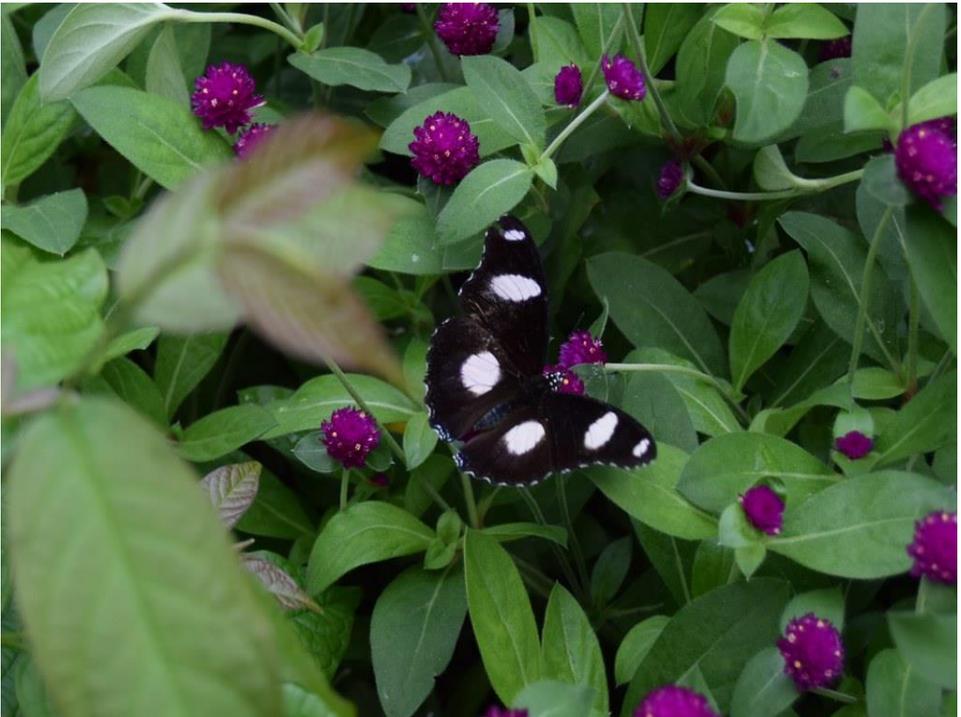
Section 3 - Prana & Pranic Healing

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 - Pathway to Healing

You may notice that I put prana early in this section 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 area 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 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 to 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 Prison books by Mike page (#32.) I am excited to think about you using it along with or after Pranic Healing. A Free Workbook can be downloaded at <https://lettertorobin.wordpress.com/>

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 others and even children in schools

9 - My Journey with Pranic Healing

Before experiencing Pranic Healing, I imagined it as any other 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.

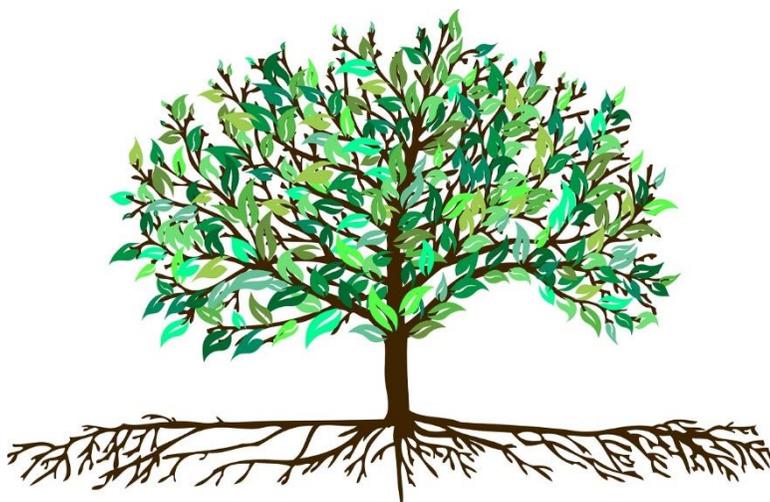
If you ever told me that at the age of 74 that I would be racing to take new training, I would have said you were nuts. Well, Pranic Healing got my attention, and I booked the training and took it in short order.

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.

10 - 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."

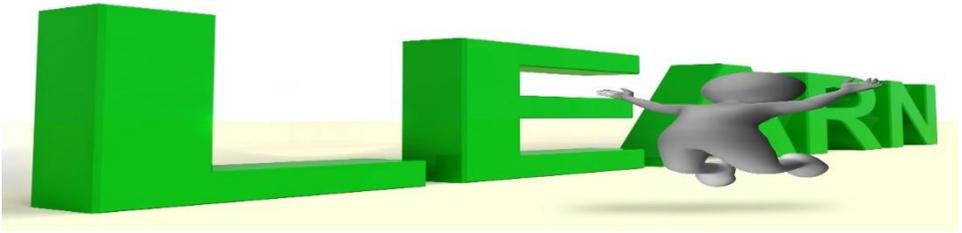


The meditation allows positive energy to flow through your body, which displaces negative or unwanted energy. Scientific testing has shown people who practice this meditation are healthier and more at peace mentally compared to others.”

The meditation is enhanced when preceded by exercises that prepare the body to receive the energy smoothly and easily and then followed by a smaller set of efforts to pack the energy into optimal places for integration wholistically.

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

11 - 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.

12 - 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).

Prisoners and family members who learn Pranic Healing can send it instead of worrying about each other. Both Sending it and receiving it are healing to both sender and receiver. A no cost bonus program that beats fear and worry. Thank You God!

13 - 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*

14 - 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.

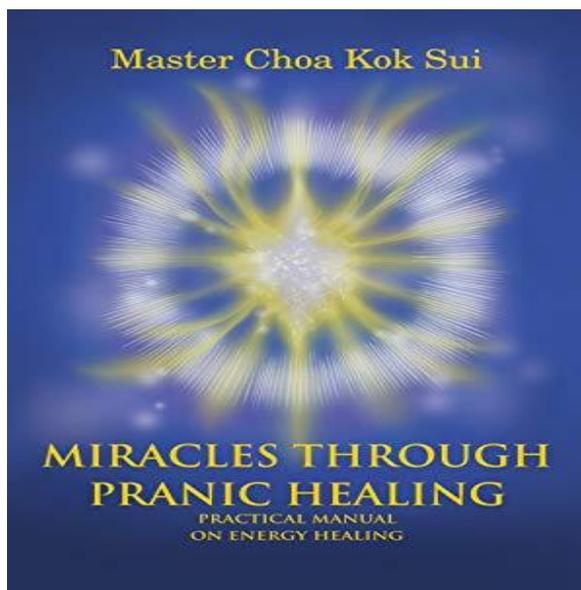
There are twelve steps in the procedure that are to go in sequence. Eleven of those steps are to read the specific text, and the twelfth is to do a treatment that could last 20 minutes to an hour.

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

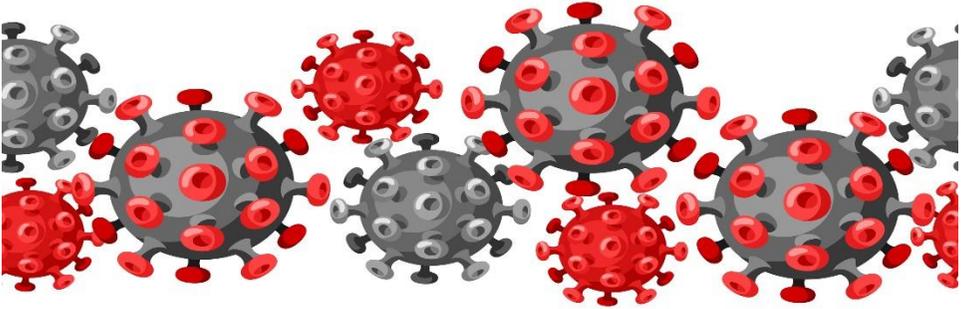
After you've completed these steps, you're ready for the 12th step, to follow a protocol and begin Pranic Healing! That could take roughly 20 minutes to an hour. I Recommend that you consider this and all the steps above as an investment in your wellness.

15 - Start Learning



Miracles Through Pranic Healing
~ Master Choa Kok Sui

16 - COVID 19 Healing Pods



Prisoners Could Help This Program

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.

17 - 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 energy work.

The significant factor in Pranic Healing that I like is the Energy Cleansing, which is akin to smoothing out existing energy and combing some negative energy snarls 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.

18 - 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.

19 - 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>

20 - 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/>

21 - 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/>

Free Cancer Books

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

Free Prison Books

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

Addendum - Prison Books

All of the following books by Rev. Mike are available on Amazon.com and most also on Kindle (Note Giveaway Below Titles):

1. Angel Raphael Speaks Volume 4: Angels, Addicts, Alcoholics & Prisoners – Oh Yeah!
2. Angel Raphael Speaks Volume 5: Prisoners Caring for Alcoholics – Australia In Miniature Projects Intro
3. Angel Raphael Speaks Volume 6: Prisoners Caring for Addicts – Australia In Miniature For Addicts
4. Prison Jobs Now: Providing Care For Addicts And Alcoholics
5. Angel Raphael Speaks – Prisons (A Kindle only book -2013)
6. Contained Care Communities: Concept
7. Australia In Miniature
8. Prison Possibilities Dialogue Series: Concept
9. Prison Possibilities Dialogue Series: Volume 2 Dialogues
10. Prison Possibilities Dialogue Series: Volume 3 Dialogues
11. Prison Possibilities Dialogue Series: Volume 4 Dialogues
12. Prison Possibilities Dialogue Series: Volume 5 Dialogues
13. Prison Possibilities Voluntary Exile: Concept
14. Prison Possibilities Correction Coaches: Concept
15. Prison Possibilities for Mexicans: Is A Boat Better than A Wall?
16. Prison Possibilities Family Time: A Reason to Thrive!
17. Prison Genius Pool: “So Much Genius In Jail.”
18. Prison Possibilities Access Systems: Prisoner Access by Request
19. Prisoner’s Lawyers Can Save The American Economy: Make A Buck Doing It & Be Thanked!
20. Prisoner Family Talks, Days, Stays & Vacations: Connecting Helps Healing
21. Prisoner Writing Projects: Write to Heal, Start Over & Reconnect
22. Prison Cell Clearing & Blessing: Clear Entities, Chase Ghosts, and & Create Sacred Space
23. Prisoner Professors: Show You Are Aware Create Change With Care
24. Prison Reiki? Maybe Someday? A Gateway To Help Heal Prisons &

America?

25. Judges and An Angel Rule On Possibilities: We Can Cut Sentences & Prison Costs
26. Ideas For Prison Wardens: Leadership Is Not Easy
27. Solitary Community: Could Community Support Cut Costs and Issues?
28. Prisoner Projects Communication Teams: Communications Can Change Lives
29. Motivating & Empowering Prisoners? Invite Prisoners To Find Their Motivation & Their Future
30. Prison Segmentation for Safety, Sanity, Security, Peace &
31. Prison Segmentation for Security
32. Dowsing for Prisoners; Answers from Above
33. Ex-Prisoner Possibilities With Real Estate Investors
34. Prison Segmentation For Mental Peace
35. Prison Segmentation For Joint Ventures
36. Prison Segmentation For Startup Ideas
37. Prison Segmentation For Your Rehabilitation: R U Ready?
38. Prison Segmentation For Family Villages
39. Prison Segmentation For Senior Prisoners
40. Prison Segmentation For Coaching Clubs
41. Prison Segmentation For Miracles
42. Prison Segmentation For A Prison Game Show
43. Prison Segmentation For Spousal Support
44. Prison Segmentation For Exit Contracts
45. Prison Segmentation For Sentence Segments
46. Penitentiary Edition Angel Raphael Speaks
47. Prison Segmentation For Angel Raphael Speaks
48. Prison Segmentation For Lifer Purpose Plan
49. Prison Segmentation For Prisoner Guards Share Freedoms
50. Prison Prayer Book: Every Prayer Counts
51. Prison Segmentation For Defense Support
52. Prison Segmentation For Waiver Design
53. Prison Segmentation For A Job Fair
54. Prison Segmentation For Sound Healing Drug Alternative
55. Prison Segmentation For Pre-Trial Laptop Workers

56. Answer To Sentencing
57. Prison Segmentation For Spiral Path Circuits
58. Prison Segmentation For Video Messages
59. Prison Segmentation For Premium Prison
60. The 60th Book of Prison Hope
61. Prison Segmentation For Inner-City Teacher Advisors
62. A Million Less Prisoners Please
63. Prison Segmentation For Prison Tourism
64. Political Prison Proposals Poll Putts

Almost All of the Books Above
Rotate Free at “Prison Presents” Tab



<http://www.AngelRaphaelSpeaks.com>

Also Optional “Healing Presents” Tab
(Cancer Days 1-5, 11-15, 21-25 at Healing Presents Tab)

Addendum - The Planetary Meditation for Peace

Authority to Reprint

The Planetary Meditation for Peace
(also known as Meditation on Twin Hearts)
is a VERY POWERFUL TOOL
IN BRINGING ABOUT WORLD PEACE.

Therefore,
THIS MEDITATIONAL TECHNIQUE SHOULD BE
DISSEMINATED.

**The Author hereby
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PERSONS TO REPRINT, RECOPY, AND REPRODUCE
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ACKNOWLEDGMENT IS MADE**

(Signed) Choa Kok Sui

- Extracted and Modified from The Ancient Art and Science of
Pranic Healing, ©1992, by Master Choa Kok Sui, Pages 227-
239

1. Cleansing the Etheric Body through Physical Exercise. Do Physical Exercise ^[1]_[SEP] for about five minutes to clean and energize your Etheric Body. Light greyish matter or used-up Prana is expelled from the Etheric Body with Exercise. Physical Exercises also minimize possible Energy Congestion since Meditation on Twin Hearts generates a lot of Subtle Energies in the Etheric Body.

2. Invocation for Divine Blessing.

You can make your own Invocation. Here is one example the Author usually uses:

Father, I humbly Invoke Thy divine Blessing!
For Protection, Guidance, Help and Illumination
With Thanks and in Full Faith!

Invoking the Blessing of Divine Providence or one's Spiritual Guides is very important. Every serious spiritual aspirant usually has Spiritual Guide(s) whether he is consciously aware of them or not. The Invocation is required for one's Protection, Help and Guidance. Without the Invocation, the Practice of any Advanced Meditational Technique can be dangerous.

3. Activating the Heart Chakra

Blessing the Entire Earth with Loving Kindness. Press your front Heart Chakra with your finger for a few seconds. This is to make concentration on the front Heart Chakra easier.

Concentrate on the front Heart Chakra and Bless the Earth with Loving Kindness. When Blessing, you may visualize the Earth as very small in front of you. The Author usually uses the following Blessing:

Blessing the Earth with Loving Kindness
From the Heart of God

Let the entire Earth be Blessed with Loving Kindness

Let the entire Earth be Blessed with great Joy, Happiness and Divine Peace. Let the entire Earth be Blessed with Understanding, Harmony, Goodwill and the Will to do Good. So be it!
From the Heart of God, let the Hearts of all Sentient Beings be filled with Divine Love and Kindness.

Let the Hearts of all Sentient Beings Be filled with Great Joy, Happiness and Divine Peace.

Let the Hearts of all Sentient Beings Be filled with Understanding, Harmony, Goodwill and Will to do Good With Thanks ... So Be It!

For beginners, this Blessing is done only once or twice. Do not overdo this Blessing at the start. Some may even feel a slight Energy Congestion around the Heart Area. This is because your etheric body is not sufficiently clean.

Apply Cleansing to remove the congestion. This Blessing should not be done mechanically. You should feel and fully appreciate the implications in each phrase. You may also use Visualization.

4. Activating the Crown Chakra

Blessing the Earth with Loving Kindness. Press the Crown with your finger for several seconds to facilitate concentration on the Crown Chakra and bless the entire Earth with Loving Kindness. When the Crown Chakra is sufficiently opened, some of you

will feel something blooming on top of the head and some will also feel certain pressure on the Crown. After the Crown Chakra has been activated, concentrate simultaneously on the Crown and Heart Chakras, and Bless the Earth with Loving Kindness several times. This will align both Chakras, thereby making the blessing much more potent.

5. Achieving Illumination

Meditation on the Light, on the Aum or Amen, and the Interval between the Two Aums or Amens. To achieve Illumination (expansion of consciousness), visualize a point of dazzling white light on top of your head and simultaneously chant mentally the word Aum (Ah — omm —) or Amen (Ah — men —) and concentrate on the intervals (moments of silence) between the two Aums (or Amens), while maintaining the point of light. Do this Meditation for 10 to 15 minutes. When you can fully concentrate simultaneously on the Point of Light and on the intervals between the two Aums, you will experience an "Inner Explosion of Light" Your entire being will be filled with light! You will have your first glimpse of Illumination and first experience of Divine Ecstasy. To experience Buddhist Consciousness or Illumination is to experience and understand what Jesus meant when He said: "If thine eye be single, thy whole body shall be full of light* (Luke 11:34). "For behold, the kingdom of heaven is within you" (Luke 17:21).

6. Releasing the excess Energy.

After Meditation, it is important that the excess Energy should be released by Blessing the Earth with Light, Loving Kindness, ^[1]_{SEP}Peace and Prosperity for several minutes until you feel your

body is [L] [SEP] normalized. Otherwise, the Etheric Body will become congested and the Meditator will experience headaches and chest pains. The visible body will deteriorate in the long run because of too much energy. Other Esoteric Schools release the Excess Energy by visualizing the Chakras projecting out the excess Energy and the Chakras becoming smaller and dimmer, but this approach does not utilize the excess Energy into constructive use.

7. Giving Thanks.

After Meditation, always Give Thanks to the Divine Providence and to your Spiritual Guides for Divine Blessing.

8. Further Release of Excess Energy and Strengthening the Body through Massage and More Physical Exercise. After Meditating, massage your body and do Physical Exercise for about five minutes to expel more used-up prana from the body and, thus, to further release, clean and strengthen the visible body. This will also facilitate the assimilation of the Spiritual Energies, thereby enhancing the beauty and health of the Practitioner. Massaging and exercising after Meditation also reduce the possibility of Energy Congestion in certain parts of the body which may lead to illness. You can also gradually cure yourself of some ailments by doing exercises after doing The Meditation on Twin Hearts. It is very important to exercise after Meditation; otherwise, the visible physical body will inevitably weaken. Although the Etheric Body will become very bright and strong, the visible physical body will become weak because it will not be able to withstand the leftover energy generated by

the Meditation in the long run. You have to experience it yourself to fully appreciate this.

Some have the tendency not to do Physical Exercises after Meditation but to continue savoring the blissful state. This tendency should be overcome; otherwise, one's physical health will deteriorate in the long run.

Sometimes when a spiritual aspirant Meditates, he may experience unusual Physical Movements for a limited period of time. This is quite normal since his etheric channels are being cleansed. The instructions may seem quite long but the Meditation is short, simple and very effective! It requires only about 20 minutes excluding the required time for the Physical Exercises.

There are many degrees of Illumination. The art of "Intuiting" or "Direct Synthetic Knowing" requires constant Meditation for a long duration of time. Blessing the Earth with Loving Kindness can be done in groups as a form of World Service. When done in groups for this purpose, first Bless the Earth with Loving Kindness through the Heart Chakra, then the Crown Chakra and, finally, through both Chakras.

Release the excess Energy after the end of the Meditation. The other parts of the Meditation are omitted. The Blessing can be directed not only to the entire Earth but also to a specific nation or group of nations.

The potency of the Blessing is increased many times when done in a group rather than individually. Another way of Blessing the Earth with Loving Kindness in a group is through daily radio

broadcast at an appropriate time with some or most of the listeners participating.

- Extracted and Modified from The Ancient Art and Science of Pranic Healing, ©1992, by Master Choa Kok Sui, Pages 227-239

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Addendum - Personal Power Declarations

From AngelRaphaelSpeaks.com

I Can Choose Joy



*I Can Be The Authority In My Life, Who I Was Created
To Be!*

I Can Claim My Power Easily And Quickly!

I Can Fulfill the Mission Of My Soul In This Lifetime!

I Am A Chip Off The Block of God!

*I Was Birthed Into the Physical World For A Divine
Purpose!*

I Can Release Negativity



*Worry Is a Waste of Time! I Can Stop doing It! It
Doesn't Help – Prayer Still Does!*

*Fear Is an Invitation From the Dark Side!
I Can Stop Being Fearful!*

*Hate is Toxic Self-Administered Poison! Hate For
Others May Be Personal or referred! Bad Either Way. I
Can Stop doing It!*

I Only Need To Fear The Loss of God – Not God!

*The Path Out of Darkness Is An Invitation – Lord Be
With Me!*

I Can Be Concerned, And Stay Positive



I Can Be The Rock For Others To Lean On

*I Can Help Others Own Their Authority, Own Their
Responsibilities and Be At Peace*

I Can Help Guide Wise Choices

I Can Help Others Be Congruent with Themselves

I Can Help Mitigate Emotional Stress

May All Who Read This Be Blessed,
AND SO IT IS!

Rev. Mike