



Research Article

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VIEWING OF AIR PRANA: AN EXPLORATORY STUDY OF PERCEPTIONS AMONG PARTICIPANTS OF DIFFERENT GENDER AND EDUCATION

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ABSTRACT

Prana is an essential for survival of all beings. With proper training, a common man can view this *prana*, the subtle energy body. It is also referred to as 'Chi' or 'Ki.' The present study seeks to understand the perceptions and experiences of viewing air *Prana* among participants. Exploratory research design was used. 178 participants with a mean age of 26.8 years participated in the study. Open-ended questionnaire was provided to participants to record their experiences before and after guidance to view air *Prana* as conceptualized by Master Choa Kok Sui. The results were analysed using Contingency Coefficient analysis. Participants mentioned different experiences after viewing air *Prana*. 73.0% of the respondents saw air *Prana* as small globules when looking at skyline. 80.3% of the respondents perceived brightness in globules, 41.0 % of them reported random movement of small globules, 24.7% felt that globules were many in number, 42.1% felt that globules were moving fast. This study illustrates that majority of the participants viewed and narrated about air *Prana*.

Keywords: *Prana*, subtle energy, *ki*, *chi*

INTRODUCTION

Indian traditions have complex theories about 'Prana'. A concept of *Prana*, the Sanskrit word for 'breath' is mentioned in *Chandogya Upanishad*¹. In Hindu philosophy, yoga, Indian medicine, and martial arts, the term refers collectively to all cosmic energy, permeating the Universe on all levels. *Prana* is often referred to as the "life force" or "life energy". It also includes energies present in inanimate objects. In literature, *Prana* is sometimes described as originating from the Sun and connecting the elements of the Universe². One way of subdividing *Prana* is by the means of *vāyus*. *Vāyu* means wind or air in Sanskrit and the term is used in a variety of contexts in Hindu philosophy. *Prana* is considered the basic *vāyu* from which all the other *vāyus* arise.³

Prana is believed to be a form of energy which travels in the human body within channels called *nadis*.¹ *Prana* is more particular whether we are alive or dead, life-energy is still there; in life among our organs sustaining them, in death among the innumerable creatures that arise from our destruction.⁴ There are three major sources of *Prana*; solar *Prana*, air *Prana* and Ground *Prana*. *Prana* contained in the air is called air *Prana* or air vitality globule. It is absorbed by the lungs through breathing and by the energy centres of the bioplasmic body. This air *Prana* can be seen by anyone with guidance⁵.

Complementary therapies like pranic healing, acupressure, qigong etc., make use of life forces that are readily available from the sun, air and ground to heal different kinds of physical,

emotional and mental ailments that may be present in the human.⁵ In contemporary society, energy theory is particularly evident within the milieu of complementary and alternative medicines. Many therapies purport to work directly on an energy level, claiming to cure energetic imbalances which are believed to contribute to pain and illness.⁶

A recent study has focussed on effectiveness of viewing air *Prana* on one's wellbeing. Results showed that majority of the participants viewed air *Prana* and the experience benefited them psychologically.^{7,8} Previous findings and views of some pranic healers support the fact that air *Prana* can be seen by common man with naked eyes if proper guidance is given. Hence, our present study mainly focuses on the bioplasmic experiences of the participants while viewing air *Prana*.

MATERIALS AND METHODS

Sample: The participants for this study were students, youth and adults totalling 178 in number, with a mean age of 26.8 years, who were residing in Mysuru district. Table 1 provides socio demographic details of the participants.

Procedure: Exploratory research design was used in this study. In session one, participants were asked to observe the sky without any guidance to view air *Prana* and record their experiences in an open-ended questionnaire. In session two, participants were guided to view air *Prana* as conceptualized by Master Choa Kok Sui⁵ and their experiences were recorded using the same questionnaire.

Tools: The following open ended question was given to record participants' experiences about pranic energy in session one and in session two
What could you see in the sky?

Inclusion and exclusion criteria

Inclusion: 1) Those interested to learn about *Prana*. 2) The age criteria for participants ranging from late adolescence to elderly.

Exclusion: 1) Those with previous experience of viewing air *Prana*. 2) Those younger than 16 years

Ethical Consideration

Permission was obtained from the principals of nursing and horticulture college and officials before the study. Following ethical guidelines were followed. The study data was collected only through an informed consent from the college authorities. Confidentiality of the school children was maintained at the utmost level. The participation was voluntary and no coercion of any sort was used. Students were informed about the method of administration and the purpose of the study. The researcher has been objective by not letting any personal biases affect the research process. The data collected was used only for research purpose. The students had an option of dropping out of the study at any time, if they required.

Statistical analysis

The results were analysed using Contingency Coefficient analysis.

RESULTS AND DISCUSSIONS

Table 2 shows that in session one, 78.7% of respondents saw elements of sky such as sun, cloud, moon, star, rainbow etc. 32.0% of respondents mentioned that sky as blue and clear. Age (CC=.380, $p<.001$), gender (CC=.301, $p<.001$) and education (CC=.314, $p<.001$), were significant in specifying about elements of sky. Age (CC=.288, $p<.001$), gender (CC=.324, $p<.001$) and education (CC=.376, $p<.001$) Were significantly different in specifying about blue clear sky.

Table 3 shows that in session two, 73.0% of respondents have seen air *Prana* as small globules when looking at skyline. 80.3% of the respondents felt that globules had brightness, 41.0 % of them reported that small globules were moving randomly, 24.7% felt globules were many in number, 42.1% felt globules were moving fast. The table shows that gender had a significant effect in the experience of brightness. Higher percentage of males significantly experienced sensation of brightness when compared to females (CC=.191, $p=.011$). Further it is found that, age had a significant effect in the experience of many number of globules. Respondents from the age group of <20 years significantly experienced more/many number of globules, when compared to respondents from the age groups of 21-30 and 30+ years respectively (CC=.207, $p=.022$).

Our study analysed the awareness and experiences of air *Prana* among participants from different age groups. In this study, participants were twice instructed to view the sky. In the initial attempt, they merely looked at the sky without any guidance or attempt made to view air *Prana*. As a result, their experiences concerned with more general expressions/ opinions about the

sky. They expressed about visible elements of the sky which they either saw or did not see such as sun, cloud, moon, star, rainbow etc. In addition, they mentioned sky as blue and clear.

During the session two, they were guided to view the air *Prana* based on protocols conceptualised by Master Choa Kok Sui³. They did not express any physical aspects of sky, instead their experiences were in line with the bioplasmic experiences. Respondents saw air *Prana* as small globules when looking at skyline. They saw globules many in number, bright in nature, that were moving fast and randomly. The venue and time chosen for viewing *Prana* was such that majority of the participants were able to view and express their experiences. Insignificant differences were seen among genders and age groups in viewing air *prana*. Irrespective of their educational background and location background, participants viewed and expressed *Prana*.

These findings were supported by a previous study on effect of Pranic energy on different feelings, perception and psychological wellbeing of participants⁷. The Participants were adolescents and adults totalling 811. 98% of respondents were able to see the air *Prana* and express its sight with different degree of clarity. More than 60% of the respondents felt relaxed when they observed the air *Prana*.

Air and ground *prana* are called vitality globules in esoteric parlance because when seen by a person clairvoyantly or with slightly more sensitive eyes, they appear as small spheres or globules of light. Vitality globules vary in size and units of white *prana*. The globules, on account of their brilliance and extreme activity, can be seen by almost anyone who cares to look, darting about in the atmosphere in immense numbers, especially on a sunny day. The best way to see them is to face directly away from the sun and focus the eyes a few feet away, with a clear sky as background.⁹ According to Leadbeater¹⁰ brilliant as is the globule, it is almost colourless, and may be compared to white light. The vitality globule though inconceivably minute, is so brilliant that it is often seen even by those who are not in the ordinary sense a clairvoyant. These are the vitality globules, specks charged with that force which the Hindus call *Prana*. Some atoms in the atmosphere are impacted by the force of *Prana* that radiates from the sun making them to glow. Such an atom, charged with this additional life, has a six-fold power of attraction, so that it immediately draws round it six other atoms.¹¹

When this globule is flashing about in the atmosphere, brilliant as it is, it is almost colourless, and shines with a white light. As expressed by Leadbeater¹⁰ and Powell¹¹, *Prana* can be seen and experienced. In the present study 73.0% could see air *prana* as small globules and 80.3% of them expressed that these globules were having brightness. Deploying and utilising the pranic energy can benefit in various ways. Earlier studies have focussed mainly on these aspects and have yielded some positive results. Asana, pranayama, and meditation techniques are based on employing *prana* to attain functional harmony between the body and mind.^{12,13} A previous study on psychological wellbeing by being aware of air *prana* and the aura surrounding a tree among participants from different age groups, showed that participants felt relaxed, enthusiastic and happy about viewing the pranic energy. There was a significant change in the positive emotions of the participants after viewing the air *prana*, tree aura¹⁴ and human aura.¹⁵

Table 1: Socio demographic profile of participants

Socio demographic profile.	Variable	F	Percentage (%)
Gender	Male	80	45
	Female	98	55
Age	<20	95	53.4
	21-30	40	22.5
	30+	43	24.2
Education	Post-graduation	34	19.1
	Graduation	94	52.8
	High school	50	28.1
Locality	Urban	70	39.3
	Rural	108	60.7

Table 2: Sensation of respondents in Session One

Sensation of respondents in Session One		Age group			Gender		Education			Total
		<20	21-30	30+	M	F	PG	G	HS	
Elements of sky	F	84	34	22	52	88	19	74	47	140
	%	88.4	85.0	51.2	65.0	89.8	55.9	78.7	94.0	78.7
		CC=.380, p<.001			CC=.301, p<.001		CC=.314, p<.001			
Blue clear sky	F	23	10	24	39	18	15	40	2	57
	%	24.2	25.0	55.8	48.8	18.4	44.1	42.6	4.0	32.0
		CC=.288, p<.001			CC=.324, p<.001		CC=.376, p<.001			

PG: Post Graduate; G: Graduate, HS: High School

Table 3: Sensation of respondents in Session two

Sensation of respondents in Session two		Age group			Gender		Education			Total
		<20	21-30	30+	M	F	PG	G	HS	
Small globules	F	67	29	34	60	70	27	71	32	130
	%	70.5	72.5	79.1	75.0	71.4	79.4	75.5	64.0	73.0
		CC=.079, p=.576			CC=.040, p=.593		CC=.131, p=.215			
Moving randomly	F	38	21	14	31	42	14	40	19	73
	%	40.0	52.5	32.6	38.8	42.9	41.2	42.6	38.0	41.0
		CC=.140, p=.174			CC=.042, p=.579		CC=.040, p=.869			
Many in number	F	31	8	5	21	23	6	26	12	44
	%	32.6	20.0	11.6	26.2	23.5	17.6	27.7	24.0	24.7
		CC=.207, p=.022			CC=.032, p=.669		CC=.088, p=.505			
Moving fast	F	44	19	12	35	40	11	41	23	75
	%	46.3	47.5	27.9	43.8	40.8	32.4	43.6	46.0	42.1
		CC=.163, p=.094			CC=.030, p=.693		CC=.098, p=.422			
Brightness	F	70	33	40	71	72	29	74	40	143
	%	73.7	82.5	93.0	88.8	73.5	85.3	78.7	80.0	80.3
		CC=.163, p=.094			CC=.191, p=.011		CC=.062, p=.709			

PG: Post Graduate; G: Graduate, HS: High School

The evidences from these studies show that *Prana* not only can be seen and felt, it also used as main tool for achieving well-being in all aspects of life. It is not surprising that, *Prana* occupies a life leading role. Just as *Akasa* is the infinite omnipresent material of this universe, similarly this *Prana* is the infinite, omnipresent manifesting power of this universe. At the start and at the end of a cycle everything becomes *Akasa*, and all the forces present in the universe resolve back into the *Prana*; in the next cycle, out of this *Prana* everything evolves that we call energy, everything that we call force. It is the *Prana* that is manifesting as motion; it is the *Prana* that is manifesting as gravitation, as magnetism.^{16,17}

CONCLUSION

Evidences of this study proved that air *Prana* exists and it can be seen and felt by majority of the participants. This result may lay a foundation for future studies on the *Prana* and ways to achieve good health and wellbeing.

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