

Pranic Healing Starter Guide

An Introduction to MCKS Pranic Healing
Techniques for the Oslo Course

By Uni Prana - Licensed by the Institute for Inner Studies

What is Pranic Healing?

Pranic Healing is a highly evolved and tested system of energy medicine developed by Grand Master Choa Kok Sui that utilizes prana, or life force, to balance, harmonize, and transform the body's energy processes.

This guide provides a brief introduction to the concepts and techniques that will be covered in depth during the MCKS Pranic Healing Basic Course in Oslo, September 26-27, 2026.

PLACEHOLDER: This is a preview version. The complete guide will be provided by the Uni Prana team with full content, illustrations, and detailed explanations of the techniques.

Topics Covered in the Course:

1. Understanding the Energy Body (Aura & Chakras)
2. Scanning - Feeling the Energy Field
3. Sweeping - Cleansing Diseased Energy
4. Energizing - Projecting Fresh Prana
5. Self-Healing Techniques
6. Distant Healing Fundamentals
7. Meditation on Twin Hearts

Join Us in Oslo!

We look forward to welcoming you to the MCKS Pranic Healing Basic Course in Oslo, Norway.

Date: September 26-27, 2026

Location: Oslo, Norway

For more information, visit: uniprana.com.br/norge

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The authentic path to MCKS Pranic Healing