

# The Ancient Science and Art of PRANIC HEALING



*Empower yourself, your family and friends,  
and overcome health challenges!*

MCKS PRANIC HEALING® LEVEL ONE

**December 4 & 5, 2010, from 9 a.m.–5 p.m.**

Houston, Texas

*Taught by Renowned 15-Year Veteran  
and Certified Pranic Healing® Instructor*

## DANIEL O'HARA

**CBS 02** After taking this class, you'll know why  
Pranic Healing® has been featured on  
"Hard Copy" and CBS, NBC, ABC & Fox news broadcasts!

**C**OME AND EXPERIENCE why nearly one million people worldwide—and many local news programs, too—are raving about **GRAND MASTER CHOA KOK SUI'S PRANIC HEALING®!** This special two-day workshop, based on the book "Miracles Through Pranic Healing" is designed to teach people from all walks of life how to harness life force, or *prana*, to boost vitality and accelerate the healing of common health problems.

Whether you have years of energy-healing experience, have seen it on TV, have health issues yourself, or just want to be able to help others in need; **this class will exceed all your expectations.** And, it will help you to master energy and train in all of **GRAND MASTER CHOA KOK SUI'S** Advanced Pranic Healing® Energy Courses.

### PRANIC HEALING®: LEVEL ONE CONTENT:

- ▶ Learn to heal others—even at a distance!
- ▶ Learn 3 very powerful self-healing techniques!
- ▶ Learn in-depth methods working with 11 major energy centers (not just 7) to dramatically increase healing results
- ▶ Energetic Decontamination: Purge your energetic anatomy of negative energies that could cause health problems.
- ▶ Step-by-step techniques for 25 of the most common health problems
- ▶ Achieve inner peace and stillness through meditation without years of training
- ▶ Learn breathing exercises to triple your energy level—eliminate the "afternoon slump"
- ▶ Stop negative people from draining your life-force

"Daniel is the Real Deal—if I'd known him earlier in my career, he'd [have] been traveling with the team."

—Marshall  
Faulk, RB  
2-time NFL  
MVP

"Dan's the man!"

—John Salley  
4-time NBA  
Champion,  
L.A. Lakers

"My friend Daniel is a world-class Pranic Healer . . ."

—Dr. Eric Robins,  
Co-Author,  
"Your Hands  
Can Heal You"

◆ ◆ ◆ ◆ ◆  
This class has helped medical professionals, CEOs, pro athletes, soccer moms—and it can help you! Please register online at [www.PranicHealingOC.com](http://www.PranicHealingOC.com). Tuition: \$325 before Nov. 11th, \$350 thereafter.



**Grand Master  
Choa Kok Sui,**  
developer of Pranic Healing®



**Daniel O'Hara,**  
Certified Pranic Healing®  
Instructor & Healer

For more information,  
contact Avinash Well-  
ness, LLC by e-mailing  
[avinashwellness@live.com](mailto:avinashwellness@live.com)  
or by calling  
713.679.9096.

IT WORKS!!!

—Clint Dahl, N.D.,  
Costa Mesa, CA

PRANIC HEALING is a beneficial to all interested in the field of alternative and holistic healing.

—Health World

When I first arrived, I was suffering from the results of a fall in a parking lot, over one year prior. The pain in my knees was constant. I was unable to bend my knees, or squat, or kneel without intense pain. I was unable to walk up or down stairs without pain as well. After my healing, all of these symptoms disappeared. Miraculously, in less than 30 minutes I was released of my pain. I had been under a doctor's care before with the usual treatment of Motrin and cortisone shots. The doctor said I was permanent and stationary and was as cured as was possible by Western medicine. The pain I would have to live with. I can hardly wait to call him tomorrow. I am pain-free, and I walked up and down a flight of stairs without any negative effect! Thank you so very much. I have been healed!

—Berta Barres  
Los Angeles, CA

Coming with [...] be receptive, Daniel O'Hara has [been] nothing short of outstanding in [imparting] knowledge, confidence and passion for growing as a person and evolving as a Pranic Healer. My life's abundance has changed on so many levels. Thank you, Daniel!

—Judith Price, Texas

**As a urologist, I use Pranic Healing in my practice all the time. I've found that Pranic Healing dramatically helps to speed up the body's own natural healing ability. My friend Daniel O'Hara is a gifted, world-class Pranic Healer, and has been teaching the art for many years now. When professional sports establishments recognize the efficacy of Pranic Healing for their injured players, Daniel is going to be in high demand.**

—Eric B. Robins, MD  
Board Certified Urologist;  
Co-author of "Your Hands Can Heal You"

Great Class! This class has helped me get in touch with senses I've always known existed, but had no idea how to access. You are a wonderful teacher. Thank you for the clear examples and patience. I intend to do a great things and be a great things and be a greater being having learned Pranic Healing. Can't wait to see the changes

—M. Thom  
Texas

Pranic Healing® really works! As a professional athlete, stress is the greatest obstacle to reaching my full potential. Whether it's the physical stress I put on my body, or the mental stress that accompanies being in a high performance profession; Pranic Healing® has been the answer! There are many ways to manage stress, I cannot think of a more effective, safe or healthy method than picking up the phone and calling my Pranic Healer. Daniel is a pioneer in applying Pranic Healing® with athletes. I highly recommend him!"

—Errick "Ricky" Williams  
Heisman Trophy Winner, All-Pro RB, Dolphins

Thank you Daniel! I experienced a rather dramatic recovery after my car accident where I smashed into a tree due to fog. My head went through a windshield of the car. Immediately after the accident, with glass being pulled out of my forehead, profuse bleeding, bruising and the likelihood of permanent scars, I went to see a doctor in Torrance. He referred me to a plastic surgeon. However, I came to you for Pranic Healing the night after the crash, and even though the doctor who had seen me the day of the wreck had commented [that] I would need stitches, and would have scars, the Pranic Healing was so complete my forehead cleared up miraculously within three days. I didn't even need stitches, and I have no scars on my forehead. This healing should greatly benefit athletes and other peak performers as well.

—Nick Delgado Ph.D.  
Author, "# 1 Way to Fitness"  
[www.extendyouth.com](http://www.extendyouth.com)

I enjoyed learning the techniques in a relaxed, comfortable environment. I was able to absorb so many skills from the hands-on exercises where we experienced our own healing abilities.

—Darryl Prietto,  
Orange County, CA

This class has created a new beginning for me. I had experienced the benefits of energy balancing and Pranic Healing as a recipient, as well as being told I “hold” energy very well to heal others. But, never, in a million years, did I think I would be able to see and experience such incredible possibilities and opportunities as I have in these two days. Thank you, thank you, thank you! God Bless you, God Bless you, God Bless you.

—Jenny  
*Orange County, CA*

Amazing! Thank you for sharing your knowledge and welcoming us. I am so excited to get the book to Texas and share the blessings. These two days were very worth the trip from Texas! Thank you, thank you, thank you!

—Lorraine Price  
*Austin, Texas*

I came to the class with no knowledge but with an open mind. My questions & shortcomings were treated with love and respect. It was a lot of work but a really amazing two days! Thank you!

—Cindy  
*Orange County, CA*

Very enlightening. Explained many of the things that I have seen and felt for most of my life-

—JC  
*Orange County, CA*

I'd highly recommend Daniel and Pranic Healing® to everyone in BJJ. He helped me overcome a knee injury (I couldn't even walk) before I won in UFC 8!

—Professor Joe Moreira

**When you're 47, married just short of three years to the man of your dreams, and have everything going for you, questions with negative emotions are asked of God when diagnosed with 95% bone cancer. I always considered myself a positive, strong and loving individual until I took a course on "Wisdom of the Soul" and shockingly realized how I subconsciously allowed this disease to take over my entire body. The hospital stay, shots, chemo, constant vomiting and loss of hair has been a most humbling experience. Then the first of many miracles came to pass.**

**My dear friend convinced me to take a Pranic Healing class. That weekend literally changed my life. I consider our instructor, Daniel O'Hara, my "Earthly Guardian Angel." He's done several healings on me, changed my thought process, and my whole way of living. My oncologist can't believe how good my counts are or how quickly I've progressed. (According to bone marrow tests, in just three months of Pranic Healing, my marrow is now 95% clean.) I'm not denying the chemo hasn't helped, but when I see the other patients that I've befriended through this whole process and how they're not responding to treatment like I am, this complementary method of healing has to be the key. As any Christian can attest, the closer you get to God, the more burdens the adversary places on you as a test of faith. I now understand that God never allows anything to happen to you that you can't handle. And, by realizing the blessings that are bestowed upon us during catastrophe, opportunities arise. If we're open-minded enough to take advantage of them, all things are possible.**

**Pranic Healing has definitely been my lifesaving opportunity. It's exposed me to a wonderful circle of loving, caring individuals who are more than willing to help keep you focused. I'm now confident I'll be able to create miracles for those in need who cross my path, for I'm a living statistic because of Pranic Healing.**

**With blessed thanksgiving, Rose Belzowski**

I received a phone call from Bob at 11 p.m. this evening, informing me how well he felt. They had pulled the catheter earlier in the evening. He had awoken from a profound sleep, had walked the floor several times, took a sponge bath, and had stopped the morphine drip. He was so excited. I told him of your call and the work that you and Frank were doing. He really felt it and was very grateful. He was very animated and lucid, unlike earlier today.

It was a miracle as far as I am concerned.

Again thank you from the bottom of my heart. I have felt so alone in all of this and my energy was spent. I am looking forward to tomorrow hoping that he might come home then instead of Saturday.

Blessings of Love and Light,

—Dr. Mary Clark  
*Del Mar, CA*

Daniel, your Level One Pranic Healing class was incredible! For me it was second only to giving birth.

—Heather Eddy,  
*Costa Mesa, CA*

“I highly recommend PRANIC HEALING® to anyone interested in an integrated approach to health-care. Doctors, nurses, physical therapists, massage therapists, chiropractors, acupuncturists and psychologists would all benefit from a this healing art.”

—Douglas J. Roger, MD  
*Board-Certified Orthopedic Surgeon*

“PH is what the Chinese call *wei qi*, or external *qigong*, the emanation of energy from the hands to effect healing in another person.... This is probably the most cogent and comprehensive presentation of the theory and techniques.”

—Rudolph Ballentine  
*M.D. and author*

**In December 1998, I was diagnosed with Post-Herpetic Neuralgia. Even with pain medication the symptoms included a sharp, stabbing, piercing pain in my back and right arm as well as intolerable skin sensitivity to even the lightest touch. Clothing touching my skin sometimes brought tears to my eyes. After Pranic Healing was applied I immediately felt relief and each application continued to lessen the pain. Within a month I was off all pain medication and within two months I was healed of all symptoms and pain from Post Herpetic Neuralgia. I have since taken classes from Daniel O’Hara and been able to assist in helping others with a variety of illnesses and problems.**

—Cindy Pace  
*August 2003*

When I was 16, I was diagnosed with Irritable Bowel Syndrome. Any new or stressful event would set off the symptoms. After taking an exam, I would suffer with extreme stomach pain and it would be necessary for me to go bed and miss school for as long as a week. After Daniel O’Hara used Pranic Healing®, I felt much better and with several treatments I was healed. I strongly encourage others to be open to Pranic Healing®.

—Kristy Cearley  
*Age 23*

It is hard to find the words to truly express the positive changes that have happened to me and those around me since I have started practicing the Twin Heart Meditation and Pranic Healing.

A year and a half ago I visited Daniel O'Hara's meditation meeting and was impressed with the wonderful, peaceful meditation. I decided to take the Level One Pranic Healing Course and realized that being able to heal myself and others could have a profound impact on life as a whole.

The changes began quite quickly, I lost weight that I needed to lose, I finally found a rewarding and financially sound job, I got out of a toxic relationship, my children began to be happier, I began to be happier. I found myself leaning toward a more spiritual life that now includes studying to become a minister.

I practice Pranic Healing on friends, family and people who seek me out and have had tremendous results. My co-workers husband had back problems and I was lead to work on him one evening. The next day she told me that when he woke up that morning, he was perfectly fine!! He told his co-workers and I now perform many healings for the people he works with. One of them has been able to forgo surgery on his hips, and has become able to walk with ease. One of my friends has chosen Pranic Healing instead of surgery for Ovarian Cysts, since it has helped her with her lower back problems and also healed a terrible bronchial infection she has several months ago. I deal with people in Twelve Step programs and practicing the Twin Heart Meditation has helped with the many psychological problems that accompany this type of disease.

I recommend this practice to everyone. Whether you wish to heal your self, or to practice this for others, it can only bring positive experiences to all.

I thank my beloved God for leading me to Daniel O'Hara and to Pranic Healing. It has made my life a precious gift to share with others.

Blessings,

—**Michele Amburgey, Newport Beach, CA**

I am taking this opportunity to thank you for the beyond-great Pranic Healing I have received and experienced through you.

When we had our first meeting I had been experiencing anxiety, stress, tension, physical and mental fatigue, chronic pain throughout my entire body, athlete's foot and a tenacious toenail fungus on both feet. I had consulted with several medical doctors as well as holistic doctors and practitioners, all to no avail. They could not assist me and didn't know the causes. After our first meeting I have experienced a great deal of energy and mental clarity. I feel very awake and refreshed. Since our last meeting I am sleeping through the night without grinding my teeth, [or having any] tightness in my throat, neck, shoulders, arms, upper back pain or kidney pain. I have noticed that my ankles are much stronger and that I am breathing easier and deeper. My night vision has also improved.

Thank you again for the Pranic Healing I received through you.

Sincerely, **Alexes**

**From the late 1980s until 1995, I suffered from chronic lower back pain. By 1995 the pain was so constant and aggravating that I was unable to stand erect for more than 10 to 15 minutes at a time. My job required me to stand on my feet for most of the day and I was in constant pain, sitting and bending over as often as possible in search of relief.**

**In 1995 I learned of your Pranic Healing and I attended two of your healing sessions. In less than a week after my second session, my back pain was completely gone. I still have to stand for periods of 8 to 10 hours and I my back is completely pain free. As s matter of fact, I NEVER think of back pain unless someone else brings up the subject of physical pains.**

**I would very much like to thank you for all that you have done for me. Your healing is doubtless the best thing that could have happened to me. Thank you, thank you, thank you. I will gladly recommend you to anyone with any health problems.**

—**Neil Mayfield**

**Thank you for bringing the Pranic Healing seminar to Des Moines last weekend! I have already seen the impact and blessing from what I leaned there.**

**I worked on one woman who had suffered for six years from a persistent cough, since a fall which broke several of her ribs. After I worked on her once, from a distance, she said cough was gone.**

**I also worked, from a distance, on a man who intermittently has joint stiffness from arthritis, particularly during the night when he would awaken with pain in his shoulders. The day after I worked on him he said that he had awakened during the night but there was no pain in his shoulders, nor was there was any pain when he woke in the morning. Since the pain has been intermittent, time will tell the long-term affect of PH but I will continue to work on it! (Although he didn't know when I was working on him, he said he felt warmth in his shoulders and just knew that I must be working on him.)**

**They are as pleased and incredibly grateful and I am, and we are all grateful to God for the healing and to you for brining it to us.**

**With infinite thanks, and blessings for peace and joy,**

**—Karen M. Burns**

I feel very compelled to write down the miraculous healing that I have experienced with Daniel O'Hara and Pranic Healing. I met Daniel two months ago when I began a 3-hour Pranic Healing class, which I also followed up with Thursday night meditation healing groups, the meditation tapes every morning at home, and learning from the "Your Hands Can Heal You." Immediately, the debilitating neck, shoulder and lower sciatic back pain that I have suffered from for the past 3 years since my accidents, was finally permanently lifted and has not returned! I am still absolutely amazed because I have tried EVERYTHING, especially alternative healing and nothing has worked (not long term).

In the past 3 years I have had Orthopedists, Neurologists, pain specialists, many cortisone injections, physical therapy, MRI's, chiropractic adjustments & treatment (2-3 times a week), very discouraging diagnosis's (L-4 & L-5 disc bulges, permanent twisted spine, sciatica, permanent reverse curve in neck, permanent nerve damage, etc...), massage therapy, touch healing, Reiki, energy healing, yoga and various medications and homeopathic pain relievers. Naturally some things have helped temporarily, however I have been awoken from pain every night for the past three years and unable to fully participate physically in my life or my daughters. I had also lost my favorite pastime of sports and exercise, so I have been very depressed and frustrated!

Pranic Healing is WORKING! And, it is extremely quick and effective. It has also helped me with my allergies, and the positive energy that is finally flowing through me is overwhelming! I have truly felt younger, limitless and tingling with vibrant life like never before and it's all natural and easily accessible. For the past month, without ANY back, neck or shoulder pain – I am finally able to exercise again for the first time in 3 years, which is so exciting for me! I have experienced so many energy healing workshops such as Touch Healing, Reiki, and different energy healing techniques in massage school in the past few years. Honestly, Pranic Healing is a FAR more effective and comprehensive ancient system of complete and limitless healing and living. The entire Pranic Peace Movement is very refreshing and stimulating. I am absolutely ecstatic to be blessed with this incredible experience. I cannot wait to experience all of the levels of training, so that I can continue to heal myself, my family and my friends. Daniel is a very knowledgeable, loving and motivating teacher. I encourage everyone to experience the simple beauty of Pranic Healing, their message, exercises, meditations and healing trainings & courses. Energize your life now! Blessings to all!

**—Emily Jennings, Laguna Beach, CA**

Pranic Healing not only changed my life—it gave me my life back!

On February 8, 1997, Daniel O’Hara did in seventeen minutes what no one could do in seven years. He cured me of Lyme disease.

I contracted Lyme disease in June of 1989, at a family reunion in Arkansas where three tiny ticks became embedded in my left leg. At that time there was talk only of preventative measures and not treatment. So my aunt

put nail polish on the tick areas in the belief that they would “suffocate and fall off.” I came home to Indiana confident that the incident was over.

In reality, it had just started; the joint pain, rashes, muscle spasms, memory lapses, weight gain, hair loss, varicose veins, headaches, sleep disorders, chronic neck stiffness, gray/blackouts, dizziness, etc. All progressively getting worse. I was unable to walk/work for over two years. My father took care

of me financially. Physically I tried to take care of myself using everything from maximum prescribed antibiotics, herbs, glandulars, chelation, fasts, colonics, blood cleansing formulas (one from Canada), vitamins, minerals, even urine “therapy”! Although I never considered the next medical “logical step” (a complete blood transfusion). In addition I did self-massage, reflexology, prayer, reiki, Touch-for-Health, *qigong*, therapeutic touch, ELB, self-hypnosis, and tapped everyone I knew for their help. I’m not a novice in this area, since I’ve had “terminal” cancer, a paralyzed arm, arthritis, bursitis, fibrositis, a dislocated shoulder, Bell’s Palsy, and a spinal curvature. I’ve been given “last rites” twice and died briefly once.

Nothing helped. Or, more often, some symptoms would diminish and then return with a vengeance. Being without hope (and my father, who died that July), I gave up [in] October 1995. I was a very unhealthy health-care professional in a massive depression and broke—financially, physically, spiritually, and emotionally.

From then until 2/97, I was sleeping 18–20 hours a night/day (though sometimes I couldn’t sleep 2 hours in row), had lost 3 jobs, many clients, [a] 5-year relationship, and had gained 82 pounds. My memory was so poor that I forgot appointments and long-time clients and friends. I was constantly in pain, confused, overwhelmed and was smoking again. I became a guilt-ridden recluse unable to concentrate or anything but my pain.

Then after finally promising my insistent friend, I went to [a] “Pranic Healing I” workshop. My ego de-

**On Christmas Eve, I asked Daniel if he would work on my right lower [leg]. My ankle was swollen and I had a lump which was crescent-shaped, about an inch and one-half long, and just under one-half inch high, just above my ankle bone.**

**Daniel said he would work on it when he could, but with the holidays and family commitments, he wasn’t sure when that would be.**

**Almost immediately upon hanging up the phone, I could feel the swelling going down in my ankle. Daniel called within an hour and asked if I noticed anything. I told him that the swelling has lessened in my ankle and he said he had some time so he worked on me. On Christmas Day I was on my feet all day and my ankle did not bother me as it did before. The lump was still there; however, it was softer.**

**I then saw Daniel in person at the Pranic Healing class on January 2, 3 & 4. He worked on me four times in that three-day period for approximately 10–20 minutes each time. I could feel the lump changing immediately, although it was not visibly changing. By Sunday afternoon, it was visibly smaller and it continued to get smaller over the next few weeks, until it was completely gone.**

**Thank you, Daniel, for your time and efforts, and for being so loving and caring. May God bless you and your family and your work.**

Love, Sandi

► *Continued on next page*

► *Continued from previous page*

decided that it probably wouldn't help, I've done energy work, I can't afford it, and on and on. The rest is history. I already have a fairly incredible health history, but this my new history.... I once was lost, but now am found, thanks to God, Pranic Healing, and Daniel O'Hara (and Masters Choa and Co). Daniel is my hero. Who else but a hero can give someone their life back? (I imagine him in electric blue tights and golden cape.) Thank you, thank you, thank you every day.

*Sincerely, Patricia Stevens*  
*Residential Real Estate Appraiser*

I am a post menopausal woman (for 12 years). Recently I began experiencing abnormal bleeding which went on every day for three months. For personal reasons I chose not to go to a medical doctor. I had a strong inner knowing that dictated a need to heal both physical and emotional issues by taking a holistic and spiritual approach to my healing.

I was clearly guided to attend the Thursday evening Pranic Healing Meditation Group. I can not adequately describe the wonderful benefits of the meditation—in my opinion, it has to be experienced. After the meditation, on two separate occasions, Daniel performed a Pranic treatment, each 3 weeks apart. After the first treatment, the bleeding did return again after about one week; however, it was much improved. Two weeks later I had another session, which took approximately 15 minutes. It has been two weeks and the bleeding has completely stopped and has not returned.

I am so grateful to Daniel for his gift of devotion and service, and to others in the Pranic Healing Group whose choice it is to dedicate themselves to healing their lives and in so doing healing the planet.

*SC, Orange County, CA*

**I recently attended a Pranic Healing class facilitated by Daniel O'Hara in Merrillville, Indiana. I attended this class as a "refresher" class having had completed a Pranic Healing Class with Daniel a few months earlier. During the class Daniel was working on Rose, an acquaintance of mine [whom] I had brought to the class, [and] who was suffering from bone cancer. Daniel asked that I assist him in his healing by telling him what I was seeing clairvoyantly. As he began the healing I was first amazed at the amount of energy and love, which Daniel was pouring forth. The brightness of the light (electric-lighting blue/brilliant white) from his hands exploded when he began using a crystal. I saw the darkness of cancer in Rose, the way it fought the light and occasionally came back after Daniel had swept the area only to disappear as he worked on the area over and over. It was definitely a battle....a war... and as he used every ounce of his skill, energy and love I saw him winning. The truly most amazing thing I saw was when Daniel spoke to Rose privately (I did not hear what he said) asked her to kneel on a chair with her back to us and as he worked on her I saw blackness flowing from her from the top of her head flowing down to her feet and flowing out like red/hot/black lava into a bowl of salt water. All of the remaining cancer was leaving her body flowing out until it was gone. Daniel then collapsed onto knees on the floor. What a gift of love! I have been scanning Rose clairvoyantly on a semi-regular basis. All indications are that the cancer is gone.**

**Daniel's "shield" is still there protecting her. I can sometimes see that cancer is trying to return, like a bad habit, but with Daniel's shield, Pranic Healing and the continuing determination/hard work of Rose the cancer has lost this battle. My greatest hope is that I will have the opportunity to continue learning the skills of Pranic Healing and introduce others to the unlimited possibilities of this healing. I am thankful and honored to know Daniel, he is one of my teachers. Thank you.**

**—Bonny Claussen**