

Transformative Outcomes of a 5-Days Yoga Prana Vidya Healing Camp in Hassan, Karnataka from February 27th, 2025 to March 3rd, 2025

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Abstract

Yoga Prana Vidya (YPV) System is an integrated and holistic system of energy healing and inner development that combines ancient yogic practices with modern energy techniques to promote physical, emotional, mental, and spiritual well-being. Rooted in the science of prana (life energy), YPV offers a non-invasive, drug-free approach to health by cleansing, energizing, and balancing the body's energy system. The system incorporates practices such as rhythmic yogic breathing, forgiveness sadhana, physical exercises, planetary peace meditation, and specific energy healing protocols tailored to different ailments and conditions.

Method: This study reports the outcomes of a five-day Yoga Prana Vidya (YPV) healing camp held in March 2025 at Hassan, Karnataka. A team of six trained YPV healers provided targeted energy healing to 109 registered participants. Each individual's health condition was assessed before and after the healing sessions.

Result: Participants showed significant improvements in their health conditions after five days of YPV healing, along with the practice of Forgiveness Sadhana and Rhythmic Yogic Breathing. The improvements were observed across 14 different health categories.

Conclusion: Yoga Prana Vidya (YPV) is a holistic and practical approach to healing that promotes overall well-being through energy balancing techniques. It is a simple, accessible, and cost-effective method for self-care, healing, and disease prevention.

Keywords: – Yoga Prana Vidya System®, Forgiveness Sadhana, Rhythmic Yogic Breathing, healing camp.

INTRODUCTION:

Yoga Prana Vidya (YPV) primarily focuses on healing the *Pranamaya Kosha*, or energy body, which interpenetrates and extends several inches beyond the visible physical body. This energy body is referred to as the *Pranamaya Kosha* in Sanskrit, the *Etheric Double* in Theosophy, and the *Bio-Plasmic Body* in modern science. It is believed to be composed of the fourth state of matter—bio-plasma.

Since the energy body and the physical body are interconnected, any changes in the energy body can affect

the physical body. Likewise, ailments in the physical body have a corresponding reflection in the energy body.⁽¹⁾

To maintain energy in and around the physical body—that is, in the Pranamaya Kosha or Etheric Double—the system requires energy pumps and energy pipelines. These pumps are known as chakrams (chakras). The energy pipelines are known as meridians or nadis. There are eleven major chakrams that facilitate the flow of energy and serve as energy centers for various organs of the body. The energy body also consists of health rays, which help expel toxins and diseased energy from the system, and an outer aura, which functions as a protective container for the entire energy field.⁽²⁾

When diseased or contaminated energy accumulates in the energy system, it adversely affects the physical body and may manifest as illness. A YPV healer removes this diseased energy and acts as a channel to draw in fresh pranic energy, which is then projected onto the patient's physical body and internal organs through the energy body. This energy is also directed to the respective chakrams, which distribute it throughout both the energy body and the physical body.

Healing can take place either in person, with the patient sitting in front of the healer, or remotely, with the healer and patient located miles apart at any distance. Because every human being's energy body is part of the Earth's energy body, all are interconnected, and energy can be transmitted over distances. Thus, distant healing is also effective.⁽³⁾

In addition to receiving healing, individuals are encouraged to practice Forgiveness Sadhana and Rhythmic Yogic Breathing for self-development, holistic well-being and support the healing process.

Forgiveness Sadhana⁽⁴⁾

Forgiveness involves forgiving oneself, forgiving others, and asking for forgiveness. This practice includes:

- Recognizing others as divine beings and choosing to see the good in them rather than their faults.
- Visualizing the person in front of you, looking into their eyes, and acknowledging that every soul is evolving. In this journey of growth, people make mistakes.
- Forgiving others for their mistakes, asking for forgiveness for your own, and forgiving yourself by letting go of past regrets.
- Concluding the practice with the chanting of the Shanti Mantra, which brings peace and calm to the mind.

Rhythmic Yogic Breathing⁽⁵⁾

This technique involves deep abdominal breathing, following a pattern of:

Inhale (abdomen expands) – Hold – Exhale (abdomen contracts) – Hold, using a count of 6-3-6-3.

Benefits include:

- Increasing lung capacity by up to 70%
- Enhancing oxygenation and detoxification of the blood by up to 50%
- Balancing chakrams associated with emotions, thereby reducing stress
- Positively influencing the spiritual, mental, emotional, and physical aspects of well-being

METHODOLOGY:

Five-Day Free Healing Camp Organized by Hassan YPV Center

A five-day free healing camp was organized by the Hassan YPV Center in association with the Shri Shirdi Sai Baba Temple Mandir Trust. The camp took place at the temple premises from February 28 to March 3, 2025, and ran daily from 8:00 AM to 6:00 PM.

The healing team consisted of six healers, including:

- 2 HDP (Healer Development Program) Level 1 Healers
- 2 Associate Certified Healers
- 2 Senior Level 6 Healers

A total of 109 patients registered over the five days, comprising:

- 38 male patients, aged between 18 and 81 years
- 71 female patients, aged between 16 and 80 years

Each patient initially received healing from either an Associate Certified Healer or an HDP Level 1 Healer. Subsequently, they were referred to Senior Level 6 Healers for further, in-depth healing.

In addition to healing sessions, patients were encouraged to practice Forgiveness Sadhana and Rhythmic Yogic Breathing daily to enhance their overall well-being and support the healing process.

At the entry point of the camp, data was collected from each participant, including demographic information such as name, age, native place, primary health complaints, medical history, and details of any ongoing medication.

At the end of each day's healing sessions, feedback was collected from every participant to understand the improvements they experienced.

RESULTS OF THE HEALING SESSIONS:

Table 1 provides a categorized summary of the health conditions and illnesses for which participants sought intervention through YPV healing during the camp and further discussed.

Table 1 – Health issues and results after healing

Sl.No	Health Categories	Number of cases	Results after healing
1.	Hypertension	25	75% improvement from high blood pressure
2.	Diabetes mellitus	27	Burning sensation due to diabetes reduced 50%-70% Felt relaxed
3.	All kinds of body ache	55	75% to 100% reduction in all kind of pain
4.	Gastritis	16	50%-70% improvement in gastritis and its symptoms
5.	Psychological issues	11	50% of stress reduced, felt calm and relaxed Anger and anxiety issues resolved
6.	Eye Sight issues	13	50% improvement in eye sight
7.	Insomnia	19	60%-80% patients slept well
8.	Wound and infections	3	90%-100% recovery from wound
9.	Asthma	9	50%-80% improvement in asthma attacks. Night attacks reduced

10.	Hypothyroidism	5	30% improvement in thyroid symptoms
11.	Constipation	3	50% improvement in constipation
12.	Ear issues	8	Itching and tinnitus reduced by 90%, pain reduced by 30%
13.	Paralysis	1	25% improvement in symptoms like shaking of hands
14.	Weight loss	2	2-inch reduction in waist circumference

DISCUSSION:

Participants of the YPV healing camp experienced notable improvements in their health and well-being. The most commonly reported issues are listed in above table which includes, pain, diabetes, and hypertension etc. These concerns were addressed with care and effectiveness by a committed team of YPV healers, who offered compassionate counseling and personalized support tailored to everyone's needs.

1. Hypertension

A total of 25 cases of hypertension were identified during the camp. All patients received two levels of YPV (Yoga Prana Vidya) healing. Given that hypertension is a lifestyle-related disorder, participants were also guided to practice rhythmic yogic breathing and forgiveness sadhana within the camp premises.

- Outcomes:
 - In 16 cases, blood pressure levels reduced immediately after the healing session.
 - In the remaining 7 cases, blood pressure reduced within 30 minutes post-healing.
 - 2 cases did not show any significant improvement in blood pressure levels.

This shows a prompt and positive response to the healing intervention. The findings align closely with data from earlier health camps.⁽⁶⁾

2. Diabetes Mellitus

A total of 27 diabetic cases were registered, with common symptoms including burning sensation in the feet, fatigue, and generalized itching.

- After 5 days of YPV healing, along with rhythmic yogic breathing and forgiveness sadhana:
 - Patients reported 50% to 70% relief in symptoms.
 - Each patient also expressed feeling calm and relaxed, indicating both physical and emotional benefits.
- In a previous camp, YPV protocols were found to have produced similar improvements in the participants' condition ⁽⁷⁾

3. Body Ache and Pain-Related Cases

Pain was the most reported complaint, with 55 cases ranging from mild to severe intensity. The conditions included:

- Low back pain, sciatica pain, shoulder pain, knee joint pain, back pain, heel pain, and others.
- Some cases involved swelling, stiffness, and restricted mobility.
- Healing outcomes:
 - Day 1: Around 50% relief observed in most patients.
 - By Day 5: Patients experienced 75% to 100% relief in pain levels and improvement in movement.

This demonstrates the effectiveness of YPV protocols in successful pain management of acute and chronic pain as detailed in previous studies ⁽⁸⁾

4. Gastritis

Gastritis was another common condition, often attributed to poor lifestyle and dietary habits. 16 cases were reported with symptoms like:

- Stomach pain, burning sensation (stomach and chest), vomiting, and headache.
- After 5 days of healing:
 - 50% to 70% of patients experienced symptom relief.
 - As stress is a contributing factor, patients practiced forgiveness sadhana and rhythmic breathing, which significantly enhanced recovery.

Similar results were observed in previous healing camp as well⁽⁹⁾

5. Psychological Issues

Psychological factors such as stress, anger, fear, anxiety, and acrophobia (fear of heights) were present in 11 participants.

- After 5 days of healing, along with rhythmic breathing and forgiveness practice:
 - A general 50% improvement was observed across cases.
 - The patient with acrophobia experienced notable improvement, feeling calmer and able to face heights for a few minutes — a significant shift.
 - Peaceful undisturbed sleep.
- The integration of specific YPV psychotherapy protocols with RYB and forgiveness sadhana in this camp supported patient improvement, as observed in earlier studies. ^{(10),(11),(12)}

6. Eyesight Issues

A total of 13 cases related to eyesight problems were reported. Common complaints included blurred vision, short-sightedness, eye pain, and burning sensation in the eyes.

- After 5 days of YPV healing:
 - 50% improvement in overall symptoms was observed.
 - Patients with short-sightedness noted better clarity in distance vision and improved reading ability.

This compares well with the results from a previous eye camp⁽¹³⁾

7. Insomnia (Sleeplessness)

There were 19 registered cases of insomnia. Patients experienced difficulty falling asleep, staying asleep, or having restful sleep.

- After 5 days of healing, combined with rhythmic yogic breathing and forgiveness sadhana:
 - 60% to 80% of patients reported significant improvement in sleep quality.
 - Most felt well-rested, calm, and relaxed.

The findings align closely with data from earlier health camps. ⁽³⁾

8. Wound and Infection

Three patients had infected wounds on the feet, presenting with pain, swelling, and redness.

- Following 5 days of healing:
 - 2 patients experienced 90% improvement in symptoms.
 - 1 patient achieved complete relief, with healing effects sustained over time.

9. Asthma

A total of 9 asthma cases were registered. Common symptoms included difficulty breathing, chest tightness, cough, and wheezing.

- After 5 days of healing, along with rhythmic yogic breathing and forgiveness sadhana:
 - 50% to 80% improvement in symptoms was noted.
 - Notably, night-time attacks were reduced in 4 patients.
 - All patients reported easier and deeper breathing after practice.
- These results are consistent with earlier studies on YPV healing in addressing breathing difficulties associated with COVID-19⁽¹⁴⁾,⁽¹⁵⁾ and asthma⁽¹⁶⁾

10. Hypothyroidism

5 cases of hypothyroidism were identified.

- After 5 days of healing:
 - An overall 30% improvement in symptoms was observed.
 - Patients reported feeling calmer, more relaxed, and mentally at ease.
- Similar results were found in a previous study of Hypothyroidism cases.⁽¹⁷⁾

11. Constipation

There were 3 cases of constipation, with symptoms such as infrequent bowel movements, hard stools, and a sensation of incomplete evacuation.

- After 5 days of healing:
 - Patients showed 50% improvement, with easier and more regular bowel movements.
 - All patients were advised to take one table spoon of Sat Isabgol (psyllium husk) once daily about 1.5 to 2 hours before a meal, to improve gut health and facilitate regular bowel habits.
- Comparable outcomes were reported in earlier medical camps.⁽⁶⁾

12. Ear Issues

8 cases related to ear problems were reported. Symptoms included ear pain, ringing in the ears (tinnitus), itching, and discharge.

- After 5 days of healing:
 - 90% relief was observed in cases of ringing and itching.
 - 30% improvement was noted in ear pain cases.

13. Paralysis

An elderly patient, who had been experiencing post-paralysis effects for several years, attended the camp voluntarily.

- After 3 days of healing:
 - The tremors in the hand reduced by 25%.
 - The patient reported feeling relaxed and emotionally uplifted after each session.

14. Weight Loss

Two patients with abdominal obesity attended the camp seeking support for weight loss.

- After 3 days of healing, including forgiveness sadhana and rhythmic yogic breathing:
 - Both patients experienced a 2-inch reduction in waist circumference.
 - They reported a feeling of lightness in the body and enhanced relaxation

The outcomes align with findings from earlier studies utilizing YPV protocols, which were likewise associated with healthy weight loss⁽¹⁸⁾

CONCLUSION:

The health camp effectively demonstrated the positive impact of Yoga Prana Vidya healing techniques in addressing a wide range of physical and psychological conditions. Through no-touch, no-drug healing

methods, along with the integration of rhythmic yogic breathing and forgiveness sadhana, patients experienced substantial relief and emotional well-being in just a few days. There is great potential in conducting health camps that combine medical teams with Yoga Prana Vidya (YPV) practitioners. These camps can offer holistic treatment for various illnesses, including chronic and infectious diseases, and promote preventive care through YPV self-help practices. With the right collaboration strategies, more people can benefit from these services. YPV healing camps, using proven methods, can play a key role in serving communities. Such camps should be supported and promoted at all levels.

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