Pranic Healing

BY SADGURU

What are your views on Pranic healing?

Sadhguru: There are too many healers! I am not saying there is nothing to it. But ninety percent of the time there is nothing to it. When there is nothing to it, I am okay with it. Suppose if I sell nothing to you, then I am just a smart business man and you are not harmed. Now, if I sell you something which causes you harm then it is worse than selling nothing to you.

Today, you can cure almost all infectious diseases with medicine. Medicine changes the chemistry of the body. In doing so, the system suffers in some way. At one level, medicine cures you of the disease, but at another level it creates a kind of suffering. When this goes beyond a certain point then you say that side-effects have manifested themselves. With any kind of drug or any kind of input there will always be some disturbance to the system. There is a price to pay, but it is needed because the disease is a bigger problem.

Whenever somebody attempts any healing they are trying to remove the symptom because that is what they consider as the disease. Even if you take away the indicator, the root of the problem still exists. The indicator manifested itself to bring that root to your notice. Instead of taking notice of it and considering what should be done about it, if you just wipe out the indicator, the root will still continue to affect you. It is possible that your problem might transform its nature. If the root has to be removed then it has to be worked on in some way.

These attempts to heal somebody are a very childish, because people have not understood and experienced life at great depth. They have seen life only in the physical dimension. They believe that relieving a person of his physical pain at that moment is the greatest thing they can do. It is not so. It is understandable that once the pain of the disease comes to you, you just want to be relieved, it does not matter how. But if you are beginning to feel life at a slightly deeper level than that of the physical body, you will see the way in which you can heal also matters.

Disease will go away by reorganising your own energies. But you have to go through sadhana. We are teaching practices that aid natural healing. The objective is not healing, but it is definitely happening. In clinics too this is being done, but with a lack of both understanding and depth. Just laying your hands on somebody and relieving him of pain and things like that, is not a good thing.

(Sadhguru is prominent spiritual leader; www.ishafoundation.org)