



Indian Journal of Traditional Knowledge
Vol 19(3), July 2020, pp 494-501



Comprehending the *Aura* between the hands

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Received 24 April 2019; revised 10 July 2020

This paper aimed to gain an understanding of *aura* between the hands and analyse the varied responses. Qualitative method, content analysis was used to analyse the written comments made by the participants, regarding *aura* between the hands, in a survey of students (N=47) from a college of complementary therapy. The results were analysed and 11 themes were identified. To name a few, a set of bioplasmic experiences, *aura* around the hand is an observable phenomenon, the *aura* has elastic property, *aura* experienced as a vibrational force. The themes have been analysed and discussed in detail. We conclude that viewing of the *aura* between the hands is a simple phenomenon and can be learned by almost anyone. Experimentation has led us to infer that, *aura* between the hands can be felt and seen.

Keywords: *Aura, Prana, Panchakosha, Pranic Healing*

IPC Code: Int. Cl.²⁰: A61K 36/00

It is believed from ancient times that a luminous cloud surrounds the body which is called *aura*¹. The word, '*Aura*' has its roots in the Latin term '*air*'. The Indians attribute it to a Sanskrit root '*Ar*', meaning the spoke of a wheel. With this significance, the human *aura* radiates from the body in the pattern similar to the emanation of the spokes of a wheel from its hub². There is an energy field that surrounds a human body which is conceptualized as the *aura*¹. It is also called the '*Prabhavalaya*' or the 'Luminous circle' that symbolically used to represent the principal deity in shrines that has evolved from the concept of 'halo'². It is an ornate arch, made of stone, wood or metal that stands just behind the principal deity³. The human body emits an energy which is low-level light, heat and acoustical energy which has electromagnetic properties and subtle life energy, which is called *prana* in ayurvedic medicine or *qi* in Chinese medicine⁴. This is known as the Vital essence of life. Swami Vivekananda says, "*Prana* is the infinite, omnipresent manifesting power of this universe"⁵.

Every force is a manifestation of *prana*, including thoughts⁵. These manifestations or emissions are part of the human energy field or the biofield or the *aura*⁴. The *aura* is sensed to be dense nearest to the physical

body and thins as the distance increases.² In earlier studies, it is stated that '*prana*' can be viewed with training⁶. Humans, according to reports, can be taught to see the *aura*⁷. A little practice will enable almost anyone to perceive faintly or observe the *aura* between one's hands which is made up of *Prana*.⁸ Few studies have been done to view the *aura* and the *prana*^{6,9}. This study aims at examining and analysing the experiences of participants while viewing the *aura* between the hands.

Sample

The opportunity sampling method was applied to this study. The participants for this study were 47 college students with a mean age of 20 years, who were studying at a college of complementary therapy Mysuru, South India. **Table 1** provides the socio-demographic details of the participants. Participants agreed to participate in the study unanimously and even though there was the freedom to opt-out of the study at any point in time during the course of the study, none of them preferred to opt-out.

Inclusion and exclusion criteria

Those interested to participate in the current study within an age range of 17 to 25 years were included in the study. Those with previous *Pranic* experience and with sensory impairment were excluded.

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Table 1 — Socio-demographic profile of participants

Socio-demographic parameter	Variable	F	Percentage (%)
Gender	Male	12	26
	Female	35	74
Age	17-20	33	70
	21-22	14	30
Education	Graduation	43	91
	High school / Diploma	4	9
Religion	Hindu	40	85
	Muslim	5	11
	Christian	2	4
Locality	Urban	29	62
	Rural	18	38

Methodology

This study utilises an exploratory design and qualitative analysis. Qualitative analysis, which we have employed here has helped us to have more insight into the subject and enabled us to evolve certain themes that might facilitate one to understand the subject better. The experiences of the participants are categorized into physical, psychological and bioplasmic headings and analysed. This study was conducted to analyse the different and varied views of 47 participants who were trained to view the *aura* between the hands. An analysis was done to excavate the themes based on the codes so that we could comprehend the *aura* between the hands in a better perspective. A thematic analysis was done for the themes unearthed.

Procedure

The setting was in a College in Mysuru, which is a moderately populated small city in India. Since the students studying there were willing to take part in the study, it was a privilege for us to have such students studying complementary therapy as our participants. The study was conducted by experienced *Pranic* healers. *Pranic* Healers are those associated with the science and art of *Pranic* Healing, which is a complementary therapy. The procedures for the study are as follows: After obtaining the written permission from the principal of the college, two classes were chosen by the principal for the purpose of the study. The consent of the students was obtained before the commencement of the study. It was advised that the participants were free to opt-out of the study at any point in the study at their own will and there would be no binding in the matter. The participants were not given any financial aid for taking part in the study.

It was told that the data gathered would be kept strictly confidential and anonymous. The study was conducted in an Audio-Visual room of the college. During the experiment, some of the bright lights were put off and luminosity around 15 lx was used.

In session 1, the participants were told to place their hands three inches away from each other. And they were told to observe the region between the hands and relate the experiences.

In session two, participants were guided to view the *aura* between the hands as conceptualized by Master Choa Kok Sui¹. Steps to view the *aura* between the hands are:

- 1 Curl your tongue and let it touch your palate.
- 2 Sensitise the hands by pressing the centres of the palms with the thumb of the other hand.
- 3 Place your hands about three inches apart facing each other with the tips of the fingers of both hands pointing each other above the head. Do not be tense, just relax. Inhale and exhale slowly.
- 4 Let your fingers be relaxed.
- 5 Very slowly move your hands 4-5 inches apart. Focus on the space between the tips of your fingers of both hands. Do this several times.
- 6 Do not expect anything. Be neutral.
- 7 Bring back the hands closer to each other and a little farther.

It is to be noted that the participants were just asked to view and not to visualize. No clues were given about the study and the experiments were carried out directly. The participants were told to be open-minded, practice the experiment, and arrive at their own conclusions.

Data Analysis

An open-ended questionnaire was used to record participants' experiences. The question was open-ended to elicit clear if needed elaborate answers since the results were experience based. The same question was asked in session one and session two. The question asked was:

'Describe your experience as you looked between your hands'

The participants were told to express their experiences in written format after the training. The written format was chosen for this study since the data would be clearly expressed, data would be permanent and reliable and crisp. The entire exercise took less than 30 min. Time was not a major

constraint and hence, the written format was chosen. The length of the response to the question did not exceed five lines. Qualitative research allows for a richer and more in-depth understanding of a process or a phenomenon. Hence, here, the results were analysed using the Qualitative Analysis Method. The rigor in qualitative research has been scrupulously adhered to in being open to data from the participants and in maintaining thoroughness in collecting the data. Grounded theory of Qualitative method was used to analyse the response of the participants.

Results & discussion

In this particular study having 47 participants, 25.5% were male and 74.4% were female. 38% of them were rural and 62% were urban population. Few practiced *yoga/exercises* regularly, some practiced *pranayama/breathing exercises* regularly, while some did both, some did neither and one did only *pranayama/breathing exercises*. All belonged to various religious backgrounds. All were students, unemployed and single (Table 1). The results, though

encouraging, have reflected the experiences of a small section of people. The responses of the participants were consolidated, coded and grouped into similar expressions and analysed. The results were interpreted qualitatively. In session one, a total of 71 expressions were mentioned and in session two, 138 expressions were described by participants. The experiences of the participants were grouped into categories such as the physical domain, psychological domain, bioplasmic domain and additional expressions and analysed qualitatively. The expressions concerning the hand descriptions and the physical descriptions of the hand are categorized into the physical domain. The expressions concerning the emotional aspects are categorized into the psychological domain. The auric expressions like yellow golden light, a thick band of light, magnetic sensation, and the like are grouped into the bioplasmic domain.

Thematic Analysis

Participants experience as they looked between their hands at Session I and Session II is given in Table 2. Based on the qualitative analysis, we have arrived at eleven themes which are as follows: 1.

Table 2 — Participant experiences as they looked between their hands at Session I and Session II

Participant	Session 1	Session2
R1	An empty space with vacuum between	A thin white bright light, very intense at the tips. The <i>Aura</i> got expanded as I moved my hands apart. The lines were shiny bright.
R2	Between the two hands all the lines of both hands meeting each other, which may show I'm healthy and a light between them.	A yellow golden light surrounding the palms and the fingers. Eventually the hands disappeared making place for the bright light. Thickness was random.
R3	I feel very humble	Between the hands there is a white line and the hand is covered with white line
R4	It gives a positive energy, contraction.	Magnetic attraction and repulsion between the two hands, a thick white colour between the fingers.
R5	So strong	A black line and sometimes blur. Blur and band of lines can be seen.
R6	No experience	Vibrating, dark line between the fingers, heat is produced.
R7	Both hands are alike, with these hands I can do anything	I could see the outline around the fingers, can see thin greyish line between fingers of two hands and line disappeared when moving away.
R8	I am little bit happy because my hands are clean.	White thick band of light passing from one finger to another of the opposite hand. The image was blur and I felt calm.
R9	Both are similar	Attraction and repulsion between both hands. A shadow line surrounding the finger (black in colour).
R10	Gap between the two hands	A thick white layer surrounding the hands after giving gap between the two hands, the matter of line is passing from both the hands towards each other.
R11	Nothing	As I took away my hand, there was something sticky around my fingertip, half inch, greyish, thick.
R12	Nothing, a little gap between the two hands	I can see a shadow like or a smoke colour thin line between each of my fingers and a force between my hands, which is both repulsive and attractive.
R13	There is something between the two hands, some energy.	A magnetic force between the two hands, heat is produced and makes vibrating and repel to each other and feel <i>prana</i> , half inch distance.
R14	No experiences	Like thick band, dark, Attraction and repulsion between the hands.

(Contd.)

Table 2 — Participant experiences as they looked between their hands at Session I and Session II (*Contd.*)

Participant	Session 1	Session 2
R15	I feel something interesting but I don't know what exactly it is.	Shining lines between the gaps, a thin line like border around the hands.
R16	Nothing I could feel.	There was some kind of force and a warming effect while moving the hands, a band like thing surrounding the finger, dark band which was 1mm thick.
R 17	Both hands are soft and weak	White thick line appeared between the two hands
R18	It was too pale and I am able to see stray marks.	There was a white thin layer around the fingers and there is a black colour band between the hands, it was thicker.
R21	Space between my hands.	A glowing green band (radium) surrounding the fingers. As the hands are moved apart and towards, the pattern or band is left in its path, It was around 1 cm.
R22	Space between my hands	A glowing green band (radium) surrounding the fingers. As the hands are moved apart and towards each other, the pattern or the band is left in its path. It was 1cm.
R23	I feel humble and weak.	There was a dark line which was expandable. A small boundary was surrounded around the fingers. There was a force of attraction between the fingers.
R24	I can feel the feeling of devotion as I look into them. When I wake up in the morning, I used to see my hands. So, I will feel devotion.	I can see the thick sheath around the fingers. When the hands are nearby and also when they are moving away with blurriness.
R26	Nothing	Between hands some kind of attraction and repulsion. The fingers have light border around them. Back space looks blur.
R28	Nothing	A spring type force which is contracting and elongating. It is like merging of vapours. When gap is more, it disappears. It is knife shape.
R29	Both hands look alike, though they have some difference. But, as the question is new to me, I am just blank.	As I held both my hands up in the air, with my fingers in line, I could just observe an outline around each of my hands. When I slowly took them apart, I was surprised to see a thick 1.5 cm band of white light which was bright. A rectangular band.
R31	I am happy because my hands are clean.	A thick black colour border seen around each finger and shadow is also seen at the back of the fingers.
R32	I experienced calmness and I am nothing.	There is some attracting force especially in the middle finger. Dark colour surrounding the fingers.
R33	Emptiness, dull	There was a band of light which was very thick and expanded as the hands were moved out and became dense as the hands closed in and the energy field can be moved as I moved my hands up and down.
R34	Concentration is felt, repulsion occurs, contraction at the centre of the palm.	A white lining around hands and with darker border. The lines are vibrating at some time and then stop.
R37	As the paper was under my two hands, I saw it	I could see light. The light around the fingers looked neon colour and as I moved away the hands, I could observe a band like light following the hands and there was a light heat sensation when I got them a bit closer.
R38	Nothing is present except an empty space.	The fingers are overlapped and a light black colour of thin band is seen. The magnetic force of attraction and repulsion is experienced while moving both the hands and the shape is like the fingers only.
R39	I could see the lines in my hands, seems very dark and sweating as well.	I could see dark white lines between my hands. As I bring my hand far and as I bring them close, it was like erasing the lines, and when far, it was like drawing thick white lines.
R40	I could see as if my hands were cloning over. Kind of attractive force was present.	There was a thick band which was looking slightly grey in colour around both hands. It was overlapping when bringing closer together. Almost 0.5cm
R41	Spaces in the life is common to happen all the things in life	A vibrational force both attractive and repulsive forces. A thick band of lines.
R42	Different ways and doors.	I could see some glowing line, which were slightly moving between my hands, just like on and off, and I could feel some attraction and repulsion between my hands. The colour was glowing white [slight golden]. It was very small distance apart, thick, like it was getting thick thin around my fingers.

(Contd.)

Table 2 — Participant experiences as they looked between their hands at Session I and Session II (*Contd.*)

Participant	Session 1	Session 2
R44	Try to distinguish between the two hands (any distinguishing character if present)	A thick white band connecting tip of the fingers which were lined. As we moved our hands, the white band expanded too.
R46	Nothing	The dark colour line surrounded the finger and hand. When we varied the distance, a dark colour is seen In between the fingers. The band is also dark in colour.
R47	They are connected to each other.	I could see a white thick band surrounding the hands and when we move the hands, I could feel the force of attraction and repulsion.

A big set of bioplasmic experiences 2. *Aura* is an observable phenomenon around the hands 3. *Aura* has an elastic property 4. *Aura* appears in the form of a vibrational force 5. *Aura* has a magnetic effect 6. *Aura* is made of colours 7. The sensation of *aura* causes a feeling of warmth 8. Enhancement of bioplasmic domine after training. 9. Experiences are gender-biased 10. A substantial amount of positivity tracked 11. No conspicuous differences noted in the experiences of regular *Yoga/exercises* and *Pranayama/* breathing exercises practitioners.

Theme 1: A big set of bioplasmic experiences.

A web of lines of force and light which energizes the physical body is expressed by Bailey as *Aura*¹⁰. The *auric* or bioplasmic experiences were diverse and plenty where the participants expressed in clear terms of what they saw or felt when they tried to view the *aura* between their hands. Few have remarked that they found 'yellow golden light surrounding the palms and the fingers '(R2),' greyish' (R11), 'a glowing green band surrounding the fingers' (R22), 'thin white bright light' (R1). Their bioplasmic experiences have generally been assertive. While a few have revealed that they felt 'a feeling of attraction and repulsion between their hands '(R9, R12, R26, R42),' vibration' (R6, R34) and so on and so forth. This fact leads us to decipher that the training has an impact of drawing the participants from the physical to the bioplasmic experiential plane which would enable one to have auric experiences. The energy viewing aspect was more after the training.

Theme 2: *Aura* is an observable phenomena around the hands.

According to the experiences of a few participants, the *aura* is seen enveloping the hands. For example, expressions like 'The hands are covered with a thin white line'(R03), "I can see the sheath around the fingers when the hands are nearby and also when they are moving away with blur-ness " (R 24), "a dark colour surrounding the fingers" (R 32), "There was a

thick band which was looking slightly grey in colour surrounding both hands" (R 40) were considered. Hence, we can safely infer that the *aura* surrounding the hands is a clearly observable phenomenon. Master Choa Kok Sui¹, describes *aura* to be an envelope that surrounds every person. Hence, we can safely deduce that the observed phenomenon is true.

Theme 3: *Aura* has an elastic property.

A few participants have said that the *aura* has an elastic property. To quote a few examples: '*Aura* got expanded as I moved my hands apart" (R 01), "There was a dark line which was expandable"(R23), "A spring-type force which is contracting and elongating. "(R 28), "There was a band of light which was thick and expanded as the hands were moved out and became dense as hands closed in"(R33), "A thick white band connecting tip of the fingers which were lined. As we moved our hands, the white band expanded too" (R44). This is in concurrence with Powell's statement that *aura* has the quality of elasticity.¹¹

Theme 4: *Aura* appears in the form of a vibrational force.

The experience of a feeling of vibration is quoted by a few participants. For example, "Vibrating" (R06), "A magnetic force between the two hands, heat is produced and is vibrating"(R13), "A vibrational force is seen "(R21), "The lines are vibrating at some time and stop", "A vibrational force, both attraction, and repulsion "(R41). This experience describes the statement of Master Choa Kok Sui¹ that the rate of vibration of *aura* of a person differs. So, the *aura* has a vibrational effect.

Theme 5: *Aura* has a magnetic effect

Swami Panchadasi² states that the human *aura* is the great store house of magnetism that is projected outwards. As if in line with this idea, few participants have said that the *aura* has a magnetic property. To quote a few examples, "The two hands had an attraction and a magnetic repulsion."(R04)," attraction

and repulsion between the hands"(R14), "between the hands, some kind of attraction and repulsion"(R 26), "a magnetic force of attraction and repulsion is experienced while moving both the hands."(R38), "A vibrational force, both attraction and repulsion'.

Theme 6: Aura is made of colours

The human *aura* is seen to be composed of colours varying from person to person with time. The colour changes corresponding to the shifting mental state of a person.²A few representations, pertaining to this study are stated here. For example, "A yellow golden light surrounding the palms and the fingers"(R2), "a thick white colour band between the fingers"(R04), "A glowing green band (radium) surrounding the fingers"(R 22), "The light around the fingers looked neon in colour."(R37), "A thick black colour border around each finger"(R31), "A white thick line appears between the two hands"(R17).

Theme 7: The sensation of Aura causes a feeling of warmth

Few participants have expressed that there was a feeling of warmth when they tried to view the *aura*. The expressions are like "Vibrating dark line between the fingers, heat is produced"(R06), "There was some kind of force and a warming effect."(R16), "there was a light heat sensation when I got them a bit closer"(R 37) This is in concurrence with Master Choa Kok Sui¹ description that the flow of *prana* may be felt like a warm moving current.

Theme 8: Enhancement of bioplasmic domain after training

The experiences of the participants in session 1 and session 2 were categorised into different domains as physical, psychological and bioplasmic. Physical domain experiences were hand descriptions which were like "hands are clean"(R31), "strong"(R5), "hands of both lines meet"(R2), "both hands are alike"(R7, R9, R29), "sweating"(R39). The bioplasmic domain experiences included 'thin white bright light'(R1), "glowing line"(R42), "attraction and repulsion between the fingers"(R26, R47), "vibration"(R6, R13). Few also expressed that they saw "bright light"(R29) and few others even wrote that they saw "thick black band"(R14, R16, R18) and a lot many varied experiences were recorded in abundance. Upon analysis, it was found that the hand descriptions which were focussed on, by the participants in session 1 were greatly reduced in session 2. Hence, the results indicate that the physical domain experiences diminished after

the training and as we would gather further, the bioplasmic experiences would escalate in session 2. In a study conducted by Schwartz,¹² there was a varied description of energy experiences among individuals and training was found to improve bioenergy awareness. In a study by Kafatos¹³ using photomultipliers, it was reported that living organisms give out a pulsating glow. These references lead us to infer that bioplasmic experiences do occur while viewing the *aura*.

Theme 9: Experiences are not gender-biased.

In this particular study, the male population was 25.6% and the female population was 74.4%. A female participant quotes 'The *aura* got expanded as I moved my hands apart'(R1) while a male participant responds similarly but in a different way 'A thick white layer surrounding the hands was seen after giving a gap between the two hands, the matter passed from both the hands towards each other' (R10). Both of the codes were indicating the 'presence' of the *aura* between the hands, but just in different terms. A female participant tells that "the thick white colour band in between the fingers" and a male participant quotes " White thick band of light passing from one finger to another of the opposite hand." Both of these codes show that the *aura* has white colour as seen by them. According to many such records obtained in this study, the experiences of the participants are not gender-biased.

Theme 10: Substantial amount of positivity tracked

The psychological domain experiences were feelings of the mind that were expressed in session 1 and session 2. Few participants have cited that they felt 'happy' (R8), 'strong' (R5), 'positive' (R4). While some have gone further by mentioning that they felt 'concentration' (R34), 'feeling of devotion' (R24) which might lead them to something higher. One participant remarks that he/she got a thought of 'hands can do anything' (R7) which gives a feeling of inspiration or the projection of his/her inner strength. Some even have cited that they found 'something very interesting' (R15) though they have not been able to express the feeling of awe that they felt in colloquial terms. The experiences in the psychological domain were plenty and have been positive only, in this particular study.

In a similar study, it was found that seeing air *prana* with naked eyes gives a relaxing experience^{6,9}.

Air *prana* is the air vitality globule. In a study by Rowold¹⁴ on the human biofield, it was found that the quality of life of participants was positively related to the biofield. Emotions, states of mind and thoughts affect the energy body and vice versa.¹⁵ This sort of study might be a harbinger of a positive state of mind which can be taken to advantage in the field of mental health.

Theme 11: No conspicuous differences noted in the experiences of regular *Yoga*/exercises and *Pranayama*/breathing exercises practitioners.

In this study, many of the participants have said that they are on the regular practice of *yoga* or exercises. *Yoga* is an ancient form of practice that has its origin in India that is known for bringing a balance in the body-mind complex through a set of postures (*Asanas*) and breathing techniques (*Pranayama*)¹⁶. Other participants have cited that they are on the regular practice of *pranayama* or breathing exercises. However, one participant was unique in stating that he/she was doing *pranayama*/breathing exercises only (regularly) and not *yoga* /exercises. He/she says 'A dark colour line surrounds the finger and hand. When the distance between the hands is varied, a band is seen in between.' (R46). Irrespective of any of these regular practices or otherwise, the experiences of the participants have been similar. All the participants have been able to view the *aura* easily. Though it could be expected that more clarity might be experienced and even expressed by those who are into a regular practice of *yoga*/exercises or *pranayama*/breathing exercises, this has not been recorded within the scope of the present study and warrants more research on this aspect.

Among the codes scanned in this study, we have not come across any instance of a participant saying that there has been 'no experience' during both the sessions. Hence, we can pragmatically conclude that experiences similar to the gathered recordings of experiences and many more akin to those could be easily expected without much difficulty.

When we refer to *pranayama*, it is but obvious for us to understand the concept of '*Pranamayakosha*'. According to the science of *Yoga*, our existence is made up of five dimensions and not merely physical. These are termed as the *Pancha koshas* or five sheaths.¹⁷ They are the *Annamaya Kosha* (physical body), *Pranamaya Kosha* (vital body), *Manomaya Kosha* (Psychic body), *Vignanamaya Kosha* (intellectual body) and *Anandamaya Kosha* (Causal

body). The *Pranamayakosha* is also known as the etheric or the bioplasmic body. It is the energy body that vitalises the physical body. It is the pattern for the physical body and has an *aura* called the etheric *Aura*.¹ The perception of *prana* that is done in the present study is concerned with the understanding of the *aura* (which is made up of *prana*) in the sheath called the *Pranamayakosha* or the bioplasmic body. The word "bioplasma" comes from bio, which means life and plasma, which is the fourth state of matter. Plasma is ionized gas particles. The bioplasmic body means a living energy body made up of invisible subtle matter. It is also called the etheric double or the etheric body.¹ The bioplasmic body absorbs, distributes and energizes the whole physical body with *prana*. It also acts as a mould for the physical body. It also controls the functioning of the physical body. It serves as a protective shield for it also. The bioplasmic body could be seen with the help of simple training.

As the present study indicates, it was possible for all the participants to experience the *aura* between the hands and thus its constituent energy or *prana*. This could further lead one to explore the science of Energy medicine like *pranic* healing or biofield therapies that would bring about the holistic wellness of the human body.⁴ The results of this particular study are in line with similar studies conducted to view the air *prana*, ground *prana*, and tree *prana*. Ground *prana* is that which we absorb from the ground through the soles and tree *prana* is the *prana* that the trees exude.^{6,9} Though we attribute our very existence to the presence of *prana*, hardly do we pay it the due importance to study it. This study attempts to introduce the concept of *prana* in a practical way. Awareness of the *prana* was created. This leads to various psychological benefits, (as explained in Theme 3 also) acknowledgement of extraordinary experiences, like 'thin white bright light' [R1], queer experiences like something sticky around my fingertips [R11] and special experiences like 'yellow golden light' [R2] and mindfulness. These findings have led us to experience *prana* abundantly and also seek to understand the positive consequences of being able to perceive *prana* upon guidance. The study has proven through the reports of the experiences that *prana* can be experienced abundantly in the air, ground, and around the body.

These findings should be viewed in light of several study limitations. The study setting was an academic college with complementary therapy background. So,

we could expect the participants to be on the path of getting therapeutically qualified and their knowledge base good enough for experiencing and expressing their experiences. While the illiterate population has not been represented in the study and only representation is the group of the participants between the age of 17 and 25 years. Hence the perspectives of those who were in exclusion were not reflected in the data. This study was executed in a moderately populated city of India, where the ancient Indian science of *yoga* and *pranayama* are popular and hence, most probably could enrol participants for the study without much dissension and none of them opted out during the study too. So, the aspect of either, disapproval or discontent has not been focussed in this study due to the fact that the corresponding data available was nought.

Conclusion

The positive features of this study might percolate through all cross-sections of society. However, this necessitates more studies on these lines. Since we found that plenty of bioplasmic experiences surfaced after the training to view the *aura*, we could conclude that viewing of the *aura* between the hands is a simple phenomenon and can be learned by almost anyone. As a lot of positivity was traced by this experience, this could lead one towards studies on acquiring positive mental health. Several other aspects of the *aura* have also been unfolded through this exercise. The results of this study suggest that in order to generalise on a larger scale, such studies could be conducted for larger groups with many different strata of society. Future studies can utilize this to carry forward more studies on the experience of *prana* and how it differs based on individual differences or traits and the results could be assessed and hypothesis proposed based on qualitative as well as quantitative methods or mixed-method.

Acknowledgements

We are grateful to Master Choa Kok Sui for the teachings, Trustees of World Pranic Healing Foundation, India for their encouragement and support, Mr K.S. Shantharam, Principal of the College, Students of the same college who took part in this study, Ms Shalini N.S for data entry and Dr K Nagendra Prasad for assisting in this manuscript and

all those who have contributed to the present study directly and indirectly.

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