



Integrating the Zang Fu Organs of Traditional Chinese Medicine with the Chakras of Pranic Healing

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Abstract

This article suggests the introduction of the biofield therapy known as “Master Choa Kok Sui Pranic Healing” be incorporated into the modern acupuncturist’s repertoire of healing methods. The authors correlate the *zang fu* organs of traditional Chinese medicine with the eleven-chakra energy map of Pranic Healing. Incorporating both maps of the human body into our treatments can allow practitioners a better opportunity for successful healing to take place by offering more comprehensive treatments.

Key Words: acupuncture, pranic healing, chakras, biofield, bioenergy, Ayurveda, yoga, qigong

Introduction

The system known as “Pranic Healing” is a style of medical *qigong* that was founded by Master Choa Kok Sui in 1987. Master Choa Kok Sui is a Chinese-Filipino teacher whose system is based on both philosophies of medical *qigong* and the chakra system of Ayurveda and yoga. Because Pranic Healing already synthesizes the ideas of chakras and acupuncture points, this is the antecedent to further research on how the chakra energy system can be treated with acupuncture and how to use the chakras to treat disorders of the *zang fu* organs.

Chakras are energetic nodes where prana flows in and out of the body. The term “chakra” is Sanskrit, translated as “wheel.” Each chakra governs different organs in addition to having various psychological and spiritual attributes.¹ There are many chakra systems throughout the multitude of Vedic traditions; the eleven-chakra model and its correlation to the organs was developed by Master Choa Kok Sui.

Prana may be described as vital energy which animates the body and activates the mind.² *Qi*, in the context of traditional Chinese medicine, is vital energy which maintains the human body’s vital and functional activities.³ The terms prana, pranic energy, and *qi* may be used interchangeably.^{1,4,5}

The *zang fu* comprise the organ system of traditional Chinese medicine (TCM). *Zang* are solid *yin* organs, while *fu* are hollow *yang* organs. The six *zang* organs are the Heart, Pericardium, Spleen, Lung, Liver, and Kidneys. The six *fu* organs are the Urinary Bladder, Gallbladder, Stomach, Small Intestine, Large Intestine and the San Jiao (Triple Burner). Practitioners of traditional Chinese medicine utilize the *zang fu* organs akin to pranic healers' utilization of the chakras. Both chakras and *zang fu* address physical, psychological, and spiritual disharmonies in a patient. Each *zang fu* has its own meridian that carries *qi*, Blood, and nutrients throughout the body.³ Acupuncture points are nodes of energy along a meridian where practitioners gain access to the flow of *qi* in a patient's body.⁶ By regulating the chakras and flow of pranic energy in a patient's body, practitioners of Pranic Healing facilitate the healing process similarly to how an acupuncturist regulates *qi* via the acupuncture points.

Background

According to The Huffington Post, yoga is a 27-billion-dollar industry.⁷ In 2015, over 21 million people practiced yoga for the first time in the United States.⁸ Because of the popularity of the chakras and yogic philosophy, it is important to also understand how traditional Chinese medicine can treat the chakras by using acupuncture, *tuina*, and herbal formulas. Conversely, Pranic Healing can treat TCM syndromes by regulating the chakras. Traditional Chinese medicine and yoga are two of the most common forms of CAM in the United States.⁹

Pranic Healing and traditional Chinese medicine complement one another, and understanding how they fit together will benefit patients and practitioners of both systems. Although the chakras and the acupuncture points have different methods for treating the cause of disease, there are similarities between the two systems. Many of the acupuncture points and chakras have the same approximate location.^{4,5,10} Not only do they share location, but the functions which are ascribed to the acupuncture points as well as chakras are parallel.¹¹

Furthermore, the similarities between the functions of the chakras and the *zang fu* organs are also incredibly similar. Chakras and *zang fu* are interconnected to the physical organs of the body. They both govern physiological, psychological, and spiritual aspects of the organ they are related to, but are not limited to the functions of their western biomedical counterparts.

In the United States, there are many forms of bioenergy healing modalities that utilize the chakra system. Pranic Healing, usui reiki, quantum-touch, healing touch, therapeutic touch, esoteric healing, Ayurveda, and yoga are all modalities which also employ the chakra system. Healing touch alone has over seventy thousand registered nurse practitioners.¹² If a person experiences

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complementary and alternative medicine (CAM) in the United States, it is likely that the person will have their chakras treated and become familiar with the ideas and terminology of the chakra paradigm.

Ideological Basis of Pranic Healing

Pranic Healing works by treating the congestion, depletion, over-activation, and under-activation of the chakras.¹³ If there is congestion or depletion, the patient will feel discomfort or pain in the corresponding organ or body part. This is what is called *qi* stagnation in traditional Chinese medicine.¹⁴ By using your palms to draw in pranic energy or *qi* from the surroundings, one can direct the pranic energy to a patient. Sweeping the palms over the painful area to remove the diseased energy or *bing qi* (病气) is called "cleansing;" directing the pranic energy or vital *qi* to a deficient part of the body is called "energizing."

To assess the chakras, practitioners of Pranic Healing utilize a form of energetic palpation called "scanning." This technique is used as a diagnostic method to know when a chakra needs more emphasis on cleansing or energizing. Jim Oschman's definition for healing energy was "whether produced by mechanical devices or projected from the human body, is a particular frequency or set of frequencies that 'jump starts' the repair of one or more tissues."¹⁵

Pranic healers project different colored pranas (regarded as frequencies of energy) based on the idea that the physical body has the innate intelligence to heal itself. Projecting prana or *qi* into any part of the body only increases the body's healing potential.¹ This distinction is important because it is not the prana itself that has healing properties to it, but it is what the body does with the prana that brings about healing.

Pranic Healing teaches that the physical body follows the mold set by the energy body, also called the biofield. Its premise is that once an adjustment is made to the energy body, the physical body will follow and pain will subside. Cleansing is always performed before energizing to ensure pranic energy flows in or out of the chakras smoothly.

Table 1. The 11 Chakra model of Pranic Healing and Corresponding Acupuncture Points

Pranic Healing	Sanskrit	Chinese	TCM Acupuncture Point
1 Crown	<i>Sahasrara</i>	顶轮	百会 Bai Hui Du-20
2 Forehead	<i>Lalaata</i>	N/A	神庭 Shen Ting Du-24
3 Ajna	<i>Ajna</i>	眉心轮	印堂 Yin Tang HN-3
4 Throat	<i>Vishuddhi</i>	后轮	廉泉 Lian Quan Ren-23
5 Front Heart	<i>Anahata</i>	心轮	膻中 Dan Zhong Ren-17
Back Heart	<i>same</i>	N/A	神道 Shen Dao Du-11
6 Front Solar Plexus	<i>Manipura</i>	脐轮	鸠尾 Jiu Wei Ren-15
Back Solar Plexus	<i>same</i>	N/A	筋缩 Jin Suo Du-8
7 Spleen	<i>Prana</i>	N/A	服哀 Fu Ai Sp-16 (left side)
8 Navel	<i>Nabhi</i>	N/A	神阙 Shen Que Ren-8
9 Meng Mein	<i>Shangu Thirivarmam</i>	N/A	命门 Ming Men Du-4
10 Sex	<i>Swadhisthana</i>	生殖轮	曲骨 Qu Gu Ren-2
11 Basic	<i>Muladhara</i>	海底轮	长强 Chang Qiang Du-1

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Corresponding Zang Fu Organs and Chakras

Lung

When patients suffer from Lung ailments, it is the back-heart chakra that will become either congested or depleted. The Lung is energized primarily by the back-heart chakra.¹³ In general, when a patient has an excess pattern such as Wind Heat invading the Lung, the chakras will become congested; if they have a deficiency pattern such as Lung *qi* deficiency, the chakras are depleted. Cleansing the back-heart chakra when a patient presents with Wind Heat symptoms will reduce the excess of the Lung, and energizing will strengthen the righteous *qi* of the body to further eliminate the external pathogens.

When scanning the chakral condition of various ailments, the chakras may be either congested or depleted, while being under-activated or over-activated at the same time.¹³ If we use Wind Heat invading the Lung as a hypothetical example, the excess of Wind Heat could cause the chakra to become congested, while the overall deficiency of the Lung could cause the back-heart chakra to become under-activated.

However, due to the complex nature of our bodies and how disease manifests, this may not always be the case, especially when the emotions are taken into consideration. For this reason, Master Choa Kok Sui emphasized scanning before each treatment to ensure the chakras receive the proper techniques taught in Pranic Healing.

Large Intestine

The Large Intestine is regulated by the solar plexus and navel chakras. These two chakras comprise the digestive system in Pranic Healing.¹³ Since the solar plexus regulates the Large Intestine while the navel regulates the Small Intestine, these two chakras are usually treated in the same session.

Psychologically, the Large Intestine in TCM is supposed to help people “let go” of their old emotions or else they will become emotionally constipated.¹⁴ Negative emotions such as anger and resentment are often found in the back solar plexus chakra. Cleaning and energizing the solar plexus chakras will help a patient let go of energies that are no longer beneficial to them emotionally, while physically stimulating peristalsis in the large intestine allowing defecation.

Stomach

The Stomach is regulated by the solar plexus chakra, and partially the spleen chakra.¹³ Pranic healing is more in line with the bio-medical view of the stomach being the main organ for digestion as opposed to the Spleen in TCM. One common symptom of anxiety is heartburn. In TCM we understand this as the Liver Invading the Stomach, since both organs are controlled by the solar plexus chakra (which is largely influenced by our emotions), cleaning and energizing the solar plexus chakra helps both excess states of the Liver as well as the deficiency of the Stomach, which will resolve the reverse flow of *qi* and the heartburn will subside.

Spleen

The Spleen is regulated by the spleen chakra, and partially the solar plexus chakra.¹³ In TCM the spleen is mainly an organ of digestion, and the main source of post-natal *qi*. In Pranic Healing, it is the spleen chakra which draws in air prana from the surroundings and disperses it throughout the rest of the body. The spleen chakras are located on the left side of the body in the front (Sp-16) and back (Ub-49).

Dabao Sp-21, the great *luo*-connecting point of the Spleen is situated between the front and back spleen chakras. This connecting point disperses *qi* throughout the body, which is brought in from the spleen chakras in the front and back. With patients who suffer from Spleen *qi* deficiency with the symptom of overall weakness, gently cleaning and energizing the front and back spleen chakras will reinforce the spleen as well as distribute *qi* to the whole body.

Heart

The heart is regulated by the front and back heart chakras.¹³ When there is excess or congestion in the front heart chakra, it must be cleansed to remove the excess. When the Heart suffers from deficiency, it is energized through the back-heart chakra. This is comparable to TCM when we clear excess away from the front *mu* points, but reinforce deficiency through the back-*shu* points.¹⁴

In TCM theory it is explained that negative emotions affect the Heart before they move to the organs that relate to different negative emotions because it is the Heart that houses the mind. With the example of anger, it would first damage the Heart and then settle in the Liver.¹⁴ In Pranic Healing, the relationship between the Heart and solar plexus chakras describes a similar association.

Positive emotions from the heart chakra will help clear away the negative emotions in the solar plexus chakra, but negative emotions in the solar plexus chakras will also congest the heart chakra. Thus, all negative emotions impact the heart. In TCM, Nei Guan Pc-6 is a common point used for anxiety and irritability. The Pericardium channel affects the front heart chakra. Irritability is also a sign of Liver *qi* stagnation which affects the solar plexus chakra.

When needling and using reducing method on Pc-6, it clears the congestion in the front heart chakra as well as clears stagnation in the Liver and solar plexus chakras. This is one of the reasons this point is often used for nausea and vomiting.

Small Intestine

The Small Intestine is regulated by the navel chakra, and partially from the solar plexus chakra.¹³ If someone suffers from diarrhea or constipation, the solar plexus and navel chakras must be treated since it is a problem that affects both the Large and Small intestines. The navel chakra is located at Shen Que Ren-8. The front *mu*

point of the Large Intestine is Tian Shu St-25, located 2 *cun* lateral to the navel chakra. Cleaning and energizing the navel chakra will also reduce excess from St-25 (and the Large and Small Intestine) in patients with the TCM pattern of “food stagnation.”

TCM describes the small intestine to be able to separate the pure from the impure.¹⁶ This is part of the “gut feeling” people describe when they can sense something is not right or what is “impure.” The navel chakra is the center of instinctual knowing.¹

Bladder

The Bladder is regulated by the sex chakra. It is the sex chakra and the meng mein chakra together that makes up the urinary system.¹ It is interesting that the Bladder meridian runs over the kidneys, and the Kidney meridian runs directly over the Bladder. Although the Bladder in TCM is relatively of little importance compared to the other *zang fu*, the sex chakra is of much more importance in Pranic Healing. It is the sex chakra which governs not only the bladder, but the reproductive organs and urinary system.

Reproductive health in men and women, women’s menstrual disorders, even creativity rely on the health of the sex chakra. The role of the sex chakra in Pranic Healing is the culmination of the Liver, Kidney, and Bladder in TCM with regards to reproductive health.

Kidney

It is the meng mein chakra that regulates the Kidneys.¹ When Master Choa Kok Sui wrote *Miracles Through Pranic Healing* in 1988 he used the Wade-Giles Romanization system, instead of the now more common pinyin system. Meng mein is the same characters of *ming men* 命门 Du-4, which means “life gate.” The meng mein chakra is what “pumps” the energy up from the basic chakra to the rest of the body.

It is the basic chakra at the base of the spine which supplies the physical body with ground prana. Since ground prana is used to energize the physical tissues of the body, it is important for the meng mein chakra to be able to spread this pranic energy throughout the body.

In Kidney Essence deficiency, both the meng mein and basic chakras are depleted. This manifests as slow development in children or early aging for adults. There is a technique in advanced Pranic Healing called “master healing technique,” where the meng mein and basic chakras are energized for patients who suffer from overall weakness.¹³ This technique theoretically could benefit patients with Kidney Essence deficiency.

Pericardium

The Pericardium is regulated by the front-heart chakra. Because the Pericardium is the protector of the Heart, it rarely has

disorders of deficiency, but usually of excess. In Pranic Healing a practitioner never energizes the front heart chakra but will often sweep or clean the chakra when it is congested with excess devitalized pranic energy.

In the four-level diagnosis of "Heat in the Pericardium," a patient suffers from symptoms of mental confusion, incoherent speech, and high fever at night. In Pranic Healing the treatment to help this pattern would be to apply general sweeping of the entire aura to clear the excess heat, but also cleaning the congestion from the front heart chakra. Cleaning the front heart chakra and energizing the back-heart chakra will bring more peace and mental clarity to the patient.¹

San Jiao

In relation to Pranic Healing, the *san jiao*, or Triple Burner, divides the various chakras into their respective *jiao*. For example, disorders of the upper *jiao* will affect the chakras associated with the upper *jiao*, so all of them would need to be treated if a patient suffers from heat in the upper *jiao*.

Table 2.

Burners	Chakras	Zang Fu Organs
Upper Burner	Front and Back Heart Chakras, Throat, Ajna, Forehead, and Crown Chakras	Heart, Lung, and Pericardium
Middle Burner	Front and back Solar Plexus Chakras, Front and Back Spleen Chakra	Stomach, Spleen, Gallbladder, and Liver (physical location)
Lower Burner	Navel, Meng Mein, Sex, and Basic Chakras	Liver (energetic location), Kidneys, Urinary Bladder, Large and Small Intestines



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