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Health Problem : suffered from AVN from 2005

I am **Vimmika Dinesh** and I live in Bangalore. It brings me immense pleasure to talk about the magnitude of benefits that Pranic Healing has brought into my life. I suffered from AVN from 2005. This is a kind of ailment where the blood supply to the hip is cut, and thus restricting my movements. It was in those days that I had attended SVASYA for the same problem, and there I got enlightened about Pranic healing. I met someone in SVASYA who gave me a brief about pranic healing and also suggested that I meet Dr. Sarawathi Hegde. That's when my journey of healing began.

I met **Dr. Hegde** at Unnathi Healing Foundation and started taking healing sessions. I started realizing that the withstanding power of my hips is improving, the painless period is also increasing day by day. My belief in pranic healing was getting enhanced. I didn't want to or rather it didn't come to my mind to even suggest this to someone else, until I experience it myself.

Until then, I had known pranic healing as the miraculous healing that would give an eternal solution to our health related problems; not knowing that pranic healing could do ten folds benefit than just that.

Subsequently, I took up the basic, advanced, and psychotherapy courses one after the other. It was then that I realized pranic healing doesn't have a limit to spread its goodness. Who doesn't have problems with relationships? Everyone has – in some form or the other – husband, wife; mother, daughter; daughter, mother-in-law, etc etc. For all you know it could be in the very basic attitude of an individual. Psychotherapy helped me deal with different relationships in a very successful manner. I not only was able to correct the misunderstandings with my MIL, but also was equally successful at my professional work relationships. The perspective to see every individual changed, a deeper sense of respect started creeping in from within for every individual I interacted with. I could see a change in myself as a person, a better individual, someone who I can love if I were a third person.

On the whole, I would say, pranic healing nurtured me to smell the inner self in me, identify who I am, believe in myself, and make me lead a disciplined and organized life both at my personal and official fronts. I would humbly and with deep sense of gratitude want to thank GMCKS for giving me an opportunity to change my life for betterment. Also, thanks to all the milestones in pranic healing community who have helped me grow and do something for this society. I pray that the pranic healing message of GMCKS spread to every corner of this world! So be it!