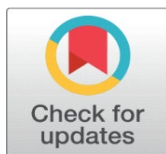


# A CASE OF PERCEIVED BLACK MAGIC ATTACK: SUCCESSFUL TREATMENT, RECOVERY, AND REHABILITATION USING YOGA PRANA VIDYA (YPV) HEALING PROTOCOLS

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## ABSTRACT

**Introduction:** Unquestionably, several modern rising societies continue to use magic, as do most traditional tribes in Asia, Africa, Central and South America, and the Pacific. Medical education believes that a great deal of traditional beliefs are unscientific. Some studies tried to identify the typical symptoms of perceived black magic. This paper describes the case of a middle-aged woman affected by a perceived black magic attack whose symptoms have been treated successfully using Yoga Prana Vidya Healing Protocols.

**Method:** The qualitative research method is used in this study of an in-depth case research. Data was collected from the victim's perspective through a self-narrated story supplemented with an interview transcript. Triangulation is used in the form of interview transcripts to collect relevant data from the perspectives of the two YPV healers to verify and confirm the case details for validity and confirmability.

**Results:** Analysis of data collected from all sources confirms the reported symptoms and the circumstances that led to the patient's ordeal. The primary symptoms of physical pain, mental and emotional agony were healed within 25 sessions spread over 1 ½ months. The secondary symptom of panic attacks took about 6 months to recede and the patient feels fully normal.

**Conclusion:** This study shows that the YPV system has powerful protocols to deal with psychic and black magic attacks successfully. YPV system offers healer training programmes to all recovered patients to become healers themselves for healing self and others. Further research may be conducted with appropriate samples to learn more about this phenomenon.

**Keywords:** Black Magic Attacks, Psychic Attacks, Yoga Prana Vidya System®, YPV®

## 1. INTRODUCTION

### 1.1. THE BLACK MAGIC NOTION

Black magic uses fears that lead to naive confidence in the unknown by combining negative energy with wicked spirits for evil. Practitioners who believe in demons frequently worship the devil. Used historically for defense, riches, healing, love, influence, and spiritual cleansing, it influences health thereby diminishing

productivity. Black magic's symptoms and problems were investigated in a study by [Vanithamani \(2019\)](#), which led to both physical and mental health issues for people who were impacted.

[Vanithamani \(2019\)](#) identified the problems faced by affected people in a sample of 45, viz., Sudden Death, Mental Disorder, Blabbering, Calm and inability to work continuously, Bleeding, Irregular Periods and overflow for women, Vehicle Accidents, Fire Accidents, Marriage Problems, Full Body pain, Money loss with work and police case problems.

According to a research study by Eugene [Subbotsky \(2014\)](#), the conviction that magic exists is a basic aspect of the human mind. Even if they may have a subliminal belief in the paranormal, humans can consciously regard themselves as fully logical beings and reject that they believe in magic or God [Subbotsky \(2014\)](#)

It is undeniable that many contemporary emerging societies, including the majority of traditional tribes in Asia, Africa, Central and South America, and the Pacific, still hold magical beliefs [Subbotsky \(2014\)](#)

Medical school education perpetuates the notion that a great deal of regional and cultural beliefs is pseudoscientific and should be blamed for poor health, delay in seeking medical attention, unsatisfactory results, illness, and even death .

According to Dean Radin, a noted scientist and bestselling author of *The Conscious Universe*, magic is a natural aspect of reality, and each of us can tap into this power with diligent practice [4]. Beginning with a brief history of magic over the centuries (what was called magic two thousand years ago is turning out to be scientific fact today), a review of the scientific evidence for magic, a series of simple but effective magical techniques (the key is mental focus), Radin then offers a vision of scientifically-informed magic and explains why magic will play a key role in frontiers of science. [Jacob \(2019\)](#)

Black magic is generally thought to have a background in eerie rituals and paranormal beliefs. Voodoo, which is sometimes misinterpreted as black magic, makes a distinction between curses and healing. Contemporary interpretations of black magic, such as "left- hand route" and "gray magic," cast doubt on conventional wisdom. Invoking evil spirits is outright forbidden in several religious traditions. [5]. Debates concentrate on its ethical implications, with some perceiving it as detrimental and others as transformative.

## **1.2. YPV SYSTEM OF ENERGY HEALING**

The Yoga Prana Vidya (YPV) system is a holistic approach to yoga that integrates physical exercise, yoga breathing exercises, meditation techniques, and energy healing techniques to balance and harmonize the body's energies. The system is based on traditional yoga philosophy and aims to develop physical, mental, and spiritual well-being. It is a holistic approach that can result in: 1. Improved physical health 2. Increased mental clarity and focus 3. Emotional Balance and Inner Peace 4. Spiritual Growth and Self-Awareness Decades of field experience have proven the YPV system to be effective as a complementary and alternative medicine (CAM) in the treatment of a variety of ailments. The Yoga Prana Vidya system is a non-contact, drug-free energy healing method that works from a distance and can treat many physical and mental problems. It is an integrated and holistic system that promotes happiness and health on the physical, emotional and mental levels through breathing, healing techniques, meditation, and yoga. In the healing technique, the therapist removes diseased, impure, and spent energy from the affected area or chakra and the patient's entire aura and infuses it with fresh

energy. [Nanduri \(2020\)](#) The main advantage of using the Yoga Prana Vidya healing technique is that firstly, the patient does not need to be physically present in front of the therapist, as healing can be done from a distance, and secondly, it can treat many psychological ailments, such as emotional or mental illnesses. The energy body of a being, also known as the aura, permeates and surrounds the physical body and is made up of the inner aura, the outer aura, and the health rays that connect them. The energy body is made up of chakras and “nadis” (channels) that receive and distribute pranic energy, also known as life force. The Yoga Prana Vidya system consists of self-practice modules such as physical exercises, rhythmic yogic breathing, and meditative practices such as forgiveness sadhana and planetary peace meditation. The healing process consists of several basic and advanced techniques that purify and energize the chakras and affected areas of the body to achieve the desired results. Literature with more than 100 scientific papers published shows that many cases have been successfully treated with the help of Yoga Prana Vidya (YPV) healing techniques such as some complex medical cases [Nanduri\(2020\)](#), management and control of diabetes [Nanduri & Chaitra \(2019\)](#), clearing of arterial blockages in the heart without surgery [Nanduri & Karnani \(2020\)](#), improvement of vision in participants of eye camps [Nanduri & Revathi \(2020\)](#) improvement of overall well-being and immunity in participants of intensive month-long YPV program [Neravetla & Nandura \(2020\)](#)., role of Yoga Prana Vidya in emergency care and first aid [Neravetla & Nanduri\(2019\)](#), improvement of health and immunity in elderly people [Neravetla & Nanduri \(2020\)](#), speedy recovery of COVID-19 patients [Radin \(2018\)](#), treatment of hypothyroidism [Rajagopal et al. \(2019\)](#). reduction of academic anxiety and improvement of academic performance in high school students [Rajkumari et al. \(2021\)](#), life-saving treatment of a woman bitten by a snake [Ramya et al. \(2021\)](#), improvement of cognitive abilities and social behavior in children with intellectual disabilities [Ramya et al. \(2002\)](#), management of pain and side effects in Hodgkin lymphoma patients undergoing chemotherapy [Ramya & Nanduri \(2019\)](#). treatment of a woman suffering from a dislocated kneecap [Revathi et al. \(2020\)](#). A review of the published literature found that some experimental studies have also shown successful outcomes, including improved well-being in pretrial detainees [Subbotsky \(2014\)](#). and significant reductions in anxiety and depression in corporate employees [Vanithamani \(2019\)](#)

This article presents a case report of a 38-year-old woman who suffered from black magic symptoms and sought treatment from a YPV therapist.

This paper presents the case report of a 38-year-old female who suffered symptoms of black magic and approached YPV healers for healing treatment.

### **1.3. CASE REPORT**

#### **Patient background**

The subject was a 38-year-old married woman resident of a large city in northern India. About 4 months ago, she reported that she was victimized by a black magic attack by a social media contact.

### **1.4. PATIENT CONDITION BEFORE YPV HEALING**

The patient approached a YPV healer (H1) who was a Level 1,2,3 and HDP1 healer. Then H1 reported the matter to her Senior Trainer who was also a certified YPV healer (H2) seeking advice. and guidance. According to the assessment made by the healer H1, the patient was in a psychologically disturbed condition and experienced strange feelings even during her sleep.

H2 guided her student H1 to check the patient's lifestyle, and to know if she was practicing any particular meditation or is under any medication. To this she got to know that the patient was into excessive smoking, drinking alcohol, and taking weed.

### **1.5. YPV HEALING PROCESS**

As a first step, H2 asked H1 to check the patient's energy condition, and the condition of the chakrams. It was found that the patient's inner aura was very small, energy conditions in the chakrams were low and there was an imbalance in the chakral conditions.

H1's report states "When I scanned, her throat and sex chakrams were congested. I felt like there was a wave around her. Or, you can say there was a net that was used to trap a fish. That wavy-like structure I felt on her throat and sex chakra. Due to stress and tension, her solar chakram was over-activated. And the energy was completely unstable. In 10 minutes duration, I scanned her three times, and all of these times I got different feelings. Energy was unstable because she was unstable at that time. Emotionally, mentally, and even physically she was suffering."

As a next step, H2 guided the H1 to delink the patient from any unauthorized chords, psychic chords, black magic chords if any using the Psychic Self Protection technique provided in YPV.

As advised by H2, H1 gave the patient healing sessions using HDP1 protocols. Before that, H1 did rooting, whirling, and used the chord cutting technique as well. Then, H1 gave HDP1 healing to the patient.

H1 gave psychological healing, followed by shielding the patient's Chakrams and energy body too.

The healing sessions continued through 1 ½ months on alternative days, a total of 25 healings were given to the patient. H1 maintained giving HDP1 healing sessions all the time.

The patient used to give daily feedback or at least once in 3 days.

The patient's environment too was cleansed daily to remove Etheric contamination.

Additionally, the patient was advised to attend the 10 pm Divine group healing session, and also do Planetary Peace Meditation under the guidance of the H1.

### **1.6. PATIENT RECOVERY PROGRESS**

Gradually the patient showed improvement.

At the end of the 1 ½ month healing sessions, the patient felt that the result was completely positive.

### **1.7. DEVELOPMENT AS A HEALER**

The patient after recovery, completed Level 3 healing course on H1's recommendation. Further to it, she completed additional courses such as crystal healing, PSP, and now Arhat Yoga.

And soon after a month or so the patient joined the Certificate Course in Yoga Prana Vidya under the mentorship of H2 at a leading National Institute of Yoga, learned the techniques herself, and started healing herself to sustain and improve her condition further.

Now, after one and half years of practice with YPV, she is successfully getting trained to become a YPV Trainer so that she too can be instrumental in helping people to come out of their psychological/physical conditions.

## **1.8. PATIENT'S PERSPECTIVES**

The following themes emerged as a result of the analysis of the data collected through a recent research interview with the patient.

### **1) The feelings of an incompatible relationship with the husband**

"...And we didn't resolve the issues first. issues I didn't want to be put in a position where I had to decide if I wanted kids or not. So I compromised on that also. I gave up on that thought. Because of this, my health deteriorated a lot."

"... It was a very traumatic phase. I would say I was in a state of depression for 1.5 years but somehow, I never gave up on my life because I have that attitude of fighting and coming out of my situations because I know that no one will help me, I must help myself"

### **2) The Social media connection**

The following are verbatim quotes from the patient's interview.

"...And because of that gap, when social media came, I used to stay on Instagram a lot. To divert my mind. I used to use Instagram a lot. And to use Instagram, I was just looking for answers to my questions. I was in so much trauma that I was looking for answers. Then I saw someone on Instagram, I won't take his name, and I felt a connection. Somehow, I am not sure, I won't talk about it. So, while searching for answers to that connection, I was searching a lot on Instagram, tarot readings, and I kept searching for answers from somewhere."

"I was really, really disturbed and I wanted some relief."

"Someone pretending to be Reiki Master offered me help to ease my stress. At first he took my permission to give me distant healing to heal my stress. I was already going through a very stressful phase back then and became an easy prey."

So, after that, he started clinging. He started weirdly messaging me, saying, Meet me or something. And that was very shocking for me. I could never believe these things.

"After a day or so the guy started saying inappropriate things to me which I didn't like and I blocked him. "

### **3) Symptoms experienced**

"On the same day at night time, some weird things started happening to me. At first, I didn't understand anything happening to me as all the activities were sexual i.e. deep vibrations in insertions in my private parts.

"And soon things like clenching my throat and heaviness in my chest area, even my breast felt like touched. I told everything to my husband."

"Somebody has control over my body"

"I used to feel like someone was touching me on my breast, below, above everywhere, somebody is choking me out it felt like someone is strangling me."

"I could not understand. I kept this thing to myself for a couple of days. When I could not bear it, it increased. I felt like somebody was touching me in my private parts. And somebody is touching all over my body. I told my husband"

### **4) Patient's state of being**

"...I was scared. I was scared. I was scared..."

It took me 1.5 months to recover. It took 1.5-2 months to get better. And I was out of it.

But even after that, I used to have panic attacks. “

“Meanwhile, H1 introduced me to YPV. Through forgiveness, chord cutting, and meditation. The evening yoga of Metta or compassionate meditation”

### **5) The solution found**

YPV healings and practices worked for the patient to recover from the perceived black magic attacks.

“Healer H2 agreed to help me. She checked my energies and gave us the shocking finding that my problem was much bigger than we thought. She told us that my husband and I both are under very strong black magic spell.”

“H2 started my healings and did everything she could, because of her efforts I got right answer, because of her healing I got a little relief. But my sleepless nights continued and the torture was increasing every day, which affected my physical and mental health.

“Meanwhile, I got help from someone professional dealing with black magic connections. Physically I was relieved but mentally I was traumatized. I had more than a month of sleepless nights. “

“Then healer H2 introduced me to the forgiveness sadhana, rhythmic breathing, and group meditation sessions taught by the head of the YPV system.”

“I am short of words to explain how all of these practices changed my situation mentally and physically. Because of Prana Vidya practices, I am almost trauma-free. I still get panic attacks and nightmares but now I have very powerful teachings of Prana Vidya and techniques that I have learned in the Yoga Prana Vidya course.” It took me 6 to 8 months to come out of the panic attack.

### **6) The Way Forward: The path of YPV**

Through YPV the patient came to know the purpose of life, which she was looking for. She took several other courses. She is on the path of becoming a YPV trainer to help others learn YPV practices.

“I got answers, I understood what karmic relationships are. Then I understood that my relationship with my husband, the sufferings, all these are my karmas which I have to cut. And to cut them, to negate them, I have to generate good karmas. So basically, I understood the law of karma when I came into YPV. So, I started generating good karma along with meditation which helped me come out of my situation.

I have done YPV courses like HDP 1 level, ITW, I am going to become a trainer myself. Now I pay gratitude to my husband, I pay gratitude to that person. If all those things wouldn't have happened, I wouldn't have evolved. I wouldn't have come to this spiritual path. So for me, coming to this spiritual path, was the only way to start this journey. So I am really thankful to YPV for that.”

## **2. DISCUSSION**

This study is an in-depth case study of a perceived black magic attack, resolved with the application of YPV healing protocols and practices. There is scanty literature on this topic and the authors are unable to compare with results of similar studies.

Psychological theories propose that the attraction of black magic stems from people's preoccupation with control and the unknown. It is still a challenging topic,

with many different approaches and viewpoints. Scholarly interest in this mysterious practice is sparked by cautionary tales that alert people to potential risks, shifting legal status, and new movements and redefinitions that may emerge in the future.

### 3. CONCLUSION

Regardless of whether Black magic is a myth or reality, the reported symptoms can be dealt with by YPV Energy Healing effectively to normalize the affected person physically, mentally, and emotionally. Yoga Prana Vidya (YPV) Energy healing techniques and practices are composed of integrated practices of physical exercises, breathing exercises, meditation techniques, and healing techniques which are proven for holistic health. The case reported in this paper is one such example.

### CONFLICT OF INTERESTS

None.

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