





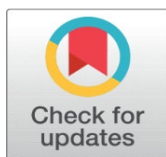
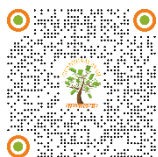
RELATIONSHIP HEALING USING YOGA PRANA VIDYA (YPV) HEALING PROTOCOLS: AN IN-DEPTH CASE STUDY

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ABSTRACT

Introduction: The idea of relationship maintenance strategies, which encompasses a variety of acts and behaviours people take to preserve and strengthen their connections with partners, is a major focus of research on beginning, sustaining, and ending relationships. In this paper, the authors have examined and provided strategic applications of Yoga Prana Vidya (YPV) healing practice protocols in a comprehensive case study of a 45-year-old woman who met her obstacles and brought about a total transformation and turnaround in her marriage and family structure.

Method: An in-depth case evaluation method is used in this study, with relevant data collected from the Healers who attended to the subject, and a semi-structured interview with the subject.

Results: After healing of one week, the improvements started. The subject woman started feeling calm. Earlier she used to feel angry about her husband all the time and she was stressed. After one month of healing, she was feeling calmer. After 3 months of regular practice, she experienced positive changes in her husband. After 6 months she began to realise her weaknesses and shortcomings. Through open communications with her husband, divorce cases were dropped, her relationships all around improved.

Conclusions: Learners and practitioners of Yoga Prana Vidya (YPV) have reported profound changes in their lives because of regular healing (self and others), YPV Psychotherapy protocols, Forgiveness Sadhana, and Planetary Peace meditation (PPM), among many other protocols that are available for study and practice. Restoring relationships brings about long-lasting improvements in social harmony and domestic peace. It is advised to do more research with suitable samples and techniques.

Keywords: Relationship Management, Energy Healing, Yoga Prana Vidya System®, YPV®

1. INTRODUCTION

Women place more value on experienced closeness than men, and relationship satisfaction is one of the major factors influencing overall life satisfaction [Józefacka et al. \(2023\)](#). Sternberg's three-factor Theory of Love [Sternberg \(1986\)](#) is one of the fundamental ideas about relationship satisfaction. The three components of

love, according to the theory, are passion, commitment, and intimacy. Sternberg contends that to fully experience relationship satisfaction, all three elements must be present. [Józefacka et al. \(2023\)](#)

Research on creating, maintaining, and repairing relationships heavily focuses on the concept of "relationship maintenance strategies," which includes various behaviours and actions individuals use to preserve and strengthen their connections with partners, highlighting the importance of open communication, positive interactions, expressing appreciation, and effectively navigating conflict through repair attempts, particularly as studied by researchers like John Gottman; successful repair mechanisms are considered a key indicator of a healthy, resilient relationship [Gottman & Notarius \(2000\)](#).

While healing a broken relationship requires effort, patience, and commitment, incorporating spiritual healing practices can be a transformative and powerful approach. Individuals can embark on a journey of healing and restoration by delving into self-reflection, cultivating compassion and forgiveness, strengthening the connection, and seeking guidance. It is important to remember that spiritual healing is a deeply personal and individual experience, and the path to healing may vary for each relationship. However, by embracing the spiritual dimension of our existence, we open ourselves to the possibility of profound transformation, healing, and the restoration of broken relationships [The Karan \(2023\)](#).

Energy healing is defined by the National Centre for Complementary and Integrative Health (NCCIH) as involving "...the channelling of healing energy through the hands of a practitioner into the client's body to restore a normal energy balance and, therefore, health". [Clarke et al. \(2015\)](#)

A report by [Marinelli et al. \(2023\)](#) presents national estimates of the use of complementary health approaches among adults in the United States across three time points. Trends in the use of selected complementary health approaches are compared for 2002, 2007, and 2012, The use of yoga, tai chi, and qi gong increased linearly across the three time points; among these three approaches, yoga accounted for approximately 80% of the prevalence.

Results of the study by Marinelli showed several positive effects of virtual energy healing with significant differences in relaxation, well-being, and pain; Release - letting go of tasks/anxieties/worries, Sense of peace/joy/serenity/calm.

Good connection with self, others, and something larger is a very important gain from energy healing. Improving relationships with others is a very important finding from studies. Evidence shows that Relationship healing using Yoga Prana Vidya healing protocols is among the most powerful transformational experiences one can have.

2. YOGA PRANA VIDYA (YPV) SYSTEM

This is an integrated and holistic system of practices and the literature shows more than one hundred research papers published with recorded evidence of improvements in physical health, mental health, and emotional health in patients and clients. Some examples are: a study by [Nanduri \(2020\)](#) found a significant reduction of anxiety, depression levels, [Ramya et al. \(2020\)](#) found enhanced academic performance, [Nanduri & Revathi \(2020\)](#) found improved well-being and reduction in the criminal attitude of undertrial prisoners, a pilot study by [Rajkumari et al. \(2021\)](#) showed significant improvement in the social behaviour and cognitive abilities of mentally retarded children, a study by [Jain et al. \(2021\)](#) on the successful management of pain and treatment side effects of a cancer patient, a study by [Dube](#)

et al. (2022) on successful treatment of addiction cases, a study by Harsora & Nanduri (2022) on successful healing to reduce fatigue and improve the happiness of college students, a study by Leelavathi & Nanduri (2023) in reducing academic anxiety and depression, and a study by Srinivasu & Nanduri (2023) reducing tobacco addiction, etc.

Specific YPV protocols found very useful in relationship healing are YPV Psychotherapy, Forgiveness Sadhana, and Planetary Peace Meditation (PPM). In addition, some protocols of physical exercises and breathing exercises help increase the aura and energy level in the body for effective utilization of the projected energy from the healer.

3. CASE REPORT

Subject's information:

The subject in this case study is a married woman aged 45 years and resident in a large City in Eastern India. She was the youngest of 3 brothers and one older sister. She was a graduate and married a businessperson of a different religious faith when she was 20 years old.

The subject's situation before the YPV intervention

She was facing serious relationship issues with her husband after 16 years of marriage. Her husband started beating her, also in front of the children. He was not giving her money, not allowing her to go out of the house, and not allowed to talk to anyone. He refused to take care of her and her 2 grown-up children. She separated from her husband 2017 and was staying in a rented house, and by selling her jewelry she was managing her finances and expenses of her children. The problem became much worse, and they went to court for divorce. After a few months, she exhausted her money. It became very hard for her to manage her living expenses with her children and their education.

After a few years of separation, she met a YPV healer (H1) in 2021 who was in Kolkata meeting with his in-laws' family. A member of his in-law's family was a friend of the subject who mentioned her situation to the healer (H1) and arranged a meeting with her. After meeting with her, the healer (H1) arranged to train her with the YPV Level 1 course and also started doing Forgiveness sadhana with her. He (H1) further introduced to her the morning sadhana live on Facebook which is conducted daily online.

YPV healing intervention

Starting from September 2021 the healer H1 conducted sessions of YPV Relationship healing protocols, and YPV Psychotherapy (YPV Level 3) for her and her husband and her other connected people. He prescribed her to do Forgiveness sadhana 7 times daily. He also told her to practice YPV PPM daily, with a Facebook online session.

Each healing session of 45 minutes a day was conducted for her by the healer H1, 3 times a week. This was done continuously till the end of November 2021.

Subject's progress

After one week of healing, the improvements started. She started feeling calm. Earlier she used to feel angry about her husband all the time and she was stressed. After one month of healing, she was feeling calmer.

Previously, her children were not cooperating with her in terms of expenses, but now they have started cooperating. In the court also they were not supporting her, not listing her case. But now they have started listing and supporting her.

Whenever her husband used to come in the court, he was not talking with her and ignored her and children also. But now after healing, he used to talk to his children.

Now after receiving healing consequent to her practices of YPV, such as the online morning sadhana, the 10 am divine group healing session, and 7 times forgiveness Sadhana done daily by her, all the problems in her life disappeared and it felt as though there was no quarrel between them. In Mar 2022 she joined back her husband along with children. Her husband started to love her like before and started taking care of her like he used to do. All the court cases were resolved. Whenever she feels any issue that will likely go wrong, she starts doing daily 7 times forgiveness and morning sadhana. He also supports her in doing meditation and playing the audio clips of OM in the house, though her environment is all different in faith. In addition, she learned higher levels of YPV Level 2 and Level 3 healing and also does healing on her own regularly.

Summarized results

They were all happy and allowed her first daughter to go abroad to study to become a doctor. Now her husband supports her in her study abroad. Her love life with her husband is like it was before marriage. Now whenever she feels low and discomfort in her life, she contacts H1 for healing and blessings. She also practices the components of YPV sadhana app regularly.

The subject's perspective

An interview with her was conducted in September 2024 to know the events from her perspective, to follow up, and to know her present condition. The following are the findings from the subject's perspective.

1) Relationship issues and challenges faced:

- ***Relationships with parents and siblings***

From childhood, she was struggling with the inability to connect with her family because she thought she was very different from others. She was a bit depressed also. " ...same time I could not establish good relationships with my parents and siblings too..."

- ***Relationships with Husband and in-laws***

Her struggles started and multiplied manifold from the time she was married, as she could not connect with others in her husband's family.

"After my marriage my struggles increased 100 times...I struggled but never gave up. I tried with some flexibility to cope with issues..."

Though a bit depressed, she never gave up. ... " I always kept in my mind the thought that I was right...Nobody was there to support me..."

"Side by side with the struggles I have two children also...(now in 2024, my daughter is twenty-two years and son 16 years).... I gave my 100% to my husband after marriage, but I could never win their hearts..."

- ***Separation from Husband***

While carrying on like this, a time came when she could not bear the situation anymore..." in 2017 there was such a disaster in my life that ...when my daughter 15 years old, and son 9 years old, we were thrown out of the house, and we started living separately. I am a housewife. People were blaming me only...I could not bear any more. ..." " I used to be disturbed several times during these times..." She filed three times divorce cases and maintenance cases against her husband.

2) *A tryst with the YPV healer & trainer*

"Then I met one of our cousins ...H1's wife H2 telling me about YPV. ...I knew about YPV from 2017 but I could not connect at that time..."

3) *The turning point*

For her, the turning point came in September 2021 when the YPV healers H1 and H2 met her.

"...they were asking me to join YPV sessions.... Healers H2 and H1 insisted so much that I do the class...just do the class where you are seated...I completed the class and the miracle happened the same day. They made me do forgiveness and PPM..."

"I had so many questions about myself and my life...that I got answers to all my questions during my YPV class...including Soul class. Whatever fears I had, I could move out of them.

After that, I developed a lot of faith and trust in YPV...I was also doing forgiveness several times during the day, for my husband..., my in-laws...and my children.

With my parents also...whom I did not even want to see them...I had a lot of hatred towards them...I could never forgive them was my biggest dilemma....but after the forgiveness Sadhana they encouraged me and supported me a lot...It didn't mean my struggles ended..."

"one way the struggles continued...but the YPV trainers were with me throughout my struggles...they maintained Karma is also there, and you have to bear the results of your past karma..."

4) *beneficial changes*

"With my prolonged struggles...I started practicing YPV in September 2021. Within 3 months slowly and slowly things started to change for me little by little..."

The YPV Trainers persistently supported her. " I experienced that when I was feeling much down...that time I was getting surprise calls from them...I have been experiencing a soul-to-soul connection...even now...at times I used to think that though I was feeling sad with my issues why should I disturb them?...don't know what soul-to-soul connection was there, they used to know that I was sad and a surprise call used to come from them.....this bonding is there with them...without any selfish interests...I used to get support from them all the time...I used to take a lot of time to forgive all my relatives..."

From forgiveness Sadhana alone, the changes and improvements in relationships started coming in... " I am experiencing invisible support...Things have started getting to be positive..."

5) *Became Self-aware*

"...at last, I started to get a feeling after six months that I am slowly changing...I began to stop blaming others...and started to recognize my faults... I began to feel that I was connecting with the divine...though I was in detachment mode earlier...I started to reconnect with them little by little...and if my aura is good and big, I began to realize that it will influence the others also..."

She began to realize the importance of finance also..."I came down to zero balance in my account...3 times I filed a divorce case ...maintenance case...that I spent all my money and I was left with nothing..."

Things started to improve all by themselves...earlier She had given up the expectation that her husband would ever change and her situation would never improve.

6) *The transformation*

Regularly she started practicing forgiveness and PPM (Planetary Peace Meditation). As a result, now in 2024, when she looks back at the previous 3 years...she has started to realize that the fault was inside herself and she was only blaming others.

7) *Helping others with YPV*

Because of her experience of the YPV practices and the turning points achieved, she began spreading YPV to other people so much that now all her people are doing well..."I am spreading the message that you can improve your situation ..." "I can influence them to do Forgiveness, PPM, etc...whenever I go to my parents' home, I spread the YPV practices to all of them and neighboring families..."

8) *Improved relationships*

Her husband is not very violent now... .. "he is a lot better now... he has some psychic issues also...he doesn't allow me to become financially independent despite my being a graduate...I did teacher training, courses in fashion designing...did a master's...I did some business and a lot of many things...because my children are in education we need a lot of money for them...I was willing to oblige my husband and stay at home but I expect him to earn enough money to educate my children..."

Another important thing she wanted to share is that ..." I am getting a lot of respect in society and my in-laws' home..."

For her, some struggles continue to exist, but she can manage by being positive.

In the past her relationship with her daughter was very bad... "but after doing forgiveness, the relationship improved with my daughter a lot...and my son also very good now...my son is doing class 10 exam...next year..."

"After restoring a good relationship with my mummy, things are turning out to be good...my siblings with whom I broke the relationship 25 years ago, now a good relationship is restored with them and all my relatives..."

"Whatever blurred relationships were there, they all got cleared now...no worries...no expectations..."

"And whenever I see anybody in trouble, I get them to do forgiveness and ppm to drive away all their miseries..."

9) *Regular practices of the YPV system*

Though she is unable to do it daily, she does PPM sometimes in the mornings...and also Forgiveness sadhana whenever possible.

10) *Support from Husband and in-laws*

Despite belonging to a different religion, her in-laws are allowing her to practice YPV because their suffering also reduced after she started to practice. She has understood that in their book of faith also there are prayers similar to YPV's PPM. "The style of saying may be different, but the purpose is the same, I told my husband...so that is why there is no objection from their side..."

11) *The way forward with YPV*

She completed YPV healing higher-level courses and is gaining spiritual elevation also.

"One thing I want to confess is that I am now connected to the divine and I don't feel any enmity ...I keep getting signals from the universe...the sun, moon, planets, birds...etc...my belief system is getting stronger, and stronger thereby...I feel that I am getting great help from the universe..."

4. DISCUSSION

Overcoming post-marital relationship challenges is often a major task in the lives of Indian women, because of social and cultural traditions. YPV system offers help and support mentally, emotionally, and spiritually for those who seek a redressal system that is easy to practice, as is presented in this study.

In a similar study of the application of YPV protocols, Chinnusamy et al (2024) [16] observed that the subjects who were young married women experienced improvements in social and family relationships with lasting changes in fulfilling their worldly and spiritual goals because of learning and practicing YPV healing protocols.

5. CONCLUSIONS

It has been observed that Yoga Prana Vidya (YPV) learners and practitioners have been experiencing transformational changes in their lives because of regular healing (for self and others), using YPV Psychotherapy protocols, Forgiveness Sadhana, Planetary Peace meditation (PPM) besides a host of other protocols that are available to learn and practice. Relationship healing enables domestic peace and social harmony with lasting changes. Further research is recommended using appropriate samples and methodology.

CONFLICT OF INTERESTS

None.

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