

Increasing Optimism: Effect of Pranic Healing

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Abstract

Optimism is a trait that should become more common, judging by Winston Churchill's famous quote that "a pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty. Aim of the present study was to foster positivity in the participants via Pranic Healing intervention. The sample consisted of 60 postgraduate students. Tests used were Satisfaction with life scale, Beck's hopelessness inventory and Life Orientation Test-R. After data collection the subjects with low score on the mentioned tests were selected and put through a 15 days Pranic healing intervention. They were measured again on same tests. Pre and post intervention scores were compared using t-test. Results revealed that post intervention a significant increase in optimism level, hope and satisfaction with life was found in the subjects.

Keywords: optimism, pessimism, pranic healing, intervention, hope, satisfaction with life,

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