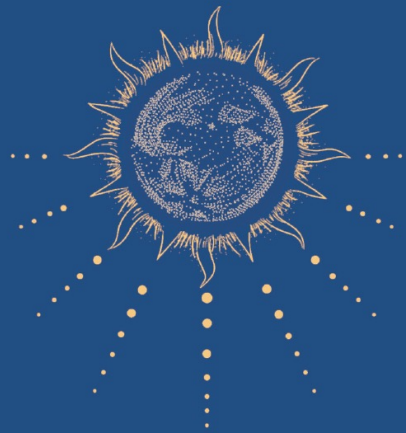




*ADVANCED PRANIC HEALING TECHNIQUES
FOR POST-COVID CONDITIONS*

Master Glenn J Mendoza MD



RULES THAT GUIDE US

Creating Stability During Uncertain Times

Glenn J. Mendoza, M.D.

Dawn M. Myers



UNICORN LIGHT

PUBLISHING

This book is a collection of the rules, insights, and action steps that the authors took on their journey through 2020. Their intention is to spotlight those silver linings – the hope, inspiration, and growth – that we experienced as a group at this unprecedented period of time. These rules can be powerful guideposts for anyone's journey forward.



Glenn J. Mendoza, M.D.

www.MasterGlenn.com

Is one of just eight Master Pranic Healers in the world and a practicing neonatologist in New York State. He touches the lives of thousands of people worldwide through his inspiring words, deep insights, and joyful character. Rules That Guide Us is his sixth book.



Dawn M. Myers

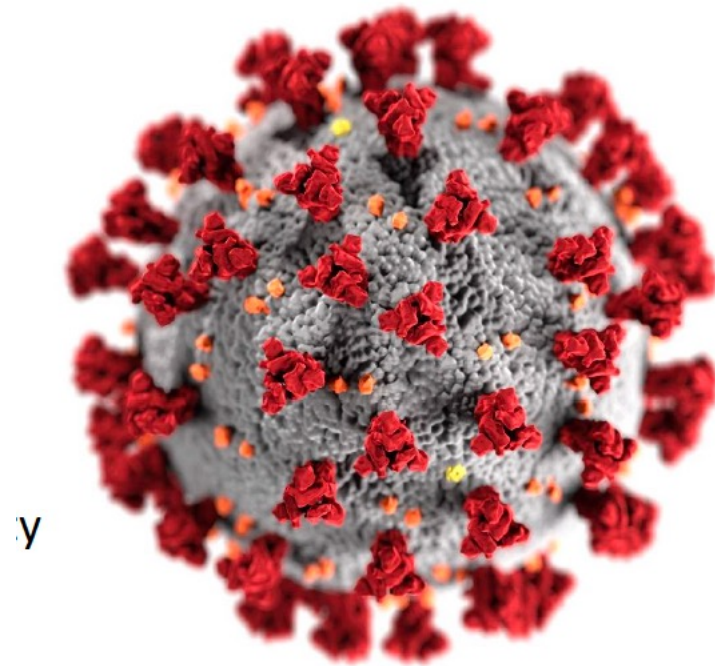
www.DawnHealerCoach.com

Is a spiritual life coach and Pranic Healer living with her two boys in Atlanta, Georgia. After spending many years transforming her own life, she now loves awakening the magic and possibilities in others through her coaching, energy healing, speaking, and writings. Dawn has also published two children's books.

Background

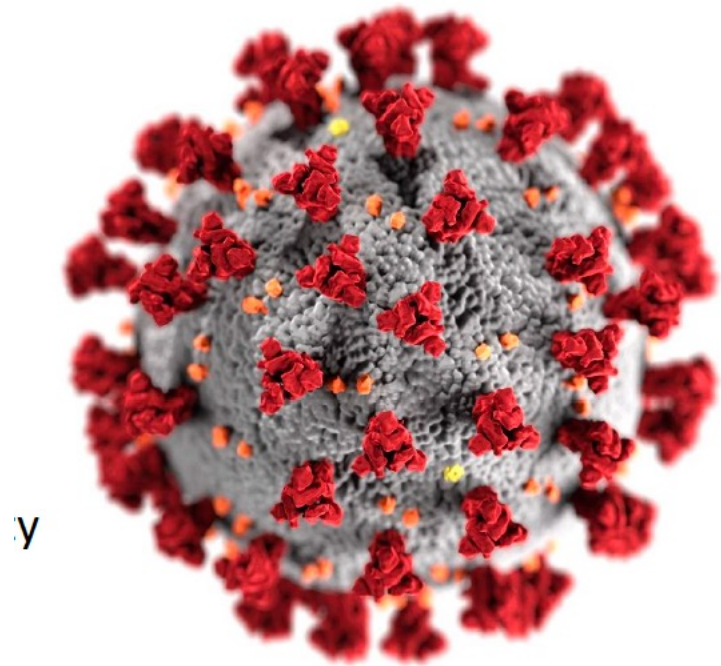
Post-COVID Conditions

“Post-COVID conditions” is an umbrella term for the wide range of physical and mental health consequences experienced by some patients that are present four or more weeks after COVID-19 infection, including by patients who had initial mild or asymptomatic acute infection.



Post-COVID Conditions

These post-COVID conditions may also be known as *Long COVID*, *Long-haul COVID*, *Post-acute COVID-19*, *Long-term effects of COVID*, or *Chronic COVID*.



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Post-COVID conditions are heterogenous

- Several patterns have been identified
 - Persistent symptoms
 - New-onset late sequelae
 - Evolution of symptoms/conditions
- Attributable to different underlying pathophysiologic processes
- Presentation could be complicated by a number of factors
- May share similarities with other post-viral conditions|

Post-COVID conditions may affect millions of Americans

- Frequency varies widely in the literature
- Could also affect children and adolescents (in addition to adults)
- Challenges estimating prevalence in subgroups that could be at higher risk



Common Post-COVID Symptoms

- Dyspnea or increased respiratory effort
- Fatigue
- Post-exertional malaise
- “Brain fog,” cognitive impairment
- Cough
- Chest pain
- Headache
- Palpitations and/or tachycardia
- Arthralgia
- Myalgia
- Paresthesia
- Abdominal pain
- Diarrhea
- Insomnia and other sleep difficulties
- Fever
- Lightheadedness
- Impaired daily function and mobility
- Pain
- Rash (e.g., urticaria)
- Mood changes
- Anosmia or dysgeusia
- Menstrual cycle irregularities

General considerations

For most patients, the goal of medical management is to optimize function and quality of life

- Creating a comprehensive rehabilitation plan may be helpful for some patients
- Many post-COVID conditions can be improved through already established symptom management approaches
- Evidence indicates that holistic support for the patient throughout their illness course can be beneficial



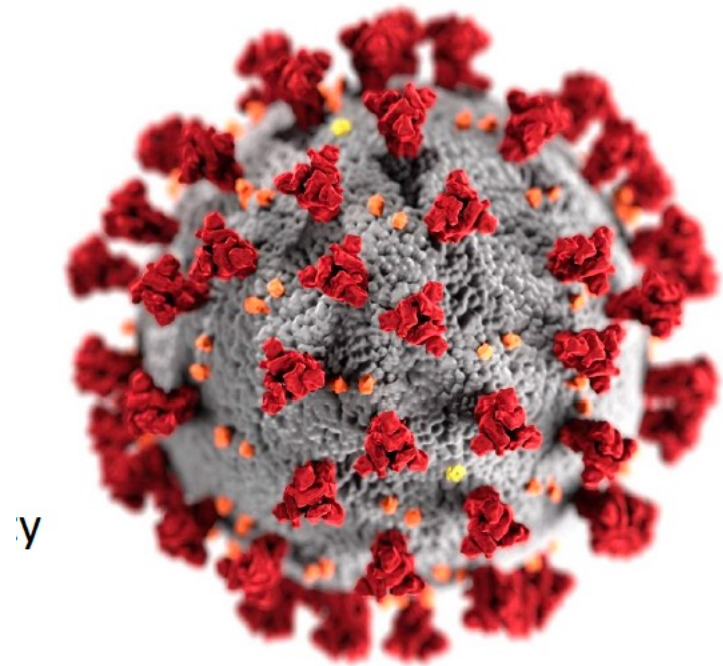
Patients with post-COVID conditions might benefit from a review of their current preventive care practices

- Discussions regarding nutrition, physical activity, sleep, stress management, interpersonal relationships, and chronic disease management



Post-COVID Conditions

Medical and scientific experts around the world as well as Pranic Healers are working to learn more about short- and long-term health effects associated with COVID-19, who gets them, and why.



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Pranic Healing Considerations

HOW TO START A
Meditation
Practice



MASTER CHOA KOK SUI

MEDITATION ON TWIN HEARTS



MASTER CHO A KOK SUI

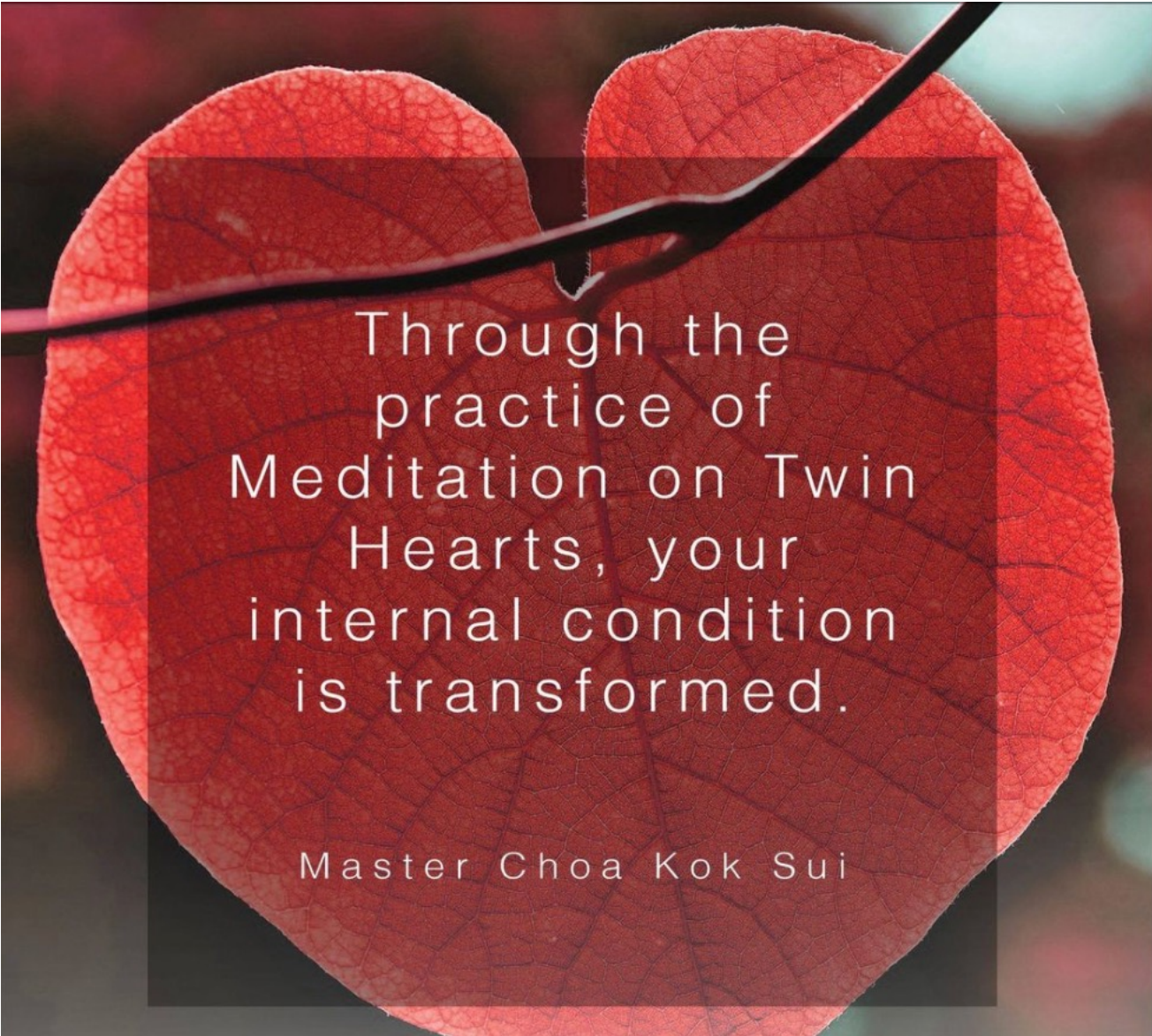


Meditation on Twin Hearts
for Psychological Health and Well-Being

MASTER CHO A KOK SUI[®]

MEDITATION ON TWIN HEARTS[®]
with SELF-PRANIC HEALING





Through the
practice of
Meditation on Twin
Hearts, your
internal condition
is transformed.

Master Choa Kok Sui

**JUST DO THIS EVERY DAY
AND SEE
WONDERS HAPPENING
IN YOUR LIFE**



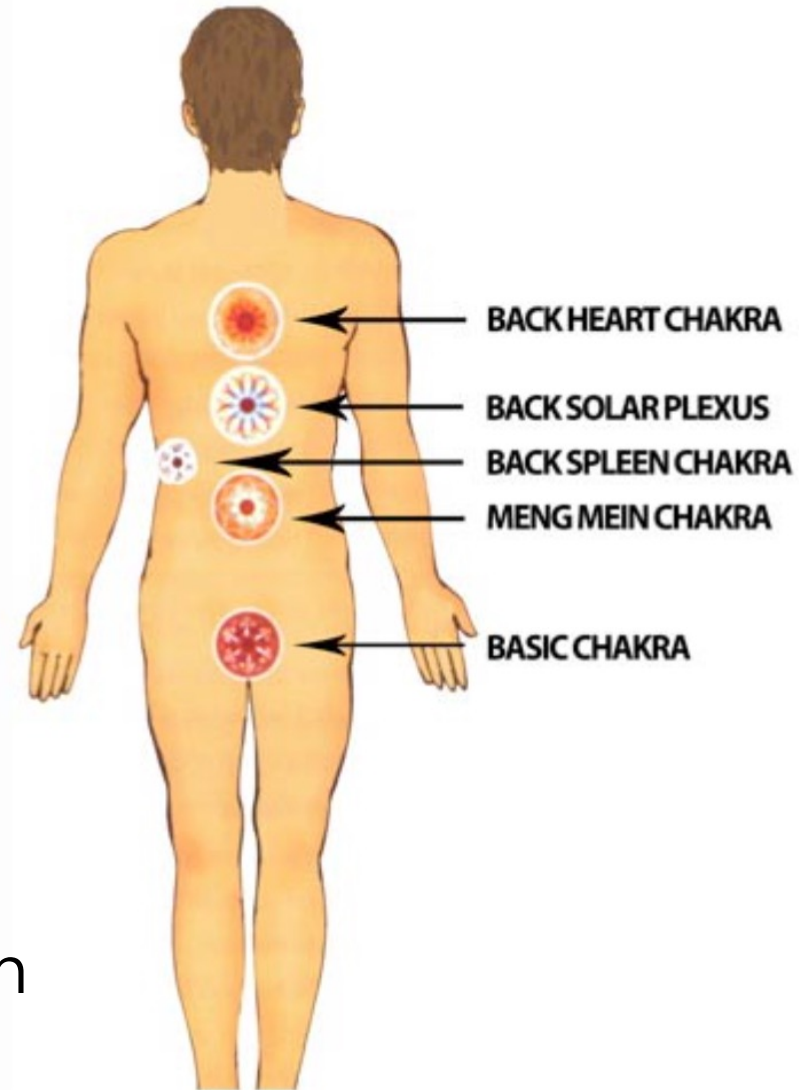
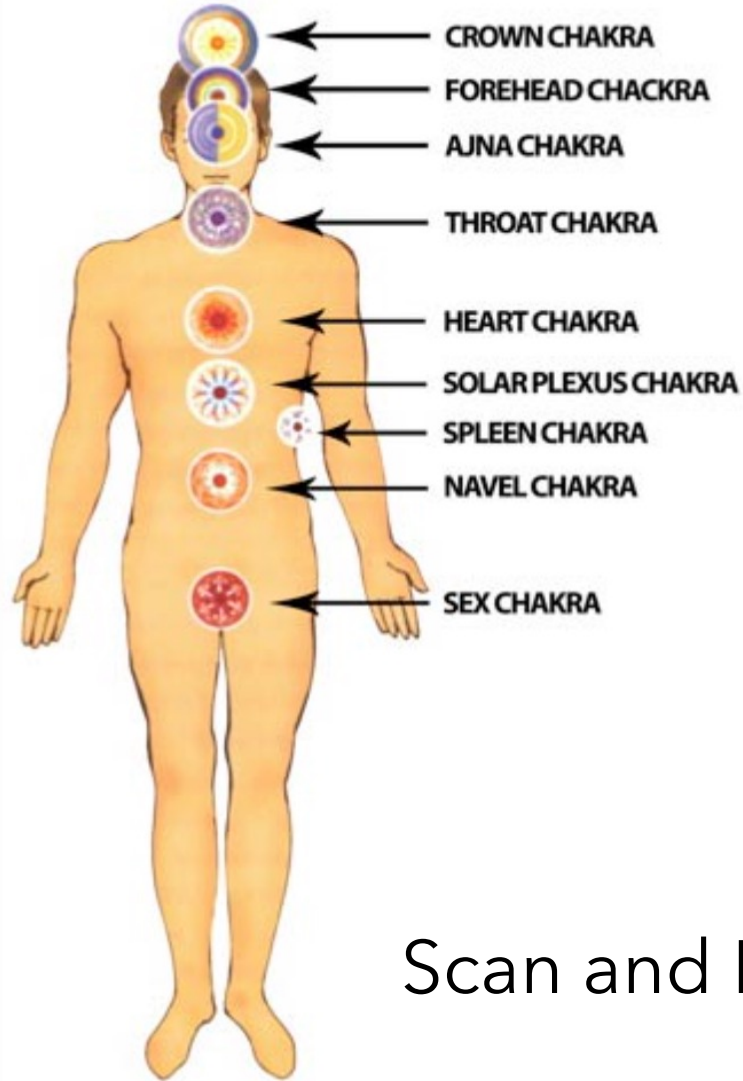
Benefits of

**MEDITATION ON
TWIN HEARTS**

Pranic Healing Principles for Post-COVID Conditions

1. There are varying degrees of the severity of COVID-19
2. Know your patient's history and present condition: document
3. If possible, do Pranic Healing via Live/Zoom/Facetime
In this case, there will be immediate patient/client feedback
4. If possible, do Meditation on Twin Hearts while healing
5. Apply Pranic Healing 2-3x a week for a month (or more)
6. Have patient/client commit for Pranic Healing
7. At best, have patient/client have a medical consultation

Cleanse and Energize ALL Major and Related Minor Chakras Thoroughly



Scan and Rescan

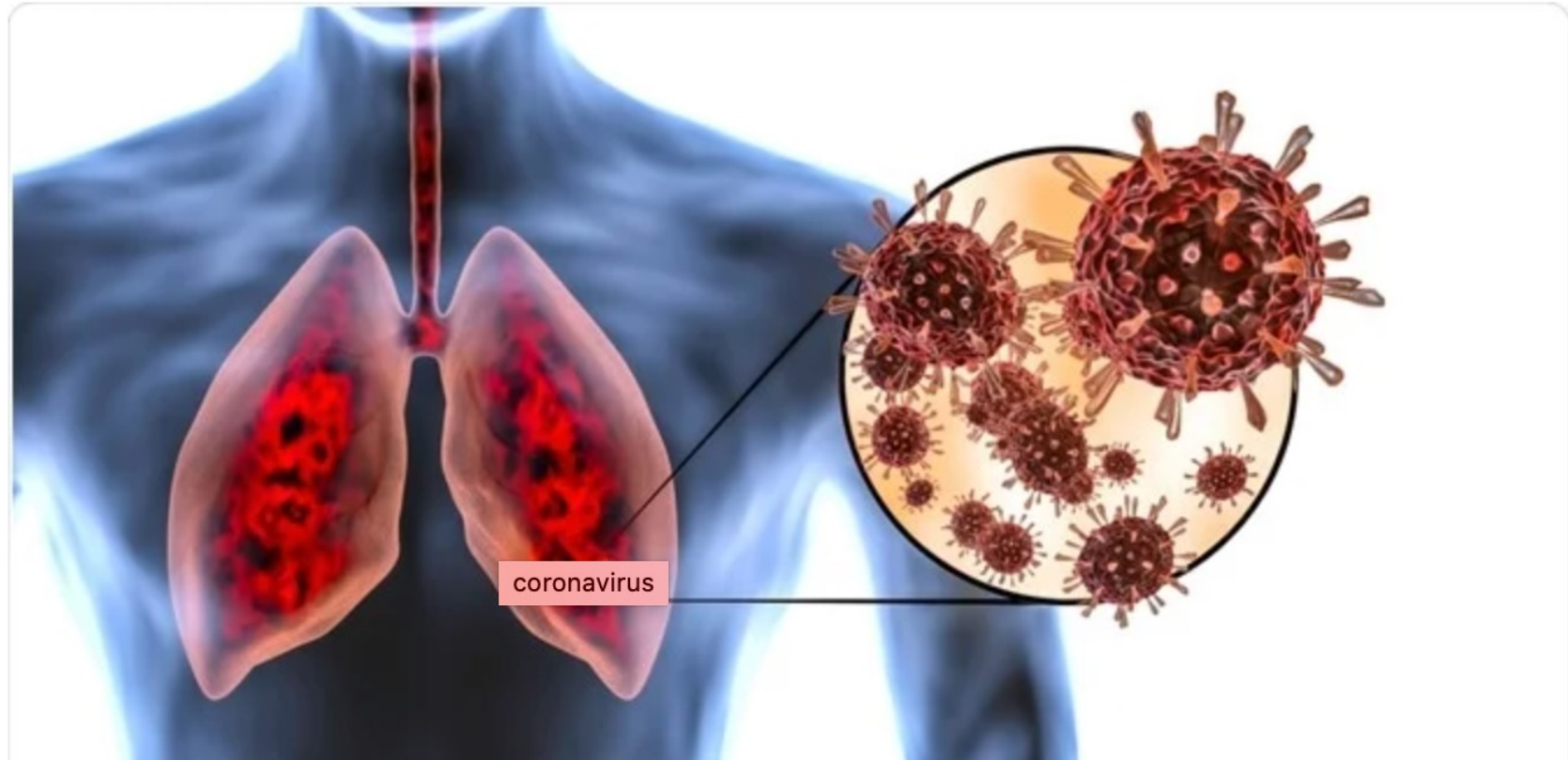


**POST-COVID
SYNDROME
HEART & LUNGS**



**HOW COVID-19
AFFECTS THE LUNGS**

What Does COVID-19 do to the Lungs?



COVID-19 is a respiratory disease caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). Whilst the majority of COVID-19 cases are mild or moderate, a small proportion are severe and can lead to difficulties with breathing and pneumonia. Understanding what SARS-CoV-2 does to lung cells will enable better treatments for severe COVID-19.



ERS

EUROPEAN
RESPIRATORY
SOCIETY



Red=damage

Gerlig Widmann and team, Department of Radiology, Medical University of Innsbruck.

Prospective Study of Resolution of Lung and Heart Covid Complications

86 hospitalized patients (now 150 patients at 6, 12, 24 weeks follow-up: labs, lung function, CT, echo

88% abnormal lung CT at 6 weeks; 56% at 12 weeks

39% still breathless at 12 weeks

Echocardiogram at 6 weeks: 58% had abnormal function, especially diastolic

What Are the Major Long-term Pulmonary Sequelae in Survivors of Critical COVID-19?

STUDY DESIGN

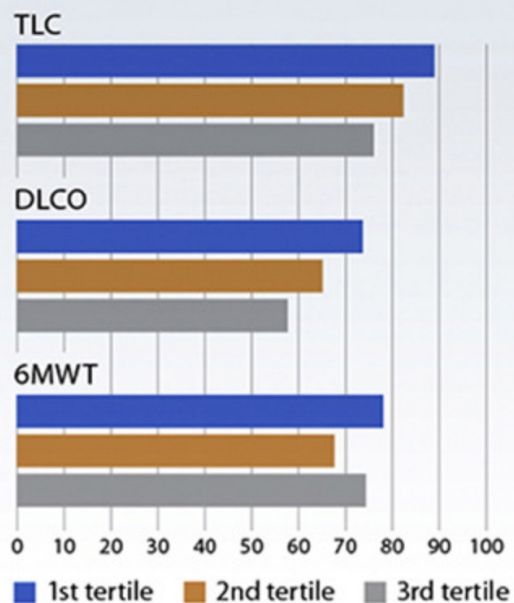
- Descriptive observational ICU survivor cohort of 62 adult patients with diagnosis of SARS-CoV-2 and ARDS in two Spanish hospitals between March and June 2020
- All needed at least HFNC during ICU stay and 62.9% were intubated
- At follow-up, assessed quality of life, performed CT scan of chest, and measured pulmonary function tests (TLC and DLCO), and 6-minute walk test (6MWT)

RESULTS

Three months after hospital discharge:

- An abnormal CT scan was seen in **70.2%** of patients, with fibrosis seen in **21.1%**
- Patients had a 6MWT distance of **128m less** than the healthy population (25-75% IQR -185.03; -62.66)
- **81.9%** of patients had DLCO impairment
- **15.2%** had altered depression scores and **22.1%** altered anxiety scores

TLC, DLCO, and 6MWT (% of expected) by increased CT scan severity tertiles

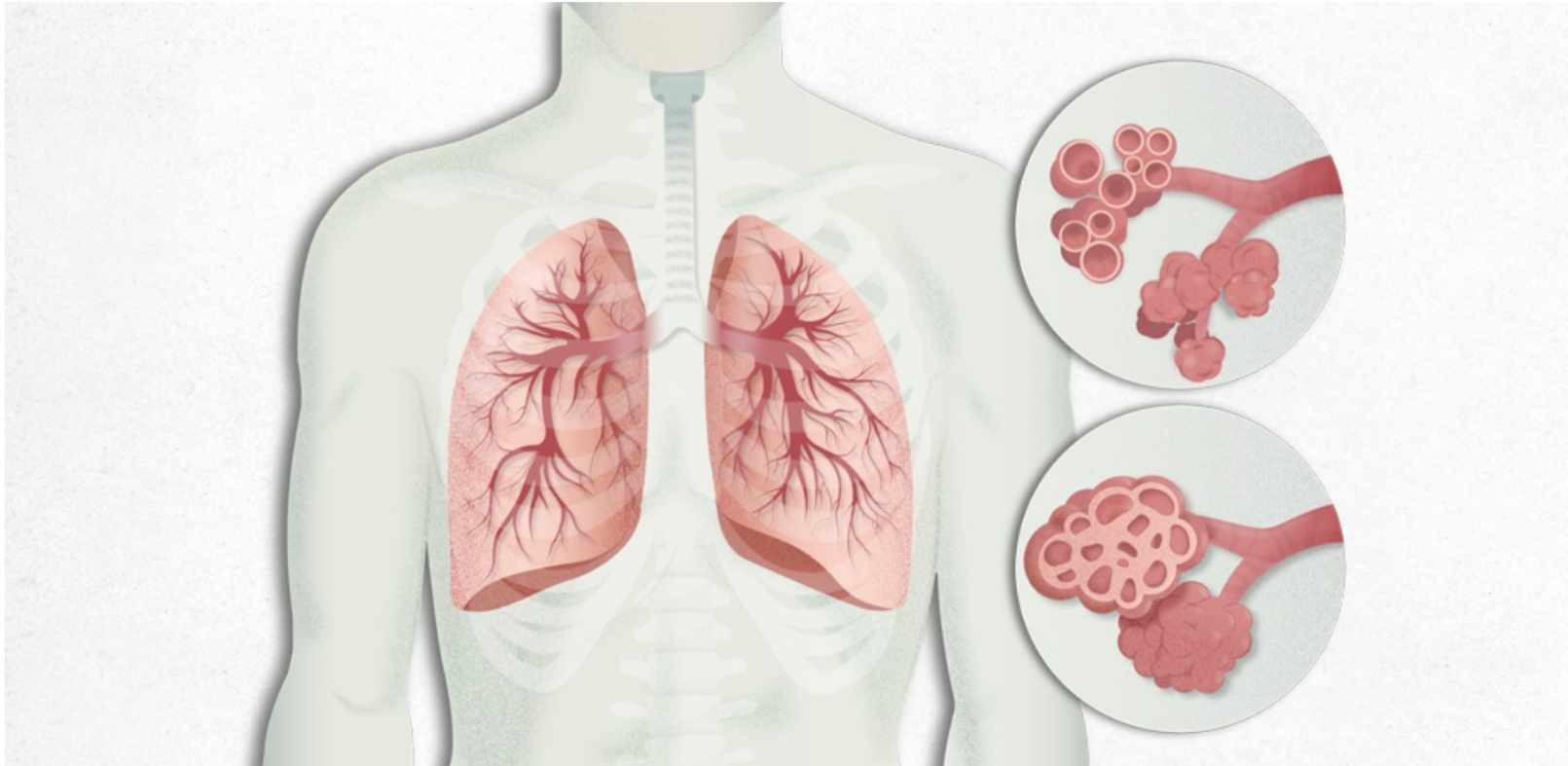


In survivors hospitalized in the ICU with COVID-19 and ARDS, lung involvement at 3 months post-discharge remained significant.

Long-term lung damage

As COVID-19 is a relatively new disease, the full long-term effects of COVID-19 are still poorly understood, and new developments continue to arise with respect to observational case and cohort studies (including follow-up check-ups by doctors). However, based on initial case studies from those with moderate-severe disease (such as those that develop pneumonia), the initial damage to the lungs can persist leading to decreased lung function which may impact on activities of daily living i.e., quickly getting out of breath when climbing some stairs. Pulmonary fibrosis is one of the major complications of severe COVID-19.

What is Pulmonary Fibrosis?



The **fibrosing diffuse interstitial lung diseases (DILD)** include a wide and diverse group of diseases with some characteristics in common. In all of them, the lung tissue is damaged and produces scars that gradually replace the healthy tissue, which leads to a worsening of symptoms and lung function.

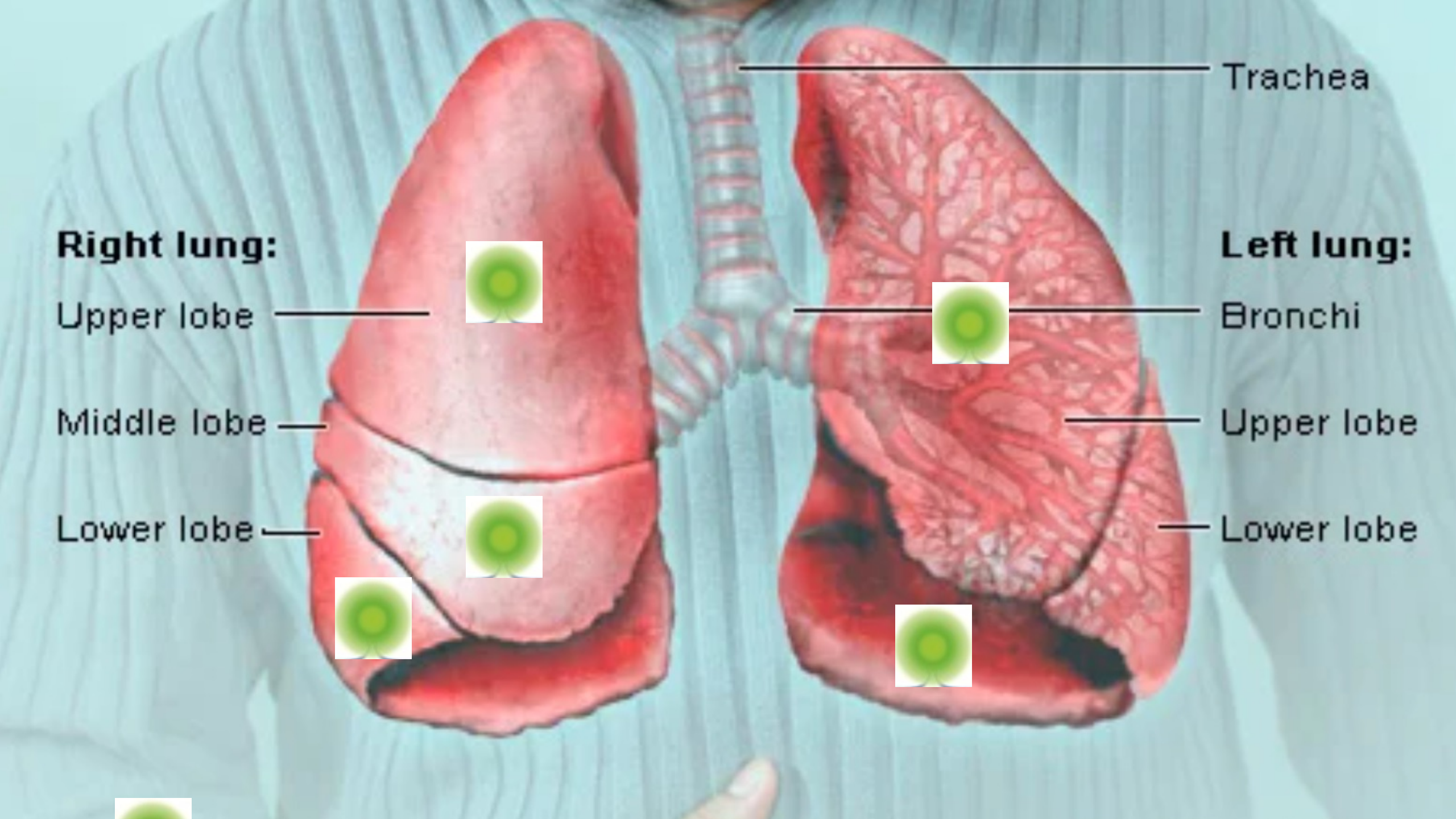
What Does COVID-19 do to the Lungs?

1. Cellular Damage – in varying degrees
2. Pulmonary Fibrosis – in varying degrees

Mild Post-Covid Conditions – Healing in about a month

Moderate Post-Covid Conditions – Healing in 1 year

Severe Post-Covid Conditions – Healing in 1-2 years (?)



Trachea

Right lung:

Upper lobe

Middle lobe

Lower lobe

Left lung:

Bronchi

Upper lobe

Lower lobe

Pranic Healing for Post-Covid Lungs



Use Light Green Prana – Cleanse & Energize
Each Lung Lobe by Sections

Energize Lung with LWG or LG Prana

Energize Lung with LWO

Energize Lung with LWR

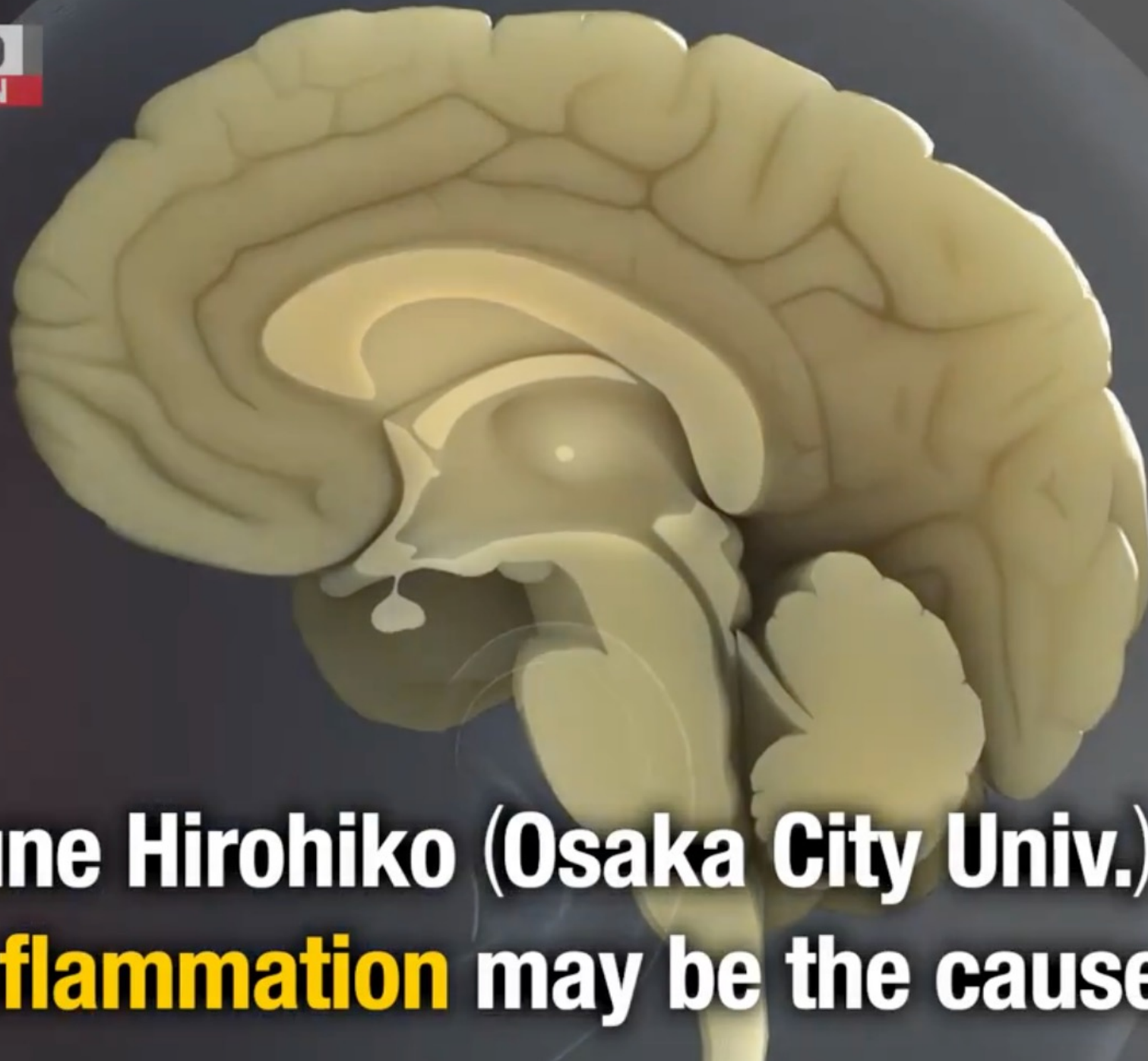
Cleanse and Energize the Throat and Minor
Throat Chakra with LWG or LG Prana

Cleanse and Energize the Heart with LWG – 5
gentle sweeps

Feedback and Scan and Rescan



COVID-19 Brain Fog



**Kuratsune Hirohiko (Osaka City Univ.) thinks
brain inflammation may be the cause.**

The virus destroys barriers that keep foreign substances from entering the brain. H

**Image: brain of a COVID-19
patient with poor cognitive
function (British study)**

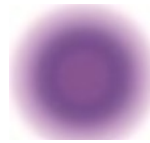


**It is thought that intrusions by viruses and
other foreign bodies cause inflammation.**

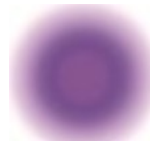
Pranic Healing for Post-Covid Brain Fog



Use Electric Violet Prana – Cleanse & Energize the Brain



Use Electric Violet Prana – Cleanse & Energize the Crown, Forehead and Ajna



Use Electric Violet Prana – Cleanse & Energize the Back Head & Jaw
Minor Chakras


Feedback and Scan and Rescan



Use Electric Violet Prana

Using Light Whitish Greenish Blue For Inflammation





Action Plan for Post-Covid Conditions

- *Identify Cases/Previous Patients*
- *Start Doing Pranic Healing for
3-4 weeks as needed & document*

“There is always more to learn. The more we learn, we realize there is still a lot more we don’t know.”

THE MORE I LEARN
THE MORE I REALIZE
how much I don't know.

ALBERT EINSTEIN

“Practice moderation, even in moderation”



All things in moderation,
including moderation.

Socrates



OSCAR
WILDE

“Everything in moderation,
including moderation.”

Everything in moderation,
especially this
inspirational
bullshit.

***“Practice moderation and non-excessiveness,
including moderation and non-excessiveness.”***

The image features the text "Thank You!" in a bold, white, 3D sans-serif font. The text is centered and appears to be floating above a white surface, casting a soft shadow. Behind the text are several thick, vibrant, multi-colored brushstrokes in shades of red, orange, yellow, green, blue, and purple. These strokes are layered and curved, creating a sense of motion and depth. The overall composition is bright and celebratory.

Thank You!