

# Episode #226 An Ocean of Energy

## Bianca Riemer

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[00:00:00] **Susan:** Well, today I am delighted to be joined by Bianca Riemer on Life Beyond the Numbers. Bianca, you're so welcome.

[00:00:08] **Bianca:** Thank you so much for having me, Susan. I'm looking forward to our conversation.

[00:00:12] **Susan:** I am, two and like the minute we started chatting, we've never spoken before. Bianca reached out to me over email. We've had a brief exchange, and the minute the conversation started, I was already taking down book recommendations and all sorts. So I think this is going to be a great conversation. Not to put too much pressure on it, of course.

[00:00:34] **Bianca:** Absolutely.

[00:00:36] **Susan:** Bianca, what I was most fascinated by, which maybe is the area you want to speak less about, but that's okay, is that you have fit like myself, a background in accounting and finance, and the fascination comes from something called Pranic healing. So I am bamboozled and curious as to how accounting and finance and Pranic healing fit together in your life, and whether you love both of them.

[00:01:10] **Bianca:** Yeah, do I love both of them? I absolutely do. And I often get asked that question, Hey, accounting and pranic healing are completely different things. How does that work together?

And I don't actually think they're that different. Based on my experience, because there's so many similarities between accounting and pranic healing. So when people hear the word healing, they tend to automatically associate it with something mystical, invisible things that we can't understand. There's, a lot of skepticism.

People think, oh, it's just a belief system, and when it works, it's because the person really believed it and, but it's coincidental and. as, and that's that, those were exactly the things that I thought as well when I got into it, and I got into it by complete coincidence, But before I talk about that, what's actually very similar between accounting and pranic healing is that they're both based on science.

So accounting is based on numbers. you have your proven step by step protocol in accounting, right? You have your debits and credits. chronic healing is also a science, it's



protocol and technique based. It's also a proven step-by-step protocol, which is now being looked at by the NHS.

There's been clinical trial trials with unbelievable results. So King's Hospital did research into pranic healing, into the effectiveness of pranic healing. They had over a hundred patients in the trials. This was done with the NHS. So following all the rules and staggering, 84% of patients who had chronic pain had been with the professors for many, many years. The top professors in the world still experiencing chronic pain and psychological conditions.

84% complete clinical recovery after eight weekly pranic healing sessions. Now the doctors can't believe it, but the results speak for themselves, right? Which drug gives you 84% full clinical recovery of all symptoms of all medication, living a normal life for many of these young people for the first time ever. So the results is really what kept me in pranic healing and Similar to accounting, you know that you've done it right at the end of it because in accounting, your balance sheet balances. In pranic healing, yes, you have the results, but even before you get the results at the end of the pranic healing session, I scan the energy body of the person because we're, that's what we're working on in pranic healing.

We're working on the invisible energy body, and I'm also balancing certain aspects of the energy body, which is called the chakras, which are little energy wheels. We've got 269 all over our body of those, they breathe energy just like your lungs breathe air. We're making sure that they are, balanced in a way at the end of the session.

So yes, you have your debits and credits and accounting in pranic healing. We, cleanse and reenergize the chakras so that they're all balanced. Just like in accounting, the balance sheet balances and you have your accounting standards. In accounting, we have our protocols in pranic healing. I see you laughing, Susan.

This is just, it's just so funny. you didn't expect me to say all these things, right?

It's just.

[00:04:43] **Susan:** I'm kind, I'm tickled that you are because I love it. I absolutely love how you are contrasting and comparing both, and part of my brain is going, this is crazy, and part of my brain is just delighted to hear this. And. accounting as well for me is storytelling. you're giving a version of events in numbers, and it sounds like Pranic healing is storytelling too, because the body is holding stories in energy that you are then either releasing or allowing the new story in, or a story that was forgotten or whatever, but.

I know very little about Pranic Healing, and I don't know if our listeners do either, Bianca, so maybe you could talk more about what it is and you can ignore the accounting if you like.



[00:05:37] **Bianca:** Yeah, so Prpr Healing is a non-touch energy modality that's based on protocols and techniques. and it's based on the premise that you have an energy body which is invisible, to most people. Some people can see the light between particles. They're clairvoyant and everything we do in pranic healing is based on intense tho clairvoyant observation and experimentation by the person who synthesized all these techniques from very ancient techniques that are known all over the world.

So this person is called Master Jari. He's written a series of books and he's the person who synthesized the the modality, pranic healing. it's been around for about roughly 25 years or so, and if you do a Google search, or a YouTube search, testimonials pranic healing, you'll, hear lots of stories of people who didn't even believe in it and it's helped them tremendously.

And the way that I got into it. Yes, I went to the courses and I learned the techniques and it worked, but I still didn't really fully believe that I would be able to heal anybody. then my niece became very sick during COVID and she had leukemia, and her immune system was so poor that they couldn't continue with the chemotherapy.

after sitting in my bed for three days during COVID staring at the wall, I'm feeling very angry about the whole situation, which is my niece was only four years old. I remembered that I had this book on my bookshelf, the, advanced Pranic Healing book, and there's a protocol in there for leukemia.

And I thought, got nothing to lose. Might just, give it a go. And pranic healing works remotely. So zero touch. It's, it wor it's based on a technique your intention. Anybody can learn it, by the way. So even me as an accountant, it's not ClearPoint. I can't visualize, I didn't believe that I'd be able to do it.

I did the protocol, three times per week. And then after a couple of weeks, my sister told me, look, the doctors can't believe it. They've never seen anything like this before. They say a miracle must have happened. I've never seen anybody's immune system recover this quickly.

So my niece's immune system recovered really quickly. She was able to continue the chemotherapy, and this was many years ago now. And we went on holiday together last summer and my niece had really long, bushy hair running across the fields in the Swiss mountains. And I'm just so grateful for pranic healing. And after that experience where I didn't even believe that.

This was gonna work, but I just followed the step by step protocol. It's 20 steps. The first time I did it took me over an hour. my niece wasn't even with me. She was in some hospital somewhere in Germany. It worked. and this is just one of many seemingly miraculous stories that I've been part of since this happened back in 2020.



[00:08:56] **Susan:** Wow that. Thank you for sharing that. that was a bit of a rollercoaster listening to that. And, I think most people can relate to either having nieces or nephews or children and being ill and like you would do anything, wouldn't you? And like you say when all hope is gone, often it's when something appears.

And the word miracle is such a loaded word, and yet you used it a couple of times there, almost just slipped it in. Did you have to reconcile, I'm putting my words on you now, but you know the word miracle. Was it a word you would've used Bianca before?

[00:09:42] **Bianca:** the first book, so this is the Advanced Pral Healing. The first book is actually called Miracles Through Pral Healing. And yes, and then there's a quote in the books. That goes along the lines of, miracles don't happen contrary to natural laws. They happen according to natural laws that are still unknown to most men.

So we are using natural laws in pranic healing. They're invisible, so it takes a bit longer to validate them. If you think about it, the law of gravity, nobody questions the law of gravity. Why? Because when we were one years old, two years old we tested and validated it thousands of times, right? Anybody who's ever had a baby or seen a baby sit in a restaurant knows what the floor looks like, so we have validated the law of gravity millions of times.

Now with other natural laws, they're invisible and it takes longer to validate them. Now, if you read any spiritual books along the lines of Master Cho, or we talked about theosophy before we got on this call, so Master Cho's book, he will give you examples of how you can validate the laws that he talks about.

In theosophy they say, look, We are not guaranteeing you that this is true. What we talk about in this book is true. truth is very individual. It's up to you to validate things for yourself or to, establish that the opposite is true of what we are writing here. So truth is dynamic. Dynamic. There's lots of different levels of truth that diff different perspectives of truth.

So what I love about Master CHOA and pranic healing is that he presents levels of truth and he gives you methods to actually validate it for yourself in lots of different ways. And that's what happened with chronic healing. Even when my niece got healed, I still had, I still thought, oh, somebody else must be doing some healing for her somewhere.

[00:11:41] **Susan:** Or it was look or.

[00:11:44] **Bianca:** Yes. So then I had a few other cases where then I, I got more comfortable with it. And now every time I do a protocol for somebody, because also I'm lucky in that I can actually feel the energy and validate, that the chakra balance at the end of the treatment. I know that it works. the person may not feel anything during the treatment, but then it's happened more than once.



Now that the person emailed me the following morning. Saying, oh my gosh, I feel so different. I'm feeling almost euphoric. And these were people who were going through massive trauma in their lives with domestic abuse. Her husband's still living at the house. She woke up feeling euphoric despite the fact that her husband, her abusive husband, is ne still next door.

So that's the power of what pranic healing can do for people is because the energy continues working after the treatment. So people start feeling better and better

[00:12:43] **Susan:** So the word healing, you talked about it earlier, that people have different thoughts about it and. you've talked there about leukemia, domestic abuse, and somebody actually coping with the situation, the trauma they're in. Not overly coping, but actually feeling resilient and probably reconnecting with who they are at their core releasing energy.

So I'm curious as to what is. Constitute not constitutes healing, but constitutes something that a person looks for help with. So for example, what is the smallest thing? Maybe that, and not small to the person obviously, leukemia is so whoa. A once in a lifetime, hopefully, thing that most of us don't have to deal with.

But what are the normal ful

[00:13:37] **Bianca:** Yeah.

[00:13:38] **Susan:** concerns that people may not realize? That they could get healing for.

[00:13:47] **Bianca:** Yes. That's a great question. So the most common type of treatment I do actually is, in my day job. I'm an executive coach or leadership coach, so I work with people who work in very High pressure corporate environments and it's a re prerequisite for coaching that the person is relatively relaxed so that they can tap into their creativity during the coaching process.

What I've found with a lot of my clients, especially in-house accountants and lawyers, is that they are extremely stressed oftentimes. It just wasn't possible to do coaching with them. So then at some point I started telling people, look, I also do this pranic healing and it can really help you de-stress really fast, and I can do it now for you.

Do you wanna give it a go? Most people say yes, and it takes 10, 15 minutes to track tremendous amounts of stress, energy out of the person's system, put in some relaxing divine energy as we call it, and the person feels relaxed and their thinking changes there, and then they become a lot more positive.



They see opportunities for themselves that they didn't see before. It's just amazing suits how the person just is a completely different version of themselves within 10, 15 minutes. So that's how then I start incorporating pranic healing in my coaching practice is when you know somebody cancels the coaching session because they're too stressed, they have too much on.

I say, okay, let's just get on for 15 minutes and I'll do this thing for you. And then we have the session. session's no longer canceled because the person now has that head space. They don't feel overwhelmed anymore. 'cause I've literally taken. It's like taking books out of an overcrowded library. That's what pranic healing does for you. We're just taking out a lot of excess data. It's decompressing your motherboard in your computer. that's the simplest form of pranic treatment or pranic healing that can be done, is to just help the person relax.

[00:16:08] **Susan:** and remember, it sounds like there's remembering to this, Bianca. That's what I'm getting from it, is we're all resourceful. We have resources within.

[00:16:19] **Bianca:** Mm-hmm.

[00:16:20] **Susan:** That we forget about. And in a way, the clearing out is the clearing out of things that we just don't need. They're superfluous to our own resourcefulness.

[00:16:31] **Bianca:** Yeah, absolutely. Just taking all the junk.

[00:16:36] **Susan:** Yeah, so it's like cleaning the windscreen of the car or something after being out in a big, long journey.

[00:16:43] **Bianca:** Absolutely. That's it. Yeah.

[00:16:45] **Susan:** how do people respond to that then? Because you talked about accountants and lawyers and because both of us have that background in accounting, we can, speak about the black and whiteness of things perhaps, or how things are right or wrong. You spoke about truth and the numbers is there.

Okay. They can be manipulated, but one and one does equal two and so on and Lawyers and accountants can be quite skeptical and quite, I don't like the term right and left brains, there's that analytical side, is there that I need to understand what this is, or I don't trust it. So how do you deal with that?

Or how does it come up?

[00:17:29] **Bianca:** Yes. So I generally only mention pranic healing when the person's very stressed, when I can do something for them. So when the person's in pain or when they're



extremely stressed or angry, that's when I will introduce pranic healing to them. So then they will have an immediate opportunity to validate that it's worked, that it works for them. When this happened mostly during a coaching session, I've actually never had anybody who didn't at least feel a little bit more relaxed. And then as time goes on and they have regular treatments, that's when then I will tell them, oh, you can also use pranic healing for relationship healing, for prosperity, for, especially when you have problems with a colleague at work.

There's a very powerful chronic healing technique that the person can do themselves even without having gone on the courses, just forgiveness technique. Because if you think about it, anger is like drinking poison and expecting the other person to die. So anger really doesn't serve me. Even if I'm right and the other person is wrong, I'm forgiving them for me, not for them.

So when people use the forgiveness technique and they let go of all the grudges towards the colleague. The relationship automatically improves significantly because the energy is cleared between you and the other person, and then the workflows more easily. You get more done and you're more productive and happier at work.

[00:19:18] **Susan:** So the question becomes for me is how did you. all of this. Bianca, what happened in your life that introduced you to this?

[00:19:32] **Bianca:** Yeah, when I was a stock market analyst at Morgan Stanley, obviously that was a very stressful environment, very. Cutthroat, fast moving, demanding, and I had health issues. I tried out all sorts of complimentary therapies because the doctors always taught me, there's nothing wrong with you. You're just stressed.

That didn't really satisfy. Me, 'cause I wasn't sleeping and I wasn't really performing at a hundred percent. So I tried out all kinds of complimentary therapies. And I remember one acupuncturist I went to see, he was just a lot better than any other acupuncturist at the time. I didn't know what he was doing, but now I know that he was also doing pranic healing on me.

But anyways, I had no idea about pranic healing back in the days. but then when I had my children. my parents died at the same time that I had my children and my first baby. So my father had just died four weeks before the birth. And a lot went wrong during the birth. My baby was in intensive care, so the first time I actually saw my baby, he was all, tubed up with a heart rate monitor and

He was breathing artificially with a machine. And it was really horrible. I wasn't allowed to hug him or hold him. It was like the darkest hour. And, so my granddad and my dad had just died and my mom had cancer and we knew that she probably wouldn't make it. She actually died a year later. And my baby, I wasn't sure at the time whether my baby would make it.



Things at work hadn't gone too well either, so I had a complete mindset shift in that. Up until that point, my job was my life. My job was always the most important thing, I loved it. I was working in the markets and things were going relatively well, and then when I saw my baby all tubed up and potentially not surviving. I thought, oh, whatever work, there's always gonna be work, but Right, he's either gonna make it or he is not gonna make it. So I had a complete mindset shift like that. Life is short. I realized life is short. You never know how much longer you have. And that's what then set off a different way of thinking in me.

So I went back to work after my first child. And things were better than ever. My career took off. I was voted, in an external survey amongst fund managers who were my clients. I was voted number four out of 200 analysts in the property sector. Now the question is why? Because I'd been out of the market for nine months and you would've thought that, my expertise had suffered.

But here's the thing, people don't vote for your expertise. That's what I learned. They didn't vote for my expertise. They voted for my ability to listen to them, respond to them, and to help them make better, more informed decisions with certainty from within. And because I'd gone through all of this mess, questioning everything, when my baby was there lying in the intensive care unit, I became just a lot more empathetic towards other people and really listened and, responded to them.

And I remember, Susan, I remember this one time where a client called and he told me what he was thinking and I just listened to him and my boss was like, what are you doing? You're not doing anything. I'm like, no. I'm on the phone to this client. I'm listening to him. And my boss was like, yeah, but work on the model, then do something. Do some work. You can listen and work. I'm like, no, no, no, I'm listening to this person. Because even though we were just on the phone, we weren't even on video call then because this was in 2012 or 2013. the person knows whether you are really listening or not.

So anyways, this person who called me just to tell me what they were thinking, I'd say yes or no, and they gave me so many points. People were probably thinking we were having an affair or something because, I was getting so many points from him. and also from other hedge fund managers and clients basically who'd call me to tell me what they were thinking. but it was my job to call clients and tell them what I was thinking. So that then was what helped my career take off.

And I think, when you just let go of this fear of losing your job and this overworking and over communicating, this overdoing at work, and you just allow yourself to actually be a human being instead of being a human doing, then everything flows so much easier. And when you allow yourself to just listen to other people and help them be heard. Then they really appreciate that. so that's how then I realized, wow, there's a lot more to life than just getting the stock call, right? Or just getting the numbers right.



And then after I had my second child, and my mother had died. I remember sitting back at my desk there giving me a window desk, which was really kind of them. After my second maternity leave and I just decided this is not exciting anymore. Now I was seeing all the numbers flash and it used to excite me and I thought, no, there's something out there.

I wanted to help people because I'd gotten so much help myself with all the complimentary therapies I'd experienced. My parents never had that. They died before they were ever able to meet their grandchildren, so I thought, I don't want other people to end like that. So I left, I trained in a lot of these complimentary therapies and pranic healing was one of them.

And I thought, yeah, that's interesting. I preferred some other therapies initially, but then when the thing with my niece happened, I realized this is the most powerful thing that I could have done because anything else that I trained in it wasn't possible to do in that kind of environment because say I had the hypnotherapy, which was big for me for a long time.

but I wasn't gonna hypnotize my niece like that 'cause she was only four years old. so that's how then I got into pranic. It was just one of the things I happened to be curious about and then it grew on me.

[00:26:16] **Susan:** I love that. Thank you for sharing all of that, Bianca. that's such a huge story. And so much for any human to process in such a short space of time, what you're talking about as well, and that's like we talk about, going through hardship opens us up to other experiences and not wanting others to go through something similar and you've clearly I shown that or talked about that today, the impact that how your life has unfolded, has had on you as a person. So thank you for sharing all of that.

And

oh, I lost my train of thought now because I had a few things. I think the thing, simplest thing, first of all, is the listening and listening is so simple. Yeah. Yet so many people struggle with it. And I can picture, I can't picture it 'cause I don't see images, but I can imagine your boss standing beside you going do something.

You're just listening. What use is that to anyone? Like where, when the money you making business do something and yet the people that whose lives you impacted. It was because you gave them space to perhaps talk through something themselves that no one else would give them that space to do, which is incredible, really.

And Oh, yes, I remember now what I was coming to earlier was tools. You went and explored all of these different tools or techniques you could say, and then, and I really like that because it wasn't like pranic healing. That's the only thing out there. and then one of



them just rose up almost as, but you still have access to the others if you need any of them too.

So if there's someone listening now, Bianca, who's maybe similar to high stress role is thinking about other things. How would you encourage that curiosity in them?

[00:28:41] **Bianca:** Yes, If you are thinking about exploring something and you're overwhelmed because there's so much out there, right? what I would suggest is just go with your gut and start trying them out because you can sit and speculate for hours, days, months, or years. But life is about experiencing, so you won't know whether something works for you unless you go out and experience it. And the first thing you think of is probably the right thing for you right now. And then you go from there.

[00:29:28] **Susan:** Again, very simple. one of the first guests I had on, said she was on a retreat and somebody asked her, what does her gut say? And she said. I don't know. So I also think when we're can get overwhelmed, we may lose that contact with our gut. So it again, if someone is struggling to take that first step and they cannot contact with their gut, what could they do?

[00:30:08] **Bianca:** you could just toss a coin.

Or, write all your options on little pieces of paper and put them in a hat and just pull one, and that's the one you're gonna go with, right? If you can't, tap into your intuition by yourself, just use the tool.

I love. I love the coin toss one. 'cause I use that myself sometimes when I'm like, ah, come on. And it's, immediately that it's a yes or a no because if you get the thing you don't want to do, it's oh, I

[00:30:40] **Susan:** there's information isn't there? There's information in how we use our bodies and our ugh, or our woo kind of expressions that we tend to overlook often.

Energy, 'cause that word has come up a lot. I know we can think of energy in so many different ways, but how a lot of us probably consider energy is, do I have the energy to exercise or do I have the energy to go to work today? And where is that in relation to how you are speaking about energy?

[00:31:22] **Bianca:** Ah, okay. So there's always energy all around us. We live in an ocean of energy, whether we can see it or not. And if you wanna validate that for yourself, the fact that we live in an ocean of energy, next time you're out in nature, maybe in the seaside or in the mountains, and, It works especially well when it's a bright sunny day.



You can look into the sky, obviously don't look at the sun, but look up in the sky slightly up and defocus your eyes. what most people will see is they will see, little specs of light. it will look different to everybody because, we all see invisible things slightly differently. what you can see there is life force energy or prana.

and it may take you a few tries if you see yourself as the analytical type, like I used to, like at the beginning when I went on the Prana courses, I didn't see anything and I couldn't really feel energy that much. It's because my analytical side. Came in and started arguing with me.

but over time I was able to let go of that. Does that answer your question, Susan?

[00:32:37] **Susan:** It does in a way. Yes. So it's also about the energy body or the, so I, I get that. There's a lot. no, actually I've never heard how you described that before and I think that's amazing and I can't wait to try it. So thank you for that. But you talked about feeling the energy in another's body or, yeah, so the life force energy of us perhaps, or the energetic beings that we are, it's different from the energy I get from eating my breakfast or having a sleep.

[00:33:09] **Bianca:** Yes, it's different. so we're all energy transformers, right? it's like you wouldn't plug your house directly into the the power station. The energy from the power station gets transformed down until it's the right. Voltage for what? What we get out of our sockets. Okay. So the same is true for our bodies.

We're also energy transformers. We're getting the energy from different sources. We're getting them from food, from the earth. We're getting it from the air and from the sun. these energy wheels that are talked about, or chakras as they're called in Sanskrit, they breathe energy just like your lungs breathe air, and there's always energy all around us.

So the prana you can see when you go out into nature and, energy, most people they can feel energy. They're just not aware that's what it is. So have you ever stood in a queue and the person behind you was just coming up a little bit too close and you noticed, even though they weren't touching you, but you could feel them?

[00:34:14] **Susan:** Yeah, absolutely.

[00:34:16] **Bianca:** yeah. It's because your energy wheels at the back of your body they would've come into contact with the energy wheels of the other person. That's how then you can feel that they are very close to you. Or have you ever noticed somebody, you turn around 'cause there's something there, and then you notice somebody staring at you.

So when somebody stares at you, they're basically throwing an energetic lasso at you, a court, and you become aware of that court and that's what makes you then turn and you



realize then you see it for yourself. The person is looking at you. and then the third example I can give is sometimes you may enter a room or an environment and it just doesn't feel good there.

What you become aware of is some negative energy that somebody else has expelled there. Then they left, but the energy is still there. Your energy body then absorbs that energy that the other person has expelled through your energy wheels. That's how then you become aware of the energy in the building.

Because here's the thing, there's certain atmospheres in different types of buildings, right? What makes the atmosphere, it's not the furniture. It's the people who've been there. That's why you go to a restaurant, there's a bus or you go to an office, there's a certain bus there, you go to a church. the vibe is different in a church.

So it's the people who are there that, that create the vibe. Does that answer your question about

[00:35:46] **Susan:** really does it. Yeah. Yeah. Go on. Yeah.

[00:35:50] **Bianca:** Yeah, so when I do a, say a pranic psychotherapy treatment, then for somebody I, with a certain scanning technique, I can then check which negative emotions are present in the person's energy body, and then I can take them out just like a clear out an overcrowded library.

I take out all the the genres of books that don't serve the person, right? They overwhelm the horror stories, the trauma, the anxiety distress. I take out as much as I can from the person's library, sometimes called the Akashic records, and I disintegrate the energy. It's basically like taking a Lego house and you're disintegrating the Lego House into the individual Lego blocks.

That's how to imagine it. So I'm disintegrating the energy back to, the building blocks and then something else can eventually be created From that energy because you can never destroy energy. There's always energy all around us, but the composition is what makes the energy then beneficial to us or not so beneficial to us.

So during a treatment, what happens is I'm taking out the negative energy and putting positive energy into the person's system. The positive energy continues working over the next two, three days, and the person starts feeling better and better.

[00:37:07] **Susan:** The question that I have swirling around is you talked about walking into that room where you can absorb the energy, so you feel that negative energy in the room,



do we always absorb the energy? And then when you take the energy out and put other energy in, where do they go and where do they come from?

[00:37:31] **Bianca:** Okay. Yes. So we do always, to certain extent, absorb the energy of other people. It's a bit like, taking a white cloth and putting it into a can of red dye. When the white cloth comes back out, it's no longer white. So what you then have to do is you have to wash the white cloth.

So yes, if you live in the countryside, you go to Central London, you come back and meet people who've stayed in the countryside, they're gonna notice that something is different about you, right? They're gonna feel you buzzing. Okay?

Same happens with. Excuse the, traditional example, but, traditional family, with young children, woman is at home with the children. The man goes to work right in the morning, is all very harmonious or relatively harmonious. Man goes to work. He's exposed to stress, energy at work, the woman is exposed to the stress, energy of looking after small children. It's a different type of stress, energy, but nevertheless, it's very stressful. But, a man comes home from work and man, and the woman have got different stress energies around them, and then they start talking to each other and it's like the clash of Titans, like World War iii.

It's oh, what happened? It's because the different types of stress energies are no longer conducive to each other. So what I do as Bri heals, I do. Quite regular pranic healings on everybody and the family so that we can be live together harmoniously, taking out the stress energy from, the central London stress energy from my husband's system, for example.

and my children access so much stress being put on children nowadays at school. the amount of homework and, The stuff that they're learning now in primary school, I only learned that in secondary school. There's just so much pressure on young people nowadays, and I think, what I'm really grateful for is that I can help them with the tools and techniques that I know from pranic healing.

So even if your children do not enjoy meditation themselves, you can help them significantly by you meditating and then, doing the pranic healing for them. They don't even need to know about it.

[00:39:51] **Susan:** Wow. It's very peaceful and calming. the picture you're painting and also the, that buzzy feeling that we all probably had at work or have at work.

[00:40:10] **Bianca:** Mm.



[00:40:10] **Susan:** know, the contrast between those two comes across really well in your explanations. And I love how you take such normal everyday experiences that most people have and to talk about this so it feels so down to earth. It doesn't feel like woo woo, for example.

[00:40:34] **Bianca:** Ah, yeah. There's nothing woo about this. And what's so beautiful is if you go to pranic healing courses, there will be a lot of people from all walks of life. Who, have become curious about pranic healing. So there's hairdressers, builders, pharmacists, doctors, dentists, engineers, oh my goodness. A lot of engineers because they can really make sense of pranic healing.

The person who amalgamated the teachings of pranic healing was an engineer and a businessman, so he took a very scientific approach to pranic healing. And that's what then tends to attract. Also, a lot of scientific people, analytical people, lawyers, accountants, business people. One person,

She's the CEO of a global business. Chronic healing has helped her tremendously. Another person I met, he is the CEO of a care home provider. yes, people from all walks of life. Some people are stay at home dads, who used to work in it. really there isn't any profession that I haven't met at pranic Healing seminars.

there really doesn't, all sorts of cultural backgrounds, religious people, non-religious people, some people. Who thought they were atheist, who then, when you dive deep into, okay, so what's actually happening here? the learning never stops, by the way. So I've been taking the courses for eight years and there's always something new to discover. The learning really never stops. It's fascinating.

[00:42:15] **Susan:** and I can see that in you that curiosity is very much still alive. It's not oh, I've answered all those questions.

[00:42:23] **Bianca:** There's always gonna be more questions.

[00:42:28] **Susan:** and maybe that circles back in a way to that word miracle, because we don't really have words for what a miracle is. And so if we can point to things that look like it, but there's no proof that's what it is. And so there's always learning to be done then.

[00:42:47] **Bianca:** yes, absolutely. And everybody has to validate it for themselves because we all see the world through different eyes. that's also something that I found very reassuring is that when I learned in pranic psychotherapy, it sounded a little bit soul crushing initially, but then it really started making sense.



my, my teacher was saying, nobody will ever understand you. Nobody will ever understand you. Because we are all unique and we all have unique, what he calls emotional bodies, which is the way that we think and feel. It's unique to us, so don't expect anybody to fully understand you. And initially that crushed my soul because I was like, oh my gosh, nobody's ever gonna understand me.

That's horrible. But then as I thought about, it's oh, I can lower my expectations now. Because if I know nobody's ever gonna understand me, I won't expect that of anybody. So I also won't be disappointed and I can just let myself off the hook. When I don't understand other people, I can just decide to accept them as they are and to be curious about them on how they see the world.

Because we all have our unique perspective. And then the more people we talk up to about a certain issue, the more we can learn.

[00:44:07] **Susan:** You've almost done an advert for my book there, leading Beyond the numbers. Bianca was what propelled me into writing a book is that we never really know what's going on for another person. We just don't. We've not had the same experiences as them. We haven't been brought up in the same household, the same country.

There's so many different combinations of what makes us, but of course it's unique and I love how you say. Then I can accept other people. And because we spend so much of our working lives in particular, I think trying to figure out what that person is doing and they behave in a certain way. And actually you can let go of that and listen. Ask them what it is made them do. Such and such a thing. Such and such a way.

[00:44:56] **Bianca:** Yes. Yes. I think as accountants, that's a trap that we like to fall into is because in accounting there's this basically the one correct way of doing things, right? sometimes some accounting stands are subject to interpretation, but. Yeah, that's pretty much the one right way of doing things.

but people are different, and in leadership coaching, that is a thing that comes up time and time again, is when people are struggling to motivate their team or somebody in their team is not performing. It's often the expectation that I expect the other person to be just like me. But then comes the realization, oh, the other person is different, and it's actually okay to be different. And oh, okay, so what do I need to do then to collaborate with this person so that we can make the most of it?

Yeah, it's so easy. Bianca, this has been such a fabulous conversation. Thank you so much for showing up today and giving so much of yourself to the listeners. Yeah. Thank you so much for the opportunity to talk about pranic healing. That's clearly something I'm very passionate about and hopefully, as many people as possible will start looking into it and doing their own research around and give it a go. Give it a try.



[00:46:17] **Susan:** Absolutely. And if they'd like to give it a go with you or a try with you, tell us how can people reach you, Bianca?

[00:46:25] **Bianca:** Yeah, so you can have a look at my website, bianca.rima.com. I'm also on LinkedIn and, depending on where you are in the world, you may find, very locally to you. there would be a Twin Hearts meditation group that you can join. You can, experience the Twin Hearts meditation and what a lot of.

Myself and my colleagues do afterwards is, we provide 10 minute taster treatments where you can then, experience a pranic treatment at a very low cost. most of it is donations based, so that, it's relatively low cost, low risk way of trying out pranic healing. and hopefully that will make you curious to learn more about it.

[00:47:08] **Susan:** Amazing. And I hope people do reach out because what have you got to lose, eh?

[00:47:15] **Bianca:** Exactly. there's so much to learn and there's so many answers in pranic healing that I haven't seen anywhere else. So it's a good place to start. I would say.

[00:47:25] **Susan:** if there's any curiosity at all, I think it sounds like a really good way to be introduced. Bianca, thank you again

[00:47:34] **Bianca:** Yeah. Thanks for having me, Susan. It's been really lovely to chat with you.

