

*I spoke with someone who practices pranotherapy. He recites scripture and says that he has visions of angels who are beside people. It relieves his anxiety and temporarily treats his back pain. Does this practice contradict the Bible?*

Pranotherapy, also known as pranic healing, is said to be energy healing that focuses on the concept of a life force or energy (often referred to as prana in Hindu and Buddhist traditions) that can be manipulated to promote physical and emotional healing. It involves the practitioner "sensing" and "balancing" this energy in a person's body to improve health and well-being.

There is limited empirical evidence to support the claims made by pranotherapists. The mechanisms of prana (life force energy) haven't been proven by conventional scientific methods, and many scientists regard it as pseudoscience or placebo-based practice.

Pranotherapy can be categorized alongside homeopathy and "imposition of hands" as "non-standard" beliefs that would require abandoning much of established scientific knowledge in anatomy, physiology, and biochemistry to accept[1]. Therapeutic effects from pranotherapy can likely be explained by the placebo effect, relaxation, or a combination of psychological and physiological factors[2][3]. Practices tied to Eastern mystical beliefs or life energy concepts should be avoided. Christians should instead focus on prayer and practices directly connected to the faith[3][4].

[1] Dorato, M. (2023). *Science and Representative Democracy: Experts and Citizens* (p. 144). Bloomsbury Academic.

[2] Nichols, L. A., Mather, G. A., & Schmidt, A. J. (2006). In *Encyclopedic Dictionary of Cults, Sects, and World Religions* (p. 455). Zondervan.

[3] O'Mathuna, D., & Larimore, W. (2010). *Alternative Medicine*. Zondervan.

[4] Larson, B. (1999). *Larson's Book of Spiritual Warfare*. Thomas Nelson.