

Original Article

A QUALITATIVE STUDY OF THE OUTCOMES OF A YOGA PRANA VIDYA (YPV) GROUP HEALING INTERVENTION FOR JOB MANIFESTATION OF 11 PARTICIPANTS

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ABSTRACT

Background: Employment challenges and job insecurity are major psychosocial stressors in modern society. Complementary practices such as Yoga Prana Vidya (YPV) healing have been increasingly applied to address not only health concerns but also life situations, including career manifestation.

Objective: To document and qualitatively analyse a group YPV healing intervention aimed at job manifestation.

Method: A group of 20 YPV certified healers and trainers collaborated as a team using YPV protocols, specifically the Blue Triangles technique for obstacle removal and manifestation writing practices for 11 participants who sought job manifestation. The online intervention was conducted collectively across multiple locations in India.

Results: All participants reported successful manifestation of desired jobs and career changes with expected or appropriate remuneration. The group healing effort was perceived as more powerful than individual practice, reinforcing the role of collective energy in manifestation.

Conclusion: This case highlights the potential of YPV healing as a complementary psychosocial tool for career manifestation. Group healing interventions may amplify outcomes, suggesting a need for further qualitative and quantitative research into YPV applications beyond health.

Keywords: Manifestation, Group Healing, Career Development, Qualitative Research, Yoga Prana Vidya System®, YPV®

INTRODUCTION

EMPLOYMENT CHALLENGES AND PSYCHOSOCIAL STRESS

Job insecurity and unemployment are associated with significant psychological distress, reduced quality of life, and adverse health outcomes. The effect of unemployment on mental health was examined by Paul and Moser (2009) with meta-analytic methods across 237 cross-sectional and 87 longitudinal studies. It was found that unemployed persons were showing more distress than employed persons. A significant difference was found for several indicator variables of mental health (mixed symptoms of distress, depression, anxiety, psychosomatic symptoms, subjective well-being, and self-esteem). The average number of persons with psychological problems among the unemployed was 34%, compared to 16% among employed individuals. A study by Gedikli et al. (2023) found that While unemployment reduces wellbeing, poor wellbeing also leads to unemployment, indicating that individuals can become trapped in a cycle of unemployment and poor wellbeing Gedikli et al. (2023). Several Researches show that psychosocial

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interventions, including mindfulness and energy-based practices, can improve resilience and enhance career outcomes [Hyland et al. \(2015\)](#), [Donald and Atkins \(2016\)](#).

YOGA PRANA VIDYA (YPV)

YPV is an integrative energy healing system combining breathing, forgiveness, meditation, and energy transmission techniques. It has been applied in diverse contexts, including physical health recovery, emotional regulation, and manifestation practices [Girija and Nanduri \(2026\)](#), [Chinnusamy et al. \(2025\)](#), [Chinnusamy and Nanduri \(2026\)](#). Group healing, in particular, has been documented to amplify energy transmission and accelerate outcomes [Nanduri and Jain \(2025\)](#), [Neravetla et al. \(2022\)](#). A study by [Mahajan et al. \(2023\)](#) documented 32 successful manifestation cases using YPV techniques.

This study presents the outcomes of a successful Job manifestation by means of a YPV intervention conducted by a group of YPV Healers who conducted a group intervention for 11 participants.

METHOD

STUDY DESIGN

This is a pre-test post test interventional study designed for focused energy healing techniques for manifesting either a new job or getting promotion in the same job

Participants

A total of 11 persons were selected for this study. See Annexure 1 for participants profile.

Group of YPV Healers

This intervention involved a pool of 20 healers and trainers across India, led by a Certified Healer from Bangalore. The collective objective was to manifest suitable jobs and career changes for the 11 participants.

YPV Intervention

The total duration of the intervention was different for each case as shown in the Table at Annexure 1.

- The 20 in the pool of YPV trainers and healers were practicing Arhat yoga regularly, conducted together Online and Offline Zoom synchronized sessions to ethereally remove all obstacles that prevent the materialisation of a specific manifestation case.
- This cleansing and energising work is performed five days a week to maintain consistency and strengthen the manifestation process.
- They used a combination of techniques from YPV Crystal Healing, Psychic Self Protection (PSP) and YPV Manifestation protocols.
- All obstacles related to the manifestation case are ethereally disintegrated and the case is then energised to support the desired result.
- The Group of 20 ensured that all Arhat Yogis complete their weekly Arhat practices, maintaining the required inner alignment and energetic strength.
- They ensured that the client receiving the manifestation regularly practices PPM (Planetary Peace Meditation) and Forgiveness Sadhana, which enhances receptivity and reduces internal resistance.
- They sought and received regular feedback from the client, to monitor progress, identify changes, and refine the manifestation process as needed.
- In group together, all 20 performed Blue Triangles protocols to remove obstacles against successfully getting right job/Change of the job.

DATA COLLECTION

Participant demographic data and session's data is given in Annexure 1.

Healers' demographic data is presented in Annexure 2. In this group, there are 5 Certified YPV Healers, 6 Associate Certified healers, 4 Arhat Yogis, and 5 YPV Level 1 trainers.

Manifested results are presented in the last column of the Annexure1.

Qualitative feedback responses in writing were collected from all 11 participants, stating how they experienced the intervention.

DATA ANALYSIS

- 1) There were 3 female and 8 male participants in this intervention with age of females ranged from 21 to 49 (mean 32.6 years) and males aged 22 to 55 (mean age 33.5).
- 2) Out of the 11 participants, 3 sought new job, 2 sought internships, 5 wanted to change job, and one wanted to get promotion.
- 3) The number of healers who actually joined in the group healing sessions varied from 14 to 20.
- 4) The number of sessions required for an individual participant to achieve manifestation objective ranged from 12 to 160, which means that each case is unique and needed varying energy levels with matching efforts.

Qualitative analysis of the written responses is done using techniques of content analysis.

RESULTS

It is found from the data analysis that all 11 participants achieved their job goals through this intervention.

The results of the thematic analysis of the 11 testimonial responses, with extracted 7 key themes is presented below with two representative quotes for each theme.

THEMES AND SUPPORTING QUOTES

The data analysis yielded 7 themes as stated below.

OVERCOMING CAREER BARRIERS AND SETBACKS

Many participants described facing repeated failures, long breaks, or visa challenges before manifestation support.

- “In the fourth year of college, I had sat for two pre-placement offer interviews, where I had faced failure. However, in my final year... I was confident... which ultimately led me to getting a job at a firm of great stature.” (participant codenamed AB)
- “After a 2 years break, I have been employed by a reputed IT organisation in Bangalore... Owing to market conditions and the career break, it was a challenge to get a job.” (SB)

ROLE OF GROUP HEALING AND COLLECTIVE ENERGY

Several accounts emphasized the strength of collective manifestation practices.

- “Group effort always powerful and successfully manifested the right jobs.” (YPV Case Report summary)
- “I introduced him to a manifestation group... by March 2025, he received a job offer... I attribute the successful interview and job offer to the manifestation group’s energies and divine grace.” (PK, on her son)

EMOTIONAL TRANSFORMATION AND CONFIDENCE BUILDING

Participants highlighted how YPV practices reduced anxiety, improved clarity, and boosted confidence during interviews.

- “Over those 20 days, I experienced a noticeable shift—reduced anxiety, clearer thinking, improved focus, and a strong sense of inner confidence.” (GD)
- “I was very nervous, under-confident and going through anxiety... Ma’am helped me preparing for the interviews using YPV techniques like PPM and positive affirmation.” (PB)

TIMELY MANIFESTATION AND CAREER ADVANCEMENT

Manifestation practices were credited with not only securing jobs but also promotions and career growth.

- “After we started the manifestation process, my promotion was confirmed within a month... officially promoted on August 20, 2025.” (SS)
- “By December 2025, he was promoted to Senior Validation Engineer... manifestation continued for his career growth and green card application.” (PK, on her son)

GRATITUDE AND SPIRITUAL ACKNOWLEDGMENT

Expressions of gratitude to YPV healers, the Guru, and divine grace were consistent across responses.

- “I am grateful for YPV, for their meditation and their continuous powers of manifestation that have helped me achieve my goals.” (AB)
- “I am very thankful and grateful to YPV organization for their help and support during this time.” (SB)

RESILIENCE DURING TRANSITION AND UNCERTAINTY

Participants described how YPV practices helped them navigate professional transitions and uncertainty.

- “Following a corporate restructuring... the continuity of manifestation support helped me stay grounded, confident, and focused.” (SR)
- “I was facing professional stress and emotional turmoil... by the second month of manifestation, I began receiving job opportunities and successfully navigated interviews.” (Pd)

MANIFESTATION AS A TURNING POINT IN CRISIS

For some, YPV practices provided critical support during urgent situations such as visa expiry or family loss.

- “By early May... I received a job offer just in time to avoid visa expiry, and the compensation exceeded expectations.” (An)
- “Despite emotional challenges due to a family member’s passing... I rescheduled the interview and successfully secured the internship with Amazon.” (HN)

Summary of Thematic Insights

- Career barriers were overcome through manifestation practices.
- Group healing amplified outcomes.
- Emotional resilience and confidence were key benefits.
- Timely career advancements were achieved.
- Gratitude and spiritual acknowledgment were central to participants’ reflections.
- Resilience during transitions was enhanced.
- Turning points in crisis highlighted manifestation’s role in urgent life situations.

DISCUSSION

From this study we observe two key findings that enabled job manifestation through YPV practices.

Group practice: Conducted collectively across multiple cities, emphasizing synchronized energy transmission.

Focus: Removal of barriers to employment and manifestation of appropriate job opportunities with fair pay

This case demonstrates the application of YPV healing beyond health, extending into psychosocial domains such as career manifestation. Group healing appears to amplify outcomes, consistent with prior findings on collective meditation and energy practices [Neravetla et al. \(2022\)](#), [Mahajan et al. \(2023\)](#), [Vasavada et al. \(2025\)](#).

The Blue Triangles technique aligns with energy psychology approaches that emphasize obstacle removal and intention setting [Radin and Schlitz \(2005\)](#), [Orme-Johnson \(2003\)](#). Manifestation writing parallels cognitive-behavioural methods of affirmations and goal visualization [Cascio et al. \(2016\)](#).

Further research is needed to explore YPV’s role in career development, integrating qualitative narratives with quantitative measures of employment outcomes. Comparative studies with other manifestation practices, such as mindfulness-based interventions, could provide deeper insights.

CONCLUSION

Group YPV healing facilitated successful job manifestation, highlighting its potential as a complementary psychosocial tool. Collective energy practices may enhance manifestation outcomes, warranting systematic research.

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Annexure 1

Annexure 1: Table 1 - Participants' profile with data											
S.no	Client code Name	Gender	Age	Requirement/ problem	Start date	End date	No of the Healers attended	Session time	No of Sessions	User Feed Back	Result
1	AB	M	25	To get New Job	10-Jan-24	20-Aug-24	20	5 Min	154	email	Manifested
2	PB	F	49	Change Of Job	14-Jan-25	30-Apr-25	20	5 Min	96	email	Manifested
3	Ah	M	32	Change Of Job	30-Oct-24	15-Mar-25	15	5 Min	160	email	Manifested
4	SP	M	51	To get the Job	15-Dec-24	26-May-25	15	5 Min	140	email	Manifested

5	SS	F	28	Job Promotion	20-Jul-25	20-Aug-25	15	5 Min	22	email	Manifested
6	VS	M	27	Change Of Job	28-Aug-25	20-Sep-25	16	5 Min	17	email	Manifested
7	SB	M	55	Change Of Job	01-Jun-25	01-Sep-25	14	5 Min	66	email	Manifested
8	Pd	M	30	Change Of Job	01-Jan-25	01-May-25	18	5 Min	110	email	Manifested
9	An	M	26	To get the Job	10-Mar-25	10-May-25	15	5 Min	44	email	Manifested
10	GS	M	22	To get Internship	04-Nov-25	24-Nov-25	14	5 Min	12	email	Manifested
11	HN	F	21	To get Internship	10-Nov-24	10-Mar-25	20	5 Min	88	email	Manifested

Annexure2

Annexure 2: Table 2- Details of team of healers			
S.No	Name of Healers	YPV Rank	Location
1		Certified Healer	Bangalore
2		Level 1 Trainer	Bangalore
3		Arha yogi	Visakhapatnam
4		Associate Certified Healer	Vijayawada
5		Arhat yogi	Bhubaneswar
6		Associate Certified Healer	Mysore
7		Level 1 Trainer	Chennai
8		Associate Certified Healer	Hyderabad
9		Senior Trainer and Certified Healer	Bangalore
10		Senior Trainer and Certified Healer	Bangalore
11		Trainer and Associate Certified Healer	Vijayawada
12		Associate Certified Healer	Vijayawada
13		Level 1 Trainer	Vijayawada
14		Senior Trainer and Certified Healer	Hyderabad
15		Level 1 Trainer	Bangalore
16		Senior Trainer and Certified Healer	Bangalore
17		Level 1 Trainer	Bangalore
18		Arhat yogi	Rajahmundry
19		Arhat yogi	Vijayawada
20		Associate Certified Healer	Vijayawada