



### Hello BBS Alums!

The Alumni Highlight is a monthly newsletter that aims to highlight the philanthropic, academic, entrepreneurial and professional achievements made by our thriving BBS Alumni community.

May Al Najjar graduated from BBS in 1998 to pursue an undergraduate degree in Biomedical Engineering from Boston University. She is an established Pranic Healer as well as an instructor and facilitator of group meditation sessions at the Pranic Healing Center.

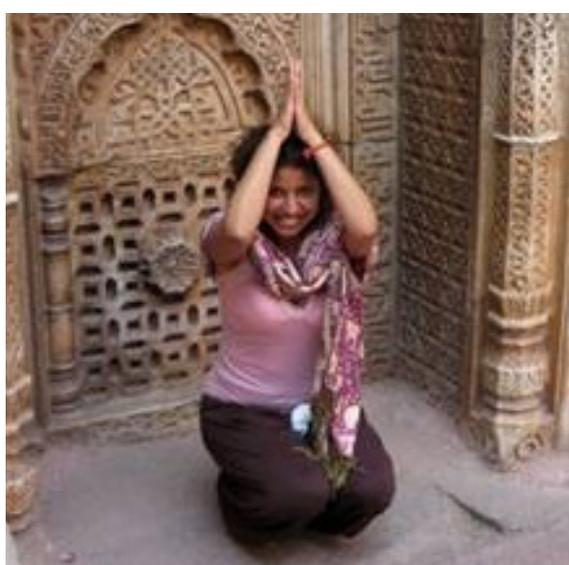
### How were you introduced to the world of Pranic healing?

I've always wanted to help and heal people ever since I was a child and have always been fascinated with the human body and what goes on inside it. That feeling grew with me as I became older and whenever I see someone in pain or suffering I get upset because I can't help alleviate their pain.

However, I didn't want to become a doctor as that meant that I need to study most of my life which wasn't appealing to me.

My cousin had MS and some days were painful for her to walk and move and every time she was like that she would go to Dubai for Pranic Healing sessions with Prakash and comes back full of energy and no pain.

It got me very curious so one day we all went there and I booked a session with Prakash although I wasn't suffering from anything I felt incredible after the session like I was flying and so happy and relaxed! That's when I decided to learn more and that's how I was hooked.



### What has been your experience after adopting a more holistic lifestyle?

I became much happier more relaxed and aware. Although sometimes problems do come but now I have the tools to get back to my inner peace much quicker than before. I used to be more depressed but now most of the time my smile rarely escapes me Hamdulillah.

### Who would you recommend Pranic Healing too ?

To everyone really, as long as you are 16 and above and have the mental capability of reading a magazine then you are eligible to take a Pranic healing course. As for the sessions they suit everyone from infants to the elderly.



### What do you hope to achieve through the Pranic Healing Center?

That Pranic healing spreads to every family in Kuwait, so if there is an ailment or emotional issues in the family it can be alleviated and healed immediately. Also to raise awareness and to create a more peaceful Kuwait.

To get in touch with May and find out more about Pranic Healing, please visit her Instagram account @mayalnajjar and check out her website: [www.pranichealingkuwait.com](http://www.pranichealingkuwait.com)



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