



A Qualitative study of the Outcomes of a Yoga Prana Vidya Group Healing intervention for Job Visa (USA H1B) manifestation

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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 outcomes aimed at job visa (USA H1B) manifestation.

Method: A group of 20 YPV associate certified healers, certified healers, arhat yogis and trainers collaborated as a team using YPV protocols, specifically the Blue Triangles technique for obstacle removal, protocols such as Forgiveness Sadhana and Planetary Peace Meditation (PPM) for 5 participants who sought job Visa manifestation. The online intervention was conducted collectively and synchronously across multiple locations in India.

Results: All participants reported successful manifestation of desired end goal of winning USA H1B Visa Lottery. The group healing effort was perceived as more powerful than individual practice, reinforcing the role of collective energy in manifestation.

Conclusion: This study, despite its limitation of a small sample, highlights the potential of YPV healing as a complementary psychosocial tool for career/Visa 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, Job Visa goals, 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 *et al* (2009) [1] 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 [3]. Several Researches show that psychosocial interventions, including mindfulness and energy-based practices, can improve resilience and enhance career outcomes [4,5].

Employment with work visa: The USA H1B example

The H1B visa program is the primary pathway for high-skilled foreign professionals to work in the United States. However, the current lottery system has turned professional aspirations into a game of chance, creating profound uncertainty for both employees and employers. [6-8]

For the applicant, the lottery is a psychological and professional hurdle. Often, highly qualified candidates find their future dictated by random selection rather than merit. This unpredictability makes long-term life planning impossible; research indicates that such "negative supply

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shocks" to skilled employment do not lead to corresponding increases in native-born hiring, but rather leave critical roles vacant [6].

For employers, the uncertainty disrupts stability. Companies invest heavily in recruiting talent only to lose key personnel to an arbitrary cap. Studies have shown that losing the lottery can lead firms to relocate production to foreign affiliates in more "visa-friendly" countries [7]. This unpredictability may cost firms over \$10,000 per new H-1B worker hired due to the search externalities created by the lottery [8].

Yoga Prana Vidya (YPV)

YPV is an integrative energy healing system combining breathing, meditation, and energy transmission techniques. It has been applied in diverse contexts, including physical health recovery, emotional regulation, and manifestation practices (9-11). Group healing, in particular, has been documented to amplify energy transmission and accelerate outcomes (12,13). A study by Mahajan *et al.* (2023) [14] documented 32 successful manifestation cases using YPV techniques.

In another recent study (in publication), a group of 20 YPV certified healers and trainers collaborated 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.

This study presents a YPV intervention conducted for a sample of 5 affected persons facing the challenge of unpredictability of H1B lottery outcomes. They approached A Yoga Prana Vidya (YPV) Manifestation work team of 20 healers to help them overcome uncertainty and achieve successful outcome through an appropriately designed YPV intervention,

Method

Study design

This is an interventional study designed for focused energy healing techniques for manifesting the desired result of winning in the 2026 H1B lottery needed by participants.

Participants

A total of 5 persons (2 males and 3 females) in the age range 28 to 32 years who approached the YPV manifestation team, were selected for this study. See Annexure 1 for participants' profile.

Team of YPV Healers

This intervention was conducted by a Team of 20 healers and trainers across India, led by a Certified YPV Healer

from Bangalore. The collective objective of the team was to manifest the end goal for the 5 participants. See annexure 2 for the details of the team members.

YPV Intervention

The total duration of the intervention was 30 days and the process is as stated below.

- A group of 20 trainers practicing Arhat yoga regularly conducting together Online and Offline Zoom synchronization sessions to etherically remove all obstacles against the desired goal of to get H1 B visa (in official USA Government lottery process).
- Cleansing and energising work is performed five days a week to maintain consistency and strengthen the manifestation process.
- The team used a combination of techniques from YPV Crystal, PSP Healing and YPV Manifestation protocols.
- All obstacles related to the manifestation case were etherically disintegrated and the case is then energised to support the desired result.
- The team ensured that all Arhat Yogis complete their weekly Arhat practices including self-purification and meditations, maintaining the required inner alignment and energetic strength.
- Also, ensured that the client receiving the manifestation regularly practices PPM (Planetary Peace Meditation) and Forgiveness Sadhana, which enhances receptivity and reduces internal resistance.
- In addition, the team received regular feedback from the client, allowing us to monitor progress, identify changes, and refine the manifestation process as needed.
- In group together the participants performed Blue Triangles to remove obstacles against successfully getting picked up H1 B Visa in lottery.

Data collection

Data from the participants was collected in the form of feedback and goal status.

Data analysis

1. Out of the 5 participants, one attempted first time, one attempted 2nd time and 3 attempted 3rd time to get H1B visa through US Government lottery
 2. The number of healers who formed the team was 20. They conducted the interventional protocols as a team synchronising in unison for energy magnification.
 3. The number of sessions required for an individual participant to achieve manifestation objective ranged from 44 to 100, 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

All of the 5 participants in this study confirmed that they achieved their goal to get selected in the H1B lottery programme through this YPV manifestation intervention. The results of the analysis of the 5 testimonial responses, showed the following Qualitative outcomes.

Summary of Insights

- The participants have been consistently practicing regular YPV sadhana requirements.
- They were contributing for manifestation
- They practiced Planetary Peace Meditation (PPM) and Forgiveness Sadhana.

Discussion

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

- Team/Group practice: Conducted collectively and synchronously, though based in multiple locations, emphasizing synchronized energy transmission.
- Focus: Removal of barriers to employment Visa generation.

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 [10–12].

The Blue Triangles technique aligns with energy psychology approaches that emphasize obstacle removal and intention setting (13,14). Manifestation writing parallels cognitive-behavioural methods of affirmations and goal visualization [15].

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.

The main limitation of this study is small sample. Yet, the end results send powerful message of effectiveness of YPV protocols and methods encouraging further research into this phenomenon.

Conclusion

YPV's focused team healing intervention facilitated successful manifestation of Job Visa goals for the participants, highlighting its potential as a complementary psychosocial tool. Collective energy practices may enhance manifestation outcomes, warranting systematic research.

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Conflicts of Interest

None declared.

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