Interview with Fe Pacheco, Founder of ScalarPrana™

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Bk: Fe, on which essential values are your daily actions, decisions and plans based?

Fe: My plans, decisions, and actions are based on values that are important for the cultivation of inner joy and peace of mind.

- To focus on what is real instead of being carried by human drama.
- Respect and tolerance for those who are following a different music.
- Grateful for all the blessings received and willing to sacrifice them for the highest good.
- Keep self-integrity and honesty by being aligned with what is truth for me.
- To listen and flow with the different forces around without sacrificing principles and integrity.
- Devotion and one pointedness to my inner spiritual commitments.
- To be strong and bold against cruelty and oppression.
- Kindness and opportunities for those who have less in life.
- Health and wellness in all levels especially for my spiritual development.

Bk: What does health mean to you??

Fe: Health is the ability and the capacity of a person to manage himself/herself: physically, emotionally, mentally, spiritually, and socially.

Bk: Which aspects of a healthy lifestyle are important for you?

Fe: The most important is the level of Inner peace and joy which is connected to one’s spiritual life.

Bk: What symbol or internal image does "health" or "wholeness (wellbeing)" embody for you?

Fe: The Light in the Head which is connected to spiritual development and the YinYang which is a symbol of balance and integration.

Bk: What is your continuous source of inspiration? What/who makes you „happy“ in your life?

Fe: I feel an internal source of inspiration and joy. It comes without ceasing. Sometimes, overshadowed by earthly conditions and challenges but it is always there faithfully, undeniably.
BK: What was your motivation to do what you are doing today?

Fe: What is happening in my life now is not something that I wished to be or I was motivated to do. It started as an inner calling that kept on pushing me. It’s a calling that I have to listen to and which I have eventually committed to follow.

BK: Could you briefly describe what ScalarPrana is about?

Fe: ScalarPrana is the integration of two universal energies: prana and scalar. Prana is a subtle electromagnetic energy while scalar is beyond electromagnetic spectrum. Prana is absorbed automatically through the chakras and the bodies, while scalar energy has to be absorbed and cultivated consciously through the scalar zones. Scalar is important for our existence. It gives power, direction, intelligence, protection to prana energy which is what our lower bodies are made of.

BK: Has ScalarPrana influenced / changed your life as well?

Fe: I have been doing energy healing work for about 25 years already. I suffered from prana contamination and got sick. I have also observed similar prana conditions affecting friends and colleagues. Unmanaged prana contamination may lead to physical and psychological problems. With scalar energy cultivation and its integration into the human system, the risk of contamination is substantially minimized.

It has also changed my spiritual life for the better. It doesn’t feed on negativities and discourages one in generating negative thoughts and emotions. When scalar is properly integrated with prana, the person learns to focus more on what is important and best for him/her.

Constant cultivation of scalar and integrating it with prana helps in the healing and harmonizing one’s environment.

BK: Have you ever had doubts about the effect of ScalarPrana? If so, how did you respond to?

Fe: I have no doubts about the efficacy of the system. If a person does it regularly and follows the instructions for healing oneself and others, it should work. The effect can happen instantaneously or it may take time depending on how the person receives the energy and the nature and stage of the person’s physical and psychological condition.

BK: How do you basically deal with doubts and difficulties in general?
Fe: I’ll study and analyze the cause of doubt and difficulty. If there are basis but which can be corrected or changed, then I work on it. If not, I wait for emotions to subside and analyze it again. If it’s something that is beyond my control, then I let go. I let the Universe. I let God.

BK: For whom might ScalarPrana be interesting?

Fe: For all energy healers or light workers who experience prana contamination while treating others.

For all those who need extra energy to do their daily work.

For those who are working for their own spiritual development. Scalar energy is a spiritual fuel during mediations and prayers.

ScalarPrana practice is compatible with other healing modalities both traditional/medical and alternative practices.

BK: About the effects of your seminars: What would you like the participants to take home / back into their lives with them? What’s the goal of the seminar?

Fe: The ScalarPrana Human Energy System (first day) - was designed especially for those who don’t have any energy healing background. It is also open for those who want to experience the visible and the invisible bodies we have. For those who want to appreciate and view the two sides of our reality.

The Cultivation of Scalar Energy (second day) - is for those who want to cultivate scalar energy and integrate it with prana in our system. The emphasis of the workshop is self-healing. The participant will learn and understand how to use the Scalar Zones which are the processing portals for scalar energy.

The ScalarPrana Color Therapy (third day) – is the practical application of the healing techniques using Scalar colors. The workshop’s emphasis is healing others. It will also discuss how we can manage or heal our relationships with people and with with our organizations.

BK: Is there something special how you conduct your seminar? What makes your teaching remarkable?

Fe: The emphasis in all the ScalarPrana workshop series is self-awareness and healing. I encourage active participation to create new and valuable experiences among participants.

BK: Experiences with your participants: Do you remember a special occasion you enjoy memorizing most and would like to share with us?

Fe: One participant from Jakarta, Indonesia, was supposed to have an open heart surgery the week after the workshop. He committed himself to heal his heart alone in his
room. He shared that during the healing, he wanted to stop because of the excruciating pain he experienced around his heart. However, he continued doing it for many hours. The day he went to the hospital, he had another series of tests. After the result, his doctor announced that a heart surgery was no longer necessary. They found that the heart had created its own collateral artery.

One participant from Perth, Australia was preparing his elderly mother for a hip surgery. He thought of using the techniques to help his mother with the pain. He shared that when they went back to the doctor for evaluation and to set the date of the surgery, he was informed that there was no more need for surgery. The hip it seems was healing itself.

**BK**: Which professional and personal skills should I have when taking part in one of your seminars, or even aspire training?

**Fe**: Everyone who is interested to learn is welcome.

**BK**: What kind of results can clients expect from a Scalar Prana session? Which changes should they notice?

**Fe**: Subjectively, it would be lightness of feelings, stability of emotions and clarity of mind. If there is pain, there would be less or even no pain at all after a session.

**BK**: Are there any contraindications for the Scalar Prana treatment?

**Fe**: No contraindications.
Just more careful and gentle if the person is pregnant and to protect the fetus from any changes in the energy field of the mother.

**BK**: Is it possible that side effects or worsenings may occur after a ScalarPrana Session?

**Fe**: Possible side effects may occur during and after a session but this can be managed.

**BK**: Can ScalarPrana also be applied for animals?

**Fe**: It can be applied for animals even to inanimate objects like the house, car, office etc.

**BK**: Fe, are you a believer?

**Fe**: I believe. I work for the development of the Christ Consciousness.
BK: Are you afraid of death?

Fe: I believe death can be blissful and ecstatic.

BK: Where do you feel at home?

Fe: Wherever I AM, that’s where I feel my home is.

BK: What would you recommend your „younger self“ today?

Fe: Do your work diligently and have fun today because life is an unending journey.

BK: If you listen to the word „Success“ who’s on your mind?

Fe: Nikola Tesla, Mahatma Gandhi, Nelson Mandela, Martin Luther King Jr, Steve Jobs

BK: What’s the typical structure of the first hour of your day?

Fe: Self-awareness, scalar energy cultivation, meditation, planning on what to do for the day.

BK: Do you maintain rituals?

Fe: Yes.

BK: Can you laugh about yourself and give away your warmth and strength in a relaxed way?

Fe: I think so. 😊 I hope so.

BK: Which childhood memory has particularly characterized you?

Fe: Having been born in the southern part of the Philippines where there was and still is a conflict between Christians and Muslims, I was a witness to man’s cruelty and oppression to others. The experience left a mark in me.

BK: Is there something like intellectual or spiritual property?

Fe: There is no spiritual property. It is free for all.
Spirituality within a religious group is free. However, religious dogma or doctrines can be considered as religious intellectual property. There is intellectual property.

BK: What are your hopes?

Fe: I hope and pray for ultimate enlightenment for me and for the entire human race.

BK: Do you believe in miracles?

Fe: Yes, miraculous blessings. One’s creative and innovative expressions are also miracles.

BK: What are you grateful for?

Fe: I am grateful for the continuity of life. For the many blessings and guidance. For protection, health and wealth. For love and light. For higher spirituality and enlightenment. I am grateful for kindred spirits everywhere.

BK: And finally: What or who inspired you to offer your seminars at IAK-Forum International in Kirchzarten?

Fe: A friend of mine, Doris, who attended both IAK and my workshops, inspired me to work with IAK-Forum International. She and the whole IAK-team with their positive motivational spirit help make this ScalarPrana project possible. I look very much forward to being an ambassador creating new and highly valuable experiences to all participants during the ScalarPrana Workshops.

BK: Warmest thanks for the gift you made us when you took time and effort to answer our varied and specific questions!!!

Fe: I am grateful for this opportunity and privilege to work with you. The questions are great. I hope I will be able to fit into your system and add valuable experience to your students.

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