



### Editors & Contributors

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**Meditation on the Twin Hearts:** Every Chakra controls an organ system or an endocrine gland system. When a person does this simple yet powerful meditation, Divine Energy flows into his etheric body and many students have the experience of being showered with silvery violet light. They also see a lot of golden energy around them. The silvery violet light is actually called the Electric Violet and when it enters the etheric body of a practitioner it partially or largely gets converted to golden light. This is a good indication that practitioner is relatively clean on many levels. EV light cleanses and energizes all the chakras and physical body's different systems. The golden light will stay in the etheric & physical body and it leads to developing the golden body.

~Ramakrishnan



Grand Master Choa Kok Sui

### Mind the Mind

The mind is the generator of all our thoughts and actions. It is very curious. Curiosity leads to Attraction. It's all in the mind. We have to control our mind. Though it tends to naturally wander, we must not let it wander. The Mind has a lot of power. If we fail to control the mind, it will overpower us and make us act out all our desires, good and bad. Thus, we lose our awareness. We forget ourselves and the surroundings. Wants and desires are never-ending. Thus, we are stuck in deep misery.

We must overcome our emotions and possessiveness and try to achieve the Thoughtless state. We do require mind to ponder and think, question us about our existence, purpose and to develop awareness in the Self. After achieving this, we must connect to the Absolute and remain in the Silent state. In that state, our karma will guide us and we will remain unaffected by the good or the bad happenings to us. This way, we will not generate new karma and just fulfill the existing ones. Hence, we shall free ourselves from the cycle of births and deaths. After we are cleansed of our karma and by following the path of Truth, we are purified and fully realised and become one with the Absolute.

~ R Poornima

### Manifest your Destiny Using Power of the Mind

When you have a powerful tool like the mind at your disposal, you do not despair. You just use it. There are various methods taught. All these let you to take your mind and body system to alpha state and even better, the theta levels. Beta level is normal outer consciousness. In alpha level, you can enact the end result and the end result will happen as desired. But do not put restrictions on the path taken to the end result. If it takes the safe and proper path it should be ok. This you can ensure by willing that the path taken is safe and proper for everyone involved.

The method to enact the end result is taught on many organizations like Silva Ultra Mind Systems, and methods like Yoga Nidra and others. Using this if you diligently put yourself to enacting the end result in your mind it will manifest in the external world. Though there are other factors which are required to enable the manifesting of the destiny, like for instance, you should be entitled to receive such a destiny, This is dictated by law of karma. You should have strong feeling to achieve a particular destiny. You can even heal physical ailments using this methodology. As with any skill, some are born with such talents, and some acquire it by constantly practicing the steps, which leads to mastering the skill. There are cases where people have healed very deep gashing wounds using the Silva Mind control techniques. The effect of the mental creations when the mind is in Alpha mode is powerful. But if it can happen in Theta level it's even more powerful. But taking your mind and brain to Theta level and enacting takes more practice.

~ N Ramakrishnan

### 8 Tremendously Important Ways That Gratitude Can Change Your Life, concluding part...

**6. When you face a major challenge, be grateful for it.** Many people will see something difficult as a bad thing. If something goes wrong, it's a reason to complain, it's a time of self-pity. That will not get you anywhere. Instead, learn to be grateful for the challenge — it's an opportunity to grow, to learn, to get better at something. This will transform you from a complainer into a positive person who only continues to improve. People will like you better and you will improve your career.

**7. When you suffer a tragedy, be grateful for the life you still have.** I have recently lost an Aunt, and my children recently lost a grandmother. These tragedies can be crippling if you let them overcome you. And while I am not saying you should not grieve — of course you should — you can also take away something even greater from these tragedies: gratitude for the life you still have. Appreciation for the fleeting beauty of life itself. Love for the people who are still in your life. Take this opportunity to show appreciation to these people, and to enjoy life while you can.

**8. Instead of looking at what you don't have, look at what you do have.** Have you ever looked around you and bemoaned how little you have? How the place you live isn't your dream house, or the car you drive isn't as nice as you'd like, or your peers have cooler gadgets or better jobs? If so, that's an opportunity to be grateful for what you already have. It's easy to forget that there are billions of people worse off than you — who don't have much in the way of shelter or clothes, who don't own a car and never will, who don't own a gadget or even know what one is, who don't have a job at all or only have very menial, miserable jobs in sweatshop conditions. Compare your life to these people's lives, and be grateful for the life you have. And realize that it's already more than enough, that happiness is not a destination — it's already here.

*"Everyday, think as you wake up, today I am fortunate to be alive, I have a precious human life, I am not going to waste it. I am going to use all my energies to develop myself, to expand my heart out to others; to achieve enlightenment for the benefit of all beings. I am going to have kind thoughts towards others, I am not going to get angry or think badly about others. I am going to benefit others as much as I can." - Dalai Lama .*

~ Courtesy <http://zenhabits.net>

**Master says:** "Sometimes when you are insulted, the pain causes you to improve and therefore you develop."

## Excerpt from AOHS:

### Physical Permanent Seed

The physical permanent seed is located in the heart chakra and the physical heart. It is bright and a powerful red, surrounded by rainbow colors. It is like a computer data storage disk and it contains the design and pattern of the physical body and the energy bodies. Both the father and the mother have different sets of genes and there are almost infinite possible combinations. What factor decides the selection of the genes? This is like the architect's plan that decides the materials to be used. In the same way, based on the design encoded in the physical permanent seed, the genes are selected. If a person has negative karma, the defective design is encoded in the physical permanent seed.

## Healing Steps for Sprains

1. Scan before, during and after treatment.
2. Localized thorough sweeping on the affected part alternately with LWG and LWO. It is important to clean the affected part thoroughly.
3. Energize the affected part with LWB for soothing and localizing effects.
4. Then, energize the affected part with LWO-R to accelerate the healing process. For sprain, additionally energize affected part with LWO-Y. Usually, relief is instantaneous if steps 2 to 4 are done properly.
5. Localized thorough sweeping on the navel and basic chakras. Energize them with LWR.
6. Stabilize and release the projected pranic energy.
7. Preferably, the patient should rest the treated part and not over exert it immediately after treatment.

## Experience with Pranic Healing:

My mother is having arthritis and I healed her many times. She got relief also but sometimes she didn't tell me about her pain or I didn't get time to heal her. And she was also not ready to take a salt bath. Sometime she put her feet in salt water and got as much relief as she never had any pain. So from last few months I stopped healing her and started blessing her after Meditation on Twin Hearts for her arthritis problem.

Now, two days ago, I asked her about her pain and she said that she's surprised to see that there is **no pain** from so many days. Usually in winters, she had a lot of pain in her feet. But not any more.

Thanks.

~ PD, Software Engineer, Pune

## Highlights of the month (Dec08):

6<sup>th</sup>/7<sup>th</sup> – Basic Course in Times Foundation.  
12<sup>th</sup>/13<sup>th</sup> – Basic Course at AP Pranic Healing Foundation.  
19<sup>th</sup>-21<sup>th</sup> – Advanced Course at AP Pranic Healing Foundation.  
20<sup>th</sup>/21<sup>st</sup> – Basic Course at AP Pranic Healing Foundation  
20<sup>th</sup>/21<sup>st</sup> – Basic Course at Vidyanagar

## News You Can Use (Jan09):

- 1) Review of Kriyashakti by Dr.Saradamba – 4-Jan-09 1000 - 1300hrs
- 2) Basic Pranic Healing – 3<sup>rd</sup> and 4<sup>th</sup> Jan 09
- 3) Basic Pranic Healing – 10<sup>th</sup> and 11<sup>th</sup> Jan 09
- 4) Full Moon Meditation – 11<sup>th</sup> Jan 09
- 5) Advance Pranic Healing - 10<sup>th</sup>-12<sup>th</sup> Jan 09
- 6) Arhatic Yoga Prep – I – 25<sup>th</sup> Jan 09
- 7) A seminar on Aura and Future map of the world by Acharya Sasidhar – 25<sup>th</sup> Jan 09

## FAQs

**Q:** How do clean the health aura & How to we scan the health aura?  
**A:** We can clean the health aura by combing the health rays through general sweeping. We can also scan the health aura by making an intention to scan the health aura instead of the inner aura as usual.

## Do You Know? Hints & Tips

Muslims wear caps or a kerchief while praying. Even Sikhs or Hindus put some cloth on their head while praying. According to Pranic Healing, if a cloth is put on the head, more Divine energy flows into the crown chakra, as touching gently activates the chakras.

If possible, use the same cloth or cap during the prayers/meditations – clothes absorb the energy, which remains unless they are washed or mixed with other clothes. Your meditations will become even more powerful.