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Pranic Healing

Manifest your greatness

What a busy month was September! We had lot of workshops and events. Notably, Youth Wing took a new initiative of going to KBR Park and doing healing and giving a short talk on Pranic Healing to the morning walkers. A lot more is being planned. Watch out for more from the wonderful Youth Wing, which is guided by none other than the Master Himself! While Youth Wing is doing its part to spread Master's work, we also do our bit. And Master's blessings & energy will always be there to guide all of us. Twin Hearts Meditation was very close to Master and he wanted it to spread as fast as it can. So, go out, find people and teach MTH, for, as Master said, Meditation on Twin Hearts is one of the most powerful and fastest ways for spiritual development.

May the Blessings of the Supreme God, Master Choa Kok Sui and all the Higher Beings be with you and your family!



Upcoming events:

- ~2-3 Oct – Crystal and Psychic self Defense Workshop at Foundation
- ~3-4 Oct – Basic Pranic Healing Workshop at Foundation
- ~10-11 Oct – Basic Pranic Healing Workshop at Foundation by Manu Tayal
- ~9-11 Oct – Advanced & Psychotherapy Pranic Healing Workshop at Foundation by Ramakrishnan N
- ~12-13 – Basic Pranic Healing Workshop at Foundation

Check with AP Foundation for exact details

Last Month's Highlights:

- ~ 5-6 Sep – Basic Pranic Healing Workshop at Foundation by Manu Tayal
- ~ 11-13 Sep – Advanced & Psychotherapy Pranic Healing Workshop at Foundation by Ramakrishnan N
- ~ 12-13 Sep – Basic Pranic Healing Workshop at Foundation
- ~ 19 Sep – Arhatya Yoga Level 1&2 by Acharya Danny
- ~ 20 Sep – Spiritual Essence of Man by Acharya Danny

Professional Effectiveness through Pranic Healing (Retd. Col. Subhash Chadha and C. Sasidhar)

Continued from last issue...

Positive Thinking

Positive Thinking is the key to personality growth and psychosomatic well-being but unfortunately 80% to 85% of people lose their self-esteem as they become teenagers (specially due to family, social and educational environment) and it plagues them till their old age not allowing them to grow and blossom.

In fact, one participant was a tennis player who after treatment went on a winning streak due to improved self-confidence. The experimental group was additionally treated with Electric Violet on their solar plexuses, heart chakras, crown, forehead and ajna chakras. There was a marked difference between the performance of the two groups in their self-esteem and even a change in their attitude from "I CAN'T DO" to "I CAN DO".

Memory and Concentration

In addition to the traditional scientific techniques of improving memory and concentration (like picturing, pegging, mind mapping etc), the Electric Violet of Pranic Healing was used on Ajna, Forehead, Crown chakras and Back Head minor chakra on the experimental group, resulting in a remarkable improvement in concentration and memory of the participants. This added with mind mapping, enabled the students to improve their grade phenomenally.

Time Management

Improved time effectiveness, goal setting and decision making is a revolution in the change of habits, essential for success. The following are the habits which were transformed in the experimental group by treating the chakras mentioned below for improved time effectiveness.

Stress Management

Stress and tension – both physical and emotional/psychological is a major malady of modern life styles (home or at work). The participants were made to do Twin Hearts Meditation. The following chakras were treated through Pranic Psychotherapy – front and back solar plexus, back heart, crown and ajna – to cope up with the stress.

Creativity

Creativity allows a person to come out with many alternatives to a problem or a situation. Creativity is linked to right brain activity and imagination is the key to creativity. The author, in addition to several positive self affirmations, treated the front and back solar plexuses, back heart, throat, ajna, forehead, crown, back head minor and sex chakras with EV prana resulting in an improvement in their professional creativity.

Sleep Management

The quality of sleep is more important than the quantity. The key is to enter from the conscious state to deep sleep state in shortest possible time. In order to get good sleep, the participants were taught the techniques to go into relaxation through slowing down brain by achieving alpha brain state and then visualizing attaining sound sleep through imaging. The experimental group was also asked to inhibit solar plexuses and basic chakras with LWB prana. The results were very interesting. Few participants who would take sleeping pills could leave the habit of drugging themselves.

Communication Skills

Through psychotherapy, the body language improves resulting in effective communication. Public speaking capabilities are highly essential for successful performance in one's profession. This improves self-confidence, helps overcome fear or phobia, and improves memory and concentration. The main chakras which were treated are the throat chakra alongwith solar plexus, heart, crown, forehead and ajna. This led to improved self-confidence and effective inter-personal communication.

Interpersonal Relationships

Main reason for failure of interpersonal relationship is ineffective communication, lack of transparency, selfish and self centered behaviour. The participants were explained the concept of Transactional Analysis with emphasis to child, adult and parent ego states. The causes of failure of transactions were mainly due to childhood experiences. The main chakras treated were solar plexus and heart through Pranic Psychotherapy.

(Turn to page 3 for remaining part)

Master Says:

Pride is an obstacle to spiritual growth. It is a manifestation of inaccurate perception and incorrect expression, and shows a lack of self-esteem. Use your heart and head. Throw away your pride. Pride is one of the last weaknesses to go.

Frequently Asked Questions:

Q: How can I find out if and how much pride I have in me?

A: It is generally difficult for a person to be aware that he/she has pride. One always thinks one is correct.

- 1) So develop spiritual buddies. You both have to trust and be frank each other. Each will observe, collect data about the other, share objectively
- 2) Next is to scan each others pride in different parts of the spiritual anatomy

Q: How can I eliminate pride?

A: There are many ways and few of them are:

- 1) To do Inner Reflection and firm Resolutions
- 2) Do Blue Triangle
- 3) Take help from God, Guru and spiritual elders – Invoke for their blessings
- 4) Meditation on Twin hearts
- 5) Great Invocation

Do You Know/Tip:

Gayatri Mantra has so much power. The person chanting gets connected to the Solar God or Lord Savitur in a instance wherever the physical sun may be. Golden Light flows from the Sun to the Heart Chakra of the practitioner, Activating it, cleansing it and empowering it and it then spreads out into other people in front of him. So chanting it not just beneficial to oneself but also to others, which is something similar to Meditation on Twin Hearts. One may chant it 108 times daily, for very good benefits.

Insight The Right Question

It so happened that Mulla Nasruddin was getting fatter and fatter, stouter and stouter. The doctor advised a diet.

After two months, Mulla went to see the doctor. The doctor said, "My God! It is a miracle! You are even fatter than before! I cannot believe my eyes. Are you strictly following the diet, I gave you? Are you eating only that which I perscribed and nothing else?"

meals plus the diet prescribed".

Your mind moved in whatsoever you do, you ask, you think, it colors everything. You can not ask a right question. If you are right, you ask the right question – suddenly the right answer is there. If you can ask a right question, you simply have no need to go anywhere; just close your eyes and ask the right question and you will find the right answer.

~ From Pranam Magazine

Nasruddin said, "Of course, except my regular

Healing Steps for PSORIATIC ARTHRITIS

1. General sweeping several times with LWG.
2. Sweep the affected area thoroughly with LWG & LWV (delicate parts); LWG & LWO (non-delicate parts). Energize with LWG, LWB, then with LWV.
3. Sweep front and back solar plexus and the liver. Energize with LWG, LWB, then LWV.
4. Sweep the meng mein thoroughly.
5. Sweep the basic alternately with LWG & LWO. Energize with LWR. (Emphasize steps 2-5.)
6. Sweep the ajna. Energize with LWG then with more of LWV.
7. Sweep front and back heart. Energize back heart with LWG & with more of LWV. Visualize the chakra getting bigger.
8. Repeat treatment 3x a week for as long as necessary.

Experiences with Pranic Healing

I am working as Asst Professor in an engineering college near Chilkur Balaji temple. One of my experience in Twin Hearts is listening to sounds of Om from within and series of lights appearing clearly and in Soul Meditation, I experienced higher beings, some teachings were being explained to me in very highly spiritual way. I experienced higher consciousness. All this

happened within 3 months of daily practice of Twin hearts and Arhatic Yoga Soul Meditation

~ MK(Assist Professor in a Private Engineering College)

Excerpt from "Miracles Through Pranic Healing"

What Are the Functions of the Energy Body?

1. It absorbs, distributes, and energizes the whole physical body with prana or ki. Prana or ki is that life energy which nourishes the whole body so that it could, together with its different organs, function properly and normally.
2. It acts as a mold or pattern for the physical body. This allows the visible physical body to maintain its shape, form and feature despite years of continuous metabolism. To be more exact, the visible physical body is molded after the energy body. If the energy body is defective, then the visible physical body is defective....

Professional Effectiveness through Pranic Healing, contd...

Conclusion

There are diverse applications where Pranic Healing and Pranic Psychotherapy can be used successfully. Human Resource Development or Human Potential Development including recruitment, selection, placement, promotion, financial healing etc can be usefully attempted. The scanning of Aura and chakras give tremendous information about the personality of the person with whom we deal. For making the techniques of personal growth more effective, an integrated approach is being conceived which will use the traditional, conventional techniques, Pranic Healing and Pranic Psychotherapy and yogic methods.

Since Prana has application in every facet of life, Pranic Healing can be successfully used for improving managerial, professional effectiveness for personal growth. The target groups who can be benefitted are students, professionals such as Lawyers, Doctors, Engineers, Computer specialists, Government employees, Defence Services Officers and other ranks, Bureaucrats, Parliamentarians, Athletes, Players, Artists and even House Wives. The list is endless. This will

enable the propagation of Pranic Healing conceived by our Master Choa Kok Sui, and allows it to grow at a faster pace in India and the globe. The time is ripe to strategize the propagation of Pranic Healing through diverse applications suggested in the paper to all strata of society, the world over.

~ From "Pranam" Magazine

Lack of Planning	Basic Chakra
Lack of Priorities	Basic Chakra
Procrastination	Basic Chakra
Ineffective communication	S. Plexus chakra
Lack of Transparency	Ajna Chakra
Lack of delegation & directing others	
Poor Decision Making	Crown Chakra
Not setting goals/lack of Ambition	S. Plexus Chakra
Getting absorbed in details And trivial things	Throat Chakra



People had a wonderful time at the Ashram as is evident from their broad smiles. It was a great success and everyone bathed in the "shower of blessings" and came back refreshed and charged up. We hope that many more people will grab this kind of opportunity to visit Ashram in the future. May God's and Master's blessings be with you all and your families!



MCKS Food For the Hungry Foundation

- inspired by Master Choa Kok Sui's vision of a hunger-and-poverty free world

The Programs:

- **Hunger Program:** Feeding the hungry mouth every day for one year - **Rs. 3650/-**
- **Education Program:** Sponsor expenditure for one student for one year - **Rs. 10000/-**
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- **Livelihood Program:** Sponsor Vocational Training program for one person - **Rs. 2000/-**
- Any other contribution amount...

Cash/DD/Cheques to be issued in favor of: MCKS Food For the Hungry Foundation, A.P.

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