



Pranic Healing

Manifest your greatness



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Atma Namaste! We hope you enjoyed a wonderful Diwali and were showered with divine blessings from Supreme God, Master Choa Kok Sui and all the higher beings! So, after being refreshed and recharged during this month of festivities, it's now time to give back even more. It's time to Manifest Your Greatness even more.

Know that You have only just begun to discover your magnificence. This period of your life marks a New Beginning. You can feel it. And you have only just begun to know the treasure and the glory of You. And you have only just begun to make your Real and Lasting Contribution. So, step into this day with zest and zeal! Go now and *give your gift*. We're all waiting for you. And we need the wonder of Who You Are.

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



Upcoming events:

~ Achieving Oneness with Higher soul
~

Check with AP Foundation for exact details

Last Month's Highlights:

~ 2-3 Oct – Crystal and Psychic Self Defense Workshop at Foundation
~ 3-4 Oct – Basic Pranic Healing Workshop at Foundation

Protect Yourself from Negative Energies, by Master Stephen Co

Have you ever felt tired or drained after being in someone's company? Or what about feeling heavy and nauseous after listening to someone else's problems? These are all signs of energy contamination. You can eliminate and prevent them, which is the idea behind energy hygiene. Before disease-causing germs, viruses and bacteria cause illness, disease-causing energies enter your energy field. A person becomes physically and psychologically sick because dirty/diseased energies have lingered in the energy field unchecked. Here are six easy ways to protect yourself from diseased energies and cleanse yourself once they have already entered your energy field:

1. This is particularly important for massage therapists, healers and energy workers. After each session, always wash your hands with salt under running water.
2. Take a salt and water bath three times a week. Use one to three pounds of regular or sea salt (not Epsom salt) in lukewarm water. Salt Water extracts the diseased energies from your body and energy field. For added effectiveness, add 10 drops each of lavender, tea tree or eucalyptus essential oils. These oils contain cleansing color pranas (energies) that help accelerate the purifying process. Do this before retiring at night because it will make you very relaxed. You may add bath oils to help moisturize the skin.
3. Burn sandalwood incense or sage in your home and office to disintegrate the

airborne stress and dirty energies.

4. Chant OM while visualizing waves of brilliant liquid violet light pouring into your Crown Chakra and flushing out all impure energies through your whole body and out of your feet into the earth.

5. For powerful protection, you can perform the following techniques every morning or when needed: Tap your Crown Chakra three times. Take three deep breaths. Visualize a brilliant violet ball of light in front of you. Then, imagine a miniature version of yourself walking into the ball of light and being completely surrounded by it. Verbally repeat three times, "To the Supreme Being and all the invisible helpers, thank you for creating a powerful shield around me, my aura and my chakras. In full faith, so be it!"

6. Before retiring at night, visualize cords or dirty cables that create a link between other people and your solar plexus area (the soft spot in the space between the ribs and below the sternum). Using your dominant hand, make a karate chop motion with the intention of severing all negative and undesirable connections. There is no need to itemize each event unless there is a particular one that bothers you.

Developed by GrandMaster Choa Kok Sui for the Pranic Healing[®] and Pranic Psychic Self Defense[™] Courses. These are just some of the powerful tools you can use to maintain a state of good health through energy hygiene.



Master Says:

Spirituality is a way of Life. It is not just doing meditation. People on the Spiritual Path are not anaemic. They must be sharp, strong and courageous. Being Spiritual means being Powerful, Dynamic and Intelligent.

Frequently Asked Questions:

Q: If the head of the family gives tithing, what about the other family members who are not earning? Should he/she mention all the names of his/her family members?

A: Tithing is usually done only by those who are earning. The blessings accrue (are given) to the whole family even if their names are not mentioned. Having said that, let's understand "earning" a little more. Husband gives his wife money to meet monthly expenses and wife may save some money which she can use as she desires. That is her earning. Similarly, kids get pocket money. That's their earning. Tithing can be done with that money also.

Further, if only the head of the family is tithing, he/she can "decree" that the blessings also come to his/her family members

Do You Know/Tip:

One of the manifestations of harboring or explosively expressing negative feelings for a prolonged period is the cause of constipation.

Neutralizing Negative Karma

Cruelty to fellow beings and to animals is one of the major causes of severe painful ailments. What you sow is what you reap. This is the law. If one repeatedly causes pain to others, then one will also harvest intense pain in the form of severe ailment. If one repeatedly deprives others of physical sustenance (income, money or food) then one will also be deprived of physical sustenance. This may manifest as severe lung ailments wherein one keeps gasping for life.

Negative karma can be neutralized by –

1. Learning the lesson that has to be learnt
2. Using the Law of forgiveness, it is in pardoning that we are pardoned
3. Using the Law of mercy. By showing mercy (being kind, helpful, charitable and gentle) to others, mercy will be shown to us
4. Avoid cruelty and show kindness to others; this is a major key to good health, to happiness and to avoid severe painful ailments

~ From Praanam Magazine

Healing Steps for High Cholesterol Level

The cholesterol level of the body is regulated by the solar plexus chakra and liver, therefore, they must be treated.

1. Apply localized sweeping thoroughly on the front and back solar plexus chakras for about 50 times
2. Apply localized sweeping 50 times each on the liver – front, side and back
3. Energize the solar plexus chakra
4. Apply localized sweeping on the front and back heart chakras, then energize the back heart chakra
5. Apply localized sweeping on ajna, throat, secondary throat and jaw minor chakras

6. Stabilize the projected pranic energy
7. Repeat the treatment three times a week for as long as necessary
8. Malfunctioning of the solar plexus and liver can be caused by stress and negative emotions; it is, therefore, advisable for the patient to practise relaxation and simple meditation.

Experiences with Pranic Healing

I woke up last midnight with a choking sensation in my throat. I could not even swallow my saliva and my throat was paining. I knew immediately what was happening to me because I had suffered from this earlier. This was throat infection attack. I used to eat a lot of outside food and was prone to such infections.

Only this time I knew what to do (I had no other choice anyway as it was 1 AM in the night and I did not have any antibiotics at home).

I started applying sweeping to my throat and secondary throat chakras. In a little while, the choking sensation reduced. I could drink water

with much less pain. I continued to clean more till I was substantially relieved. I slept thereafter with no problem during the rest of the night.

Next day, when I visited doctor, thinking that he would give me some antibiotics, he said, instead, "there is no need of any antibiotic since it is only *little redness* and gargling would do".

And I was smiling...

Thank You Master Choa Kok Sui for such wonderful technique!

~ Senior Consultant with an Indian MNC

Excerpt from "Achieving Oneness with Higher Soul"

Emotional Permanent Seed

The emotional permanent seed is found in the solar plexus chakra and in the liver. It is pinkish rose-red to predominantly rose-red with rainbow colors around it. The emotional permanent seed is responsible for the design of your emotional body. Why is this subtle body called the emotional body? Because through this subtle body, a person is able to experience intense emotions ranging from anger, irritation, fear, love, sweetness, and others. With the use of the emotional body, two lovers in the inner world can unite in intense divine ecstasy. The emotional body is also called the astral body because it is made of light: it looks like starry light.



This man saves lives, one click at a time

For over ten years now, Khushroo Poacha has stood by the sole belief that to do good work you don't need money. Poacha runs www.indianblooddonors.com (IBD), a site that lets blood donors and patients in need of blood connect with each other almost instantaneously. He also does not accept cash donations.

The site has been live for almost ten years and with over 50,000 donors in its database, IBD is perhaps a classic example of what the Internet is truly capable of. But more importantly, it is a reflection of a single human being's desire to make a difference to this world.

It all started in the mid-'90s when Khushroo Poacha, an employee with the Indian Railways in Nagpur saw a doctor being beaten up because he couldn't save a patient's life. No one in the mob seemed to understand that it was the lack of blood that caused the death.

"A few years later, I witnessed the death of a welder because he couldn't get blood. The two incidents really shook me up," Poacha says, "And that was when I expressed to my wife my desire of doing something."

Poacha, however, had no clue about how he could make a difference until one day, sitting in a cyber cafe with a 56 kbps connection, the idea came to him.

"I did not know head or toe of the Internet, let alone about domain names, but I knew this would be the tool that would make a difference," he says, explaining the dotcom extension to the site. Over the next few months, Poacha liquidated practically all his savings, purchased a domain name and started up indianblooddonors.com.

"During the time, there were no companies booking or hosting web domains in India. I was paying USD 300 every three months to keep the site live and running. Meanwhile, I had spent almost Rs 40,000 in developing the site and had gone practically bankrupt," he says.

Poacha says he even went to a local newspaper to place an ad. "I needed visibility and that was the only way I thought I could reach out to the people. The day the ad appeared, I was expecting a flood of registrations," he recalls. "No one registered."

The silver lining to the dark cloud came when someone from the outskirts of his hometown Nagpur contacted him, expressing interest. "It was a saving grace," Poacha says.

Meanwhile, the dotcom bubble had burst and Poacha was being told what a fool he had been. And then there were household expenses to be taken care of too.

"There were many occasions when unpaid phone bills would be lying in the house and there would be no money to pay them off," Poacha recalls, adding that "things always have a way of sorting themselves out. And mysteriously during such

times, a cheque would make its way into the mailbox."

Poacha admits that his wife was quite apprehensive about his endeavour. "But she believed in me," he says, "And that has made all the difference."

Visibility, however, was still an issue. No publication was willing to write about him. No major hospital or blood bank was interested in taking his calls.

And then the 2001 Gujarat Earthquake happened. As visuals of the devastation flashed before his eyes on television, Poacha realised yet again he had to do something.

Only this time he knew just what.

"I called up (television channel) Zee News and requested them to flash the site's name on the ticker and they agreed."

Five minutes later, the ticker was live. Ten minutes later, the site crashed.

"I spoke to the people who were hosting the site (by now website hosting had started off in India) and explained to them the situation. They immediately put me on a fresh server and over the next three days or so I received some 3,500 odd registrations," Poacha recollects.

Realising the difference he had made, the 42-year-old started working on getting visibility again.

Over the next few months, Poacha had contacted every major magazine and sure enough, a few responded. "Outlook (magazine) wrote about me, then (British newspaper) The Guardian followed suit and then came the BBC," he says.

Along the way, IBD had also gone mobile. All you had to do was type out a message and send it to a short code and you'd have a list of blood donors in your inbox.

As luck would have it, the service became far too popular for Poacha's pocket. "By then I had stopped taking cash donations and had to discontinue it," he says.

Interestingly, IBD is not yet registered as an NGO. "We function as individuals. We don't take donations and only accept bumper stickers (of IBD) and postage stamps to send out those stickers and create awareness," he says, "I was asked to deliver a lecture at IIM during a social entrepreneurship seminar and was asked what my sustenance model was. I replied I didn't have one. And I have been doing this for the last ten years."

Today, the database of IBD is growing at the rate of 10-15 users every day and the requests have grown from 25 to 40 per day.

Poacha says he eats, drinks and breathes IBD. "The zeal I had ten years ago has not diminished and the site continuously sees innovation." The latest, Poacha

Source: www.rediff.com



MCKS Food For the Hungry Foundation - inspired by

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

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"I was asked to deliver a lecture at IIM during a social entrepreneurship seminar and was asked what my sustenance model was. I replied I didn't have one. And I have been doing this for the last ten years"

tells us, is the option of being an exclusive donor to one patient.

"During my journey, I realised there were some patients who required blood every month. So if you want, we can put you onto them so you can continue making a sustained difference to one person's life."

IBD is currently on an auto pilot mode and Poacha continues to keep his day job. He says, "Initially I would take the calls and personally connect the donor with the patient's relative. But I know only three languages and I'd get calls from all over India," he laughs.

Poacha recounts an incident that never left him: "A man from Chandigarh called me and told me he was desperately seeking A-ive blood for his 2-

year-old. About five minutes after the call, he got the (difficult to find) blood group he needed. Soon after the surgery he called me up crying, thanking me for saving his child's life. For me, it was just another day at work. But his whole world was at stake that day. I can never forget that call."

Last year Poacha was invited to the Asian Social Entrepreneurs Summit 2008 in South Korea where venture capitalists argued that it wasn't possible to sustain an endeavour without money. He says, "I pointed out that Mother Teresa had no revenue model when she started the Missionaries of Charity. If you want to do good work, you simply do it."

For someone who has sustained his enterprise for a decade with just a few bumper stickers and postage stamps, Khushroo Poacha knows best.