



Ybrant Prana Prana

Volume 2: No. 12, December 2009

Pranic Healing

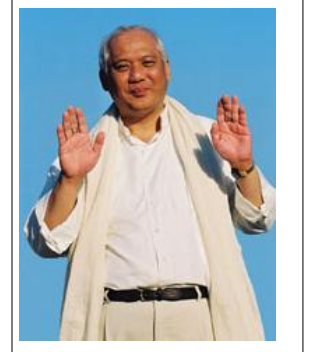
Manifest your greatness



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Dear Readers, Atma Namaste! We all know that Pranic Healing can be applied to any aspect of life including plants and animals and in any type of industry. Many of you may already have witnessed the same but another proof is provided by healers in MASTERMINDS Pranic Healing Center Miryalguda. Read more towards the end of the newsletter to know more about their work. Another research proves that by using Pranic energy, the fruits grew bigger and had much longer shelf life. In another research, pests were controlled in an agricultural field using prana. As more and more research continues in various fields and results proven, we all feel so blessed to have learnt Pranic Healing and have a Guru like Grand Master. We keep on experiencing daily miracles and still keep wondering! So, continue savoring the blessings of our beloved Guru, continue discovering magic of Pranic Healing as you go along. May you and your family be blessed with the choicest Blessings of the Supreme God, Master Choa and all the Higher Beings! So Be It!



Pregnant Women & Pranic Healing

Pranic Healing can be applied on Pregnant Women safely for their comfort and health. Pranic Healing improves the health of the mother as well the baby. Since no drugs are given, it is very safe. For minor ailments like cold, cough, headache and stomach upset doctors usually give medicines which are mild. But these medicines might have unnecessary side effects which might not be known or listed as low probability. This increases the risk of affecting the mother and baby. Instead, a good healer can apply pranic healing on the pregnant lady. There are instances where some abnormalities were detected in the baby and due to various reasons the pregnancy could not be aborted. So Pranic Healing was applied on the baby and baby was born without any abnormalities.

What can be done for pregnant ladies: Pregnant ladies have to be treated gently even in pranic healing.

1. General Sweeping is very helpful, gives immediate and good relief to most pregnancy related ailment like morning sickness
2. Perform local Sweeping and energizing on all upper chakras.
3. Thorough cleansing and energizing on front and back Solar Plexus.
4. Thorough cleansing on Navel, Meng Mein, and Basic Chakras.
5. Since the energy conditions of pregnant ladies are very similar to person with Higher Blood Pressure, MENG MEIN and BASIC Chakra should NOT be energized. Navel Chakra should not be energized till labor pains starts.
6. Instead the palm and sole minor chakras could be energized.

7. Taking Regular Salt Bath or at least keeping the feet in warm salt water will give immediate relief from pains and aches

8. Gentle and mild breathing and physical exercises are allowed. Strenuous breathing and breathing exercises are not allowed/recommended particularly as the pregnancy progresses.

9. MTH is a very simple and good meditation for everyone. Pregnant women may stop the meditation after blessing the earth (before going to the meditation for illumination). If women want to do the meditation for illumination part of the MTH, they may keep their eyes open while chanting 'OM'. Doing MTH during pregnancy is helpful for the mother as well as the child. However, care should be taken to not overdo it or do it very intensely.

10. Since the meditation produces lot of energy, all the excess energy can be released by blessing the earth, relatives, friends and all loved ones with the intention to release all excess energy. The meditation is very safe but still the practitioner should follow the steps as taught by GMCKS. Every step in the releasing energy, routing the energy as well the physical exercises are important to maintain good health at all levels.

11. The benefits of MTH during pregnancy are magnificent. The child tends to be very bright in every aspect of life. This happens due to love, compassion, sympathy, oneness, divine light, divine love, divine power felt by the practitioner.

Refer to GMCKS's Advanced Pranic Healing Book about his recommendations on how to be gentle at different levels and different periods when dealing with pregnant ladies. Let the pregnant ladies have a wonderful and special time. Help them by use of Pranic Healing.

-Ramakrishnan Nagasamy
Student of GMCKS

Suggest a Punch Line for Y-Brant Prana and Win a Prize!

There is a competition for suggesting a Punch Line for our eNewsletter. If the punch line given by you is selected you will get a cash award of Rs 300/- or a book GMCKS of your choice worth max of Rs 300/-.

Upcoming events:

- ~ 4-5 Dec - Kriyashakti by Archaya Hector Ramos
- ~ 6 Dec - Hinduism Revealed by Archaya Hector Ramos
- ~ 24 Dec - Christianity Revealed by Charlotte Anderson
- ~ 25 Dec - Buddhism Revealed by Charlotte Anderson
- ~ 26 Dec - Sharanagati (Inner Teachings of Om Mani Padme Hum) by Charlotte Anderson

Check with AP Foundation for exact details

Last Month's Highlights:

- ~ 21-22 Nov - Basic Pranic Healing Workshop at Foundation



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Master Says:

Sometimes if you have irrational fear, you may be picking up psychic garbage from someone else.

Frequently Asked Questions:

Q: How do I solve the issue of picking up Psychic Garbage from someone else?

A: There are several steps one may take:

1. Cut all the Cords from all major chakras and probe and cut the cords from deep within the lot of the chakra also – this will take 5 to 7 mins.
2. Take a Salt Bath
3. Do Pranvic Breathing
4. Do the lovely Meditation on Twin hearts – you can learn from any PH Student /Instructor/ Acharya/ directly from GMCKS himself through different media.
5. Applying other Psychic Self Defense Techniques
6. Apply or ask someone to apply Pranvic Psychotherapy on yourself.
7. Do Meditation on the Guru
8. Do Sharanagathi Meditation
9. Do the "I AM" Meditation
10. Do Arhatic Invocation
11. Do The Great Invocation
12. Do few hours of Service every week
13. Do Tithing for few weeks

Do You Know/Tip:

1. Add a few drops of Lavender oil to the salt you are using for salt bath to reduce stress
2. You may also add the a few drops of Lavender in a bucket of bathing water
3. You may do a combination of the above mentioned tips 2-3 times a week.

Importance of Cutting the Cords

Do you know how important is the Cutting of Cords?

In every relationship, people are constantly exchanging energy that can become a cord connecting two people. This energy cord is formed from one's solar plexus chakra to another person's. These can remain long after a relationship has ended. This unbroken cord may leave an open channel between you and another person, through which emotions and energy can continue to flow. If you are unaware that the cord exists, it is easy to feel the other person's emotions and mistakenly think that they are yours. Say for instance the other person is sad and you feel sad. If you are meditating you may have very refined energies which the other person uses in a gross way.

Besides the fact that this can limit the amount of closure you can experience in a relationship, letting this cord remain intact can leave you with a continued sense of sadness, while creating feelings of lethargy as your own energy is sapped from you making you feeling drained. Cut the cord, separate yourself from old baggage, unnecessary attachments, and release you from connections that are no longer serving you.

To begin, breathe deeply and perform a simple centering meditation or twin heart meditation. When cutting the cord, you may seek the assistance of Archangel Michaels and can call upon him to help you with his sword. After cutting, heal your Solar Plexus with Divine Healing light.

There may be times where cutting a cord can help free a relative or loved one to reach new stages of growth. You're not severing a relationship, but you are severing the cords that are no longer serving you both. At other times, a cord may simply refuse to be cut because it is still serving a higher purpose. (Say for instance one has not learnt the lessons). It is also important to remember that cutting a cord with someone is not a replacement for doing your emotional work with people. It can, however, be an enactment of that work upon its completion. In any case, cutting a relationship cord should always be viewed as a positive and nurturing act.

—Ramakrishnan Nagasamy
Student of GMCKS

Healing Steps for Chronic fatigue

MCKS Pranvic Healing techniques for general fatigue are designed to cleanse and raise the energy level to a certain degree, improving energy flow thereby energizing the system. However, it is important to remember that if lack of energy is caused by poor nutrition, lack of sleep or medical conditions, the appropriate treatment to address the underlying cause is likewise required to resolve fatigue.

These may be applied singly or combined:

1. Connect your tongue to your upper palate and do slow deep abdominal Pranvic Breathing for 12 cycles or up to 5 minutes per session. Several sessions may be done during the day especially when experiencing stress.
2. Put the tips of your fingers on or over your solar plexus area, simultaneously do slow deep abdominal Pranvic Breathing for 12 or more cycles.
3. Mental fatigue - Put the tips of your fingers on or over the back of your head. Simultaneously do slow deep abdominal Pranvic Breathing for 12 or more cycles.

4. Bathe in water with salt before bedtime to relieve stress.

5. Practice the Meditation on Twin Hearts (MTH) regularly, including the physical exercises before and after the MTH.

The effects of this meditation practice are cumulative, promoting stamina, better health and mental alertness.

1. Apply localized sweeping on ajna, throat, secondary throat and jaw minor chakras
2. Stabilize the projected pranvic energy
3. Repeat the treatment three times a week for as long as necessary
4. 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 Pranvic Healing

I bent over to iron my shirt and felt a sharp pain in my lower back. It was agonizing. The day had gone by with that pain, although it was manageable. But now, it kind of became unbearable and I had to sit down. I tried lying down on my back but that too was painful and I felt lot of stiffness in my back. Just when I was wondering what to do, came the thought of using Grand Master's techniques that He has taught us.

I sat down, invoked and used Visualization technique to heal my back. I visualized that all the dirty energy in my lower back is getting disintegrated and coming

out of my back. My back was becoming brighter. And, in less than 5 minutes, the pain had reduced considerably. I tested it with lying down again on my back and this time, I could do that much more easily. And yes, I had good sleep after that the whole night.

Thanks Grand Master Choa Kok Sui for all the teachings and blessings!!!

— Sr. Consultant, Indian MNC, Hyderabad



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Energy to Spare – Knowing your Limits

Every human life is defined, to some extent, by limits. No one person is capable of fulfilling every possibility. We are all born with unique aptitudes and sensitivities, and it is these qualities that largely determine the paths we will travel in life. What invigorates, excites, and inspires one individual may exhaust or overwhelm another. When we understand what we as individuals are capable of reasonably handling, we gradually learn to accept that we have control over our wellbeing. Yet determining where our limits lie can be difficult, as it is likely we have been told time and again that the discomfort, fatigue, and stress we felt while engaging in activities outside the range of our comfort zones was all in our heads. If you have never before given thought to the notion of personal limits, creating a list of those tasks and situations that leave you feeling drained can give you insight into your own.

You will know definitively that you are operating within your limits when you have the necessary energy and drive to address your personal and professional commitments. This is not to say you should not push yourself or work to extend the range of your capabilities. The wisdom you gain through dynamic self-examination will give you the tools you need to create an individual life strategy that allows you to achieve your goals without compromising yourself or your needs. The limits you honor by focusing your energy on what you can do rather than what you cannot do will not interfere with your ambitions unless you allow them to interfere. You can thrive within your limits, actively shape your circumstances, and avoid anguish by simply recognizing that certain aspects of life nourish you while others drain you, and doing your best to perceive the fine line between applying yourself diligently and overworking yourself.

You may be surprised to discover that your limits change over time. Your willingness to accept these limits as they reveal themselves to you can smooth your passage through life and give you the means to flourish.

Energetic Stillness – The Power of Patience

We typically think of patience as a quality that we employ on an as-needed basis. We are in a hurry at the grocery store, but the line is long, so we take a breath and practise patience. Similarly, if we are interacting with someone who is slower than we are—a child or an elderly person—we try to slow ourselves down and be patient with that person. But another way to think about patience is as an all-pervasive force at our disposal, something we can practice continually in relation to the bigger picture.

Patience means being centered in our bodies. When you are in a hurry, you can almost feel that your energy is dislocated, as if it is reaching forward out of your body trying to get to your desired goal. It is a very unbalancing feeling, and causes us to make mistakes and be clumsy in the world. We may go through an entire day feeling this way and never realize that impatience is at the root of the situation. We may also go through our whole lives this way, never quite fully inhabiting the moment. When we become overly goal-oriented or future-oriented, consciously practising patience is just the thing to return us to our bodies and our immediate lives. We can begin by taking time each day just to be still, observing our thoughts and desires without acting on them or following them. We simply let them arise and disappear as we remain seated and centered.

More than just an attribute to be cultivated, patience is an energetic experience. While it may seem mild or tepid as a concept, the actual experience of patience is quite powerful. When you are patient, when you resist reaching out to grab the first thing you think you want, when you are able to sit still and simply observe without reacting, you begin to see the world more fully and clearly. You become capable of acting more consciously. You become more attuned to the openings and closings and more able to see when to move forward and when to be still. And most importantly, you discover the deep, quiet power of the experience of patience.

Excerpt from "Achieving Oneness with Higher Soul"

Accurate Perception and Correct Expression, and Non-falsehood

Discernment or Discrimination and Non-Superstitiousness

The Lord Buddha has said, "We must not believe in a thing said merely because it is said; nor in traditions because they have been handed down from antiquity; nor in rumors, as such; nor written by sages, because sages wrote them; nor in fancies that we may suspect to have been inspired in us by a Deva (as in a presumed spiritual inspiration); nor from inferences drawn from some haphazard assumption we may have made; nor on the mere authority of our teachers and masters. But we are to believe when the writing, doctrine, or saying is corroborated by our own reason and consciousness. For this, I have taught you not to believe merely because you have heard, but when you believe of your consciousness, then to act accordingly and abundantly."



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/-**
- **Health Program:** Contribute to the health fund to provide health assistance to those in need - **Rs. 3000/-**
- **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.

All donations are **exempt from I.T. u/s 80-G** of the Income Tax **Editors and Contributors:**

Manu Tayal
Ramakrishnan Nagasamy
Sreenivas Murthy
Ravindra Varma

To contribute to this newsletter or send feedback -

Email

rnagasamy@gmail.com
tayalmanu@gmail.com

Phone

Ram - +91-9392445496
Manu - +91-9989334123

We're on the Web!

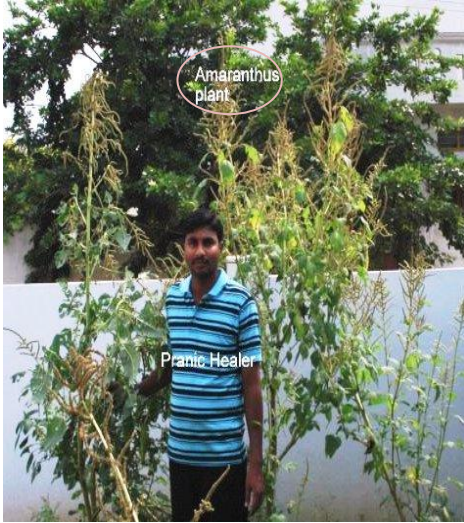
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Miracles through Pranic Agriculture

Amaranthus or Chinese Spinach plants at MASTERMINDS Pranic Healing Center Miryalguda grew upto a height of 10 feet, which is **double of their normal size**.

The normal height of these plants varies from 90 - 130 cms i.e 2.95 - 4.26 feet. These plants are healed every day.

A photograph of the said plants can be seen here. The Healer seen in the picture is of 6 feet height.

Krishna Mohan
Pranic Healing Instructor