



Editors & Contributors

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Greetings of Love & Light!

We just finished this year's retreat in Kolkata and Vijayawada. Both the retreats were as wonderful as they have always been. Master's presence was felt all over the place and all disciples enjoyed the bliss with Master's blessings. The retreats gave enough spiritual fuel for the coming year and charged us enough to carry out not only Master's work but also to be successful in everything we do in our lives. May all of you be also blessed with the love and light which Master shared with us!



Grand Master Choa Kok Sui

The Law of Karma

Every action generates a force of energy that returns to us in like kind. What we sow is what we reap. And when we choose actions that bring happiness and success to others, the fruit of our karma is happiness and success.

I will put the Law of Karma into effect by making a commitment to take the following steps:

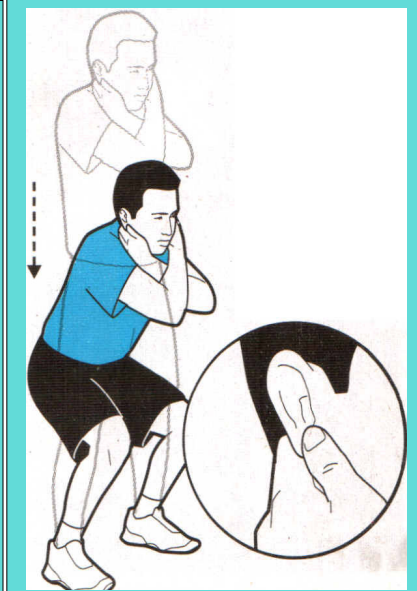
1. Today I will witness the choices I make in each moment. And in the mere witnessing of these choices, I will bring them to my conscious awareness. I will know that the best way to prepare for any moment in the future is to be fully conscious in the present.
2. Whenever I make a choice, I will ask myself two questions: "What are the consequences of this choice that I'm making?" and "Will this choice bring fulfillment and happiness to me and also to those who are affected by this choice?"
3. I will then ask my heart for guidance and be guided by its message of comfort or discomfort. If the choice feels comfortable, I will plunge ahead with abandon. If the choice feels uncomfortable, I will pause and see the consequences of my action with my inner vision. This guidance will enable me to make spontaneously correct choices for myself and for all those around me.

~ Excerpt from Seven Spiritual Laws of Success by Deepak Chopra

Super Brain Yoga

While yoga has long been shown to affect mood, one yoga move in particular is getting attention for boosting brainpower. Superbrain Yoga, as the exercise is called, is being practiced across the country as an antidote to brain drain. Go ahead. Try it! This simple move, shown at right, boosts brain function by stimulating acupressure points on the earlobes, according to Yale-trained neuro-biologist Eugenius Ang, Ph.D.

- **Step 1** Place your left hand on your right earlobe, thumb press on the earlobes, on the front of the lobe with fingernail facing outward and second finger behind the earlobe. Then, with your right hand, grasp your left earlobe, again keeping your thumb on the front of the lobe, facing outward. Press both earlobes simultaneously; making sure your left arm is close to your chest and inside your right (which devotees say helps energy travel upward to the brain). Connect your Tongue to palate, (youngster face east and older people face north)
- **Step 2** As you press on the earlobes squat down; keeping your back 'Straight. Do 10 to 12 deep bends' inhaling through the nose on the way down and exhaling through the mouth coming up You may place a chair underneath you as a safety precaution
- **Step 3** Repeat daily. "It's like putting more gas in your brain's tank," says Ang. To learn more, read Superbrain Yoga by Master Choa Kok Sui. Visit www.superbraingyoga.com for further details on this technique (more details will be shared in the next issue)



"The Best anti-stress medicine we have..."

Physician James Gordon, clinical professor of psychiatry at the Georgetown University School of Medicine, teaches deep breathing to most of his patients. For example, it has helped adults reduce the suffering from advanced cancer and crippling arthritis, and aided young persons coping with attention deficit disorder. "Slow, deep breathing is probably the single best anti-stress medicine we have," says Dr. Gordon. "When you bring air down into the lower portion of lungs, where oxygen exchange is most efficient, everything changes. Heart rate slows, blood pressure decreases, muscles relax, anxiety eases and the mind calms. Breathing this way also gives people a sense of control over their body and their emotions that is extremely therapeutic."

~ Adapted from Praanam Magazine

Master says: Live an *intense extraordinary* life. It makes life more interesting.

Excerpt from AOHS:

Physical Permanent Seed

The physical permanent seed or life seed gives life to the physical body. From the higher soul, soul life energy is infused into the physical permanent seed from where it is distributed into the different parts of the physical body, making the body whole and integrated. It also gives the physical body the ability to absorb Prana. Once the soul life energy is withdrawn from the physical permanent seed, the body dies. The physical permanent seed becomes dim and pale red. A highly developed clairvoyant will know if a person is dying soon just by looking at the condition of the physical permanent seed. When the physical permanent seed is withdrawn from the physical body, the body as a whole dies, but the cells are still alive. There is no longer an integrating factor. This is why the hair and the nails of dead people sometimes may grow longer. This can be compared to the fall of the Roman Empire. The empire as a whole ceased to exist anymore, but the people compromising the empire continue living after the fall.

Healing Steps for Headache/Migraine:

1. Scan the crown, forehead, ajna chakras, back of the head, entire head and neck. Also scan eyes, temples and solar plexus chakras
2. Clean and energize crown, forehead, ajna chakras, back of the head and affected head area.
3. If headache is due to eye strain, apply cleansing and energizing on temple minor chakras too
4. If the patient has migraine, or ache is due to some emotional problem or stress, thoroughly clean and energize front and back Solar Plexus chakras before treating the head area. Emphasis should be on localized sweeping – front and back solar plexus chakras may need 100-200 sweepings each.
5. Repeat the treatment several times a week and always get feedback from the patient and always rescan the treated area to determine whether the treatment has been done properly.

Experience with Pranic Healing:

I had been suffering from this allergy from smoke, dust etc for past 10 years and doctors said surgery was the only option for permanent cure.

Least did I know about any other way out.

One day, one of my colleagues, who was a Pranic Healer told me about it and I was just curious to know and experience it. So she did healing for me for 5 days. From day 1 onwards, I could feel the difference when I no longer had to keep my nose covered from dust and all. By the end of 5 days, I felt completely relieved.

This was nothing short of a miracle for me. What could not be done in last 10 years with medicines was done in 5 days without it. And that too, I was not even in front of the healer when healings took place - means that this worked even at distance.

I was amazed at that time...and still am. Thanks Master Choa Kok Sui for this science.

~ Software Professional, Hyderabad

Highlights of the month (Jan09):

- ~ Retreats in Kolkata and Vijayawada during last week of January to first week of February. Over 1200 people attended the retreats
- ~ Soul Realization course on 17th January 2009 by Acharya Sasidhar

News You Can Use (Feb09):

- ~ 14th/15th – Basic Pranic Healing Course at Foundation by Manu Tayal
- ~ 21st/22nd – Teacher's Training Course at Foundation by Swarnamala G.

FAQs

Q: Sometimes when I meditate I feel sensations in my body – I experience warm, tingly feelings. Other times, I feel a sense of lightness in my temples or right between my eyes. Is this normal?

A: This is a common phenomenon. Feelings or sensations are an expression of stress/tension or used up energy being released from your body– treat it as you would any other thought and gently return your attention to your meditation.

Do You Know?/Hints & Tips

In a crisis, Be Calm! Do not freak out! Think, what is the worst thing that can happen? If the possible consequence is of minimal significance, then have a cup of coffee and enjoy life!