



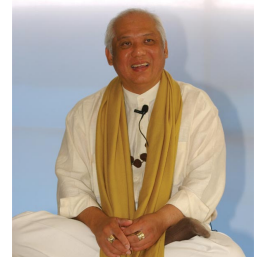
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We are not just physical beings craving for spiritual experiences rather we are spiritual beings undergoing physical experiences for unknown divine cause. State of physical non-existence is more natural. Nothing really perishes with death of the physical body. Master only left His body but not any one of us. Invoke Him and He is with you now.

Remember what Our beloved Guru told us: We are not the body, we are the Souls. And when He has left, has He really left? No. Read this issue's special article on Master's conversation with a disciple to know what He taught us.

May the blessings of Love and Light be with you all! So Be It!



The Tryst - A journey into the questions that have been in a man's mind for ages

By Palagummi Aditya

Story unfolds ITSELF...

Let me tell you a story, the story of a seed that I knew of when I was a little kid.

He was a bright little fellow with a shiny black coat, that always kept him warm, But sadly hiding from his vision all the things bright and beautiful. All his friends envied him, for he was the smartest of them all. For a while our little friend basked in the attention heaped upon him by all. Where ever he went he was the center of attraction. He was very happy externally.

But when in solitude a strange sad feeling seem to engulf him, "is this all there is?" he mused.

But to avoid this question he always thought, "This thought will pass, as the others have before this". But only unfortunately far from being a passing thought, this thought scourged him whenever he was alone.

Then he decided "I must find out for myself else I cannot be happy".

Unfortunately he never knew where to look for.

So he withdrew himself more and more each day. The effort to find out, consumed all his days and nights.

He became utterly disconsolate. Far from knowing the answer he only seemed to sink deeper and deeper into nothingness.

All the while I believed that I was the sole witness to this great internal consternation realized a gentle living presence on my heart. ...

The mother.....

I was only far too familiar with her presence, the mother... "Ma why give my friend such a difficult time I asked". She smiled, at my ignorance or... at my child like innocence? I didn't know, but that smile made my heart grow so light and delightfully happy. I knew I only had to watch to realize it myself for, when with mother there were no ready answers.

A slow gentle breeze started in the east and wept across the lands like a lullaby from heaven, it was so soothing that my friend forgot his burden for a quick moment. As moments grew by it got stronger and stronger and before he realized he was in a violent gale, uprooting him from his home and sending him off too far off dark lands, into the most treacherous recesses of the earth.

I could only wince in anger... she had no right to do this to my friend I thought. But then I could do nothing but observe. For, that's what the mother is like. She creates, she destroys and she enjoys it all. After searching for a while I found him battered and bruised in a trench full of dust and dirt. With more wind, layer heaped upon layer and he was covered... totally in the placental layers of dark ignorance. My eyes welled up, my friend was lost... never to be seen again...

I was sad... So utterly sad for the loss of my friend. Tears rolled for a long time. For I had lost him who made my life so bright.

(To be continued)

Excerpt from EOGS:

Discernment

Lord Buddha and the Great Spiritual Teachers have repeatedly taught their students to practice discernment or intelligent evaluation.

A student must practice discernment. Do not believe a statement to be true just because "someone said so." So not believe something to be true because "someone" claims information has been received through "inner transmission".

Use discernment. Do not believe something to be true, just because MCKS said so. Practise Arhat Yoga diligently. Validate the truth for yourself. Use intelligent evaluation. If the student is not in a position to validate the truth as of the moment, then he should check at least the track record of the teacher. Have the previous teachings of the teacher been validated? If yes, then the other teachings may be considered to be tentative truth for the moment, until the student is in a position to validate for himself.

I Believe God Wants You to Know

On this day of your life, Dear Friend, I believe God wants you to know...

...that God's light shines through you when your light shines on another.

The darkness of the world can be illuminated by your glowing presence -- yet you must believe in yourself as The Source of that light and that love.

All the world awaits your arrival today, shivering in its sadness, looking to you for warmth. Can you bring a radiance to those you touch today? Will you?

Your answer will determine more for you than it will for them. In this is The Great Secret.

Master says: If you are not exposed to the vicissitudes of Life, it is not good. It is like not being exposed to germs. You have no immunity. You have no inner strength.

Healing Steps for Hepatitis:

1. Scan the patient, then rescan during pranic treatment.
2. Apply general sweeping several times.
3. Apply localized sweeping thoroughly on the front and back solar plexus chakra with whitish green prana.
4. Apply localized sweeping on the liver (front, side and back) thoroughly and alternatively with light whitish green and light whitish orange. This step will facilitate the cleansing and disinflaming of the liver. The orange prana used must be light whitish orange or very light whitish orange. Otherwise, it will cause loose bowel movement.
5. Energize the solar plexus chakra with light whitish green, light whitish blue, then ordinary light whitish violet. Visualize the pranic energy going inside the liver.
6. Apply localized sweeping on the front and back heart chakra. Energize the thymus through the back heart chakra with light whitish green then with ordinary light whitish violet.
7. Apply localized sweeping thoroughly on the lungs.
8. Energize them directly through the back of the lungs with light whitish green then with light whitish orange. It will facilitate the healing process since this has cleansing effect on the blood and on the entire body. When energizing the lungs with orange prana, the fingers should be pointed away from the head.
9. The spleen chakra is greyish and the physical spleen is partially affected. Apply localized sweeping on the front and back spleen chakra. Energize the spleen chakra with light whitish green then with ordinary light whitish violet. This has to be done with caution.
10. To further increase the pranic energy level of the body, clean and energize the navel chakra with white prana.
11. Apply localized sweeping on the basic chakra.
12. Apply localized sweeping on the arms and leg.
13. Energize the hand and sole minor chakras with ordinary light whitish violet. Do not repeat this step more than once a day since it may produce a reverse reaction.
14. Apply localized sweeping thoroughly on the crown chakra, forehead chakra, ajna chakra, throat chakra, and back head minor chakra. Energize them with light whitish green then with more of ordinary light whitish violet.
15. Stabilize and release the projected pranic energy

Experience with Pranic Healing:

One fine day I discovered that I had been infected with Chicken Pox virus. I was really worried because I was told that at this age (I am 29 yrs old) this disease can be really severe – with lot of boils, itch, weakness and it leaves a lot of marks after being cured. As soon as I knew it was the onset of Chicken Pox, I called up a senior Pranic healer and requested for healing.

She immediately started my healing and did so for about 2 weeks. During these 2 weeks, to my surprise and much relief, I didn't get many boils, with minimal itching and barring one day, no weakness. I felt I could go to work but doctor had asked me to stay at home!

I even did Kriyashakti that when I join office, let there be no marks on my face and body. And so, after it was completely cured, there were no marks left on my body – someone who doesn't know me can not even say if I ever was infected with Chicken pox.

Thanks Grand Master Choa Kok Sui for this amazing science.

~ Software Professional, Hyderabad, India

FAQs

Q: How can a person do tithing if she/he is in debt? What to do? Get in more debt?

A: Once someone asked Master the same question. Master asked her – How soon you want to come out of debt? She said as soon as possible. Then Master said – Tithe. When you do not have any problem, tithe 10% of your income. But when you are in some problem – tithe 15% of your income and when the problem is very big, tithe 20% of your income. How? Take the money from someone – borrow money and promise to return all money as soon you get it back. It is OK to ask money for Tithing. But make sure you do return what you have taken from someone.

Highlights of the month (Feb09):

Library was inaugurated at the A P Pranic Healing Foundation office, Ameerpet. Library has books on Healing, Spirituality, and other general subjects. Pictures Take during inauguration



Basic Pranic Healing Course at Ameerpet on 28th Feb and 1st Mar by Mrs Vijayalakshmi

News You Can Use (Mar '09):

11th – Full Moon Meditation in Fortune Katriya Hotel (Raj Bhavan Road) – Buy tickets @ Rs.100/- from Foundation
7th, 8th Basic Pranic Healing Course at the foundation
15th, 16th Basic Pranic Healing Course at Vidya Nagar
26-28th Advanced Pranic Healing Course at Gachchibowli

Do You Know? Hints & Tips

Criticism from the Solar Plexus Chakra should be minimized. It has to be done gently with Heart Chakra with Calmness, not from the solar plexus. If Criticism is necessary, touch your Heart Chakra. First, consider all of the good things the person has done. *Remember, everyone makes mistakes.*

When I Leave, Do I Leave? **(Master Choa Kok Sui's Conversation with a Disciple)**

It was a time, when my Spiritual Teacher, Master Choa Kok Sui, the one I have loved most and followed in this lifetime, took in some of the negative karma of his disciples unto His body. I saw Him then as a man whose weight of the world was heavy on his shoulder.

I was afraid for him and my heart was listless.

As usual, that afternoon, he walked and as usual I followed one step behind him.

"What is bothering you?" he asked me.

I dare not ask the question, but he prodded me. I then asked "When you leave Master, what will become of me?"

He took a deep pause, and rephrased my question. "When I leave, do I leave?"

He noticed tears are about to swell in my eyes.

"Take heart. Pull back your tears," he reproached me gently. "Look at me.

You cry and your heart is heavy for you think I will leave you?"

I will never leave you. We have a covenant to serve together. Do you remember?"

He waved his hand and commanded. "Still your mind. And let there be peace in your heart."

"Look in front of your life. My essence is in the many books I have made you read, study and learn. My thoughts are there. They are not ordinary thoughts but ideas of great power for my true essences are there. These ideas will outlive many. And those who have studied my ever-living principles will remember them again when they come in the futurity of time.

Know that I have left myself in the teachings I have shared with you. My life is in the books you cradle. My love and friendship is in the happy memories we shared. My heart is there - in the many moments we laughed and served. Forget this not.

Now, let me ask you a question.

You have walked with me but have you really known me? How have you known me in your life?

Yes, as a Spiritual Teacher and Master Healer? An Arhatic Yogi? A Visionary? A Wish Fulfiller? Or a Friend?

Let me tell you something," and He touched my back heart like a gentle pause. My heart swooned with sweet bliss.

"I am more than you can imagine, for like all spiritual teachers, I am a bearer of many great spiritual secrets.

Today, that your heart will be lighter, let me share with you a secret that you may no longer be lonely.

This secret I have revealed to some of my disciples. And to those who have ears: let their hearts discern the truth.

Like all Physical Spiritual Teachers and Sat Gurus, when they drop their body of illusion, their Presence becomes more powerful than ever.

It is because the physical body is a limitation though it is a vehicle taken so that men will understand.

The life of the Physical Spiritual Teacher and Sat Guru is ever continuous, with or without form.

My powers are great though embodied in form, yet they are greater when this Soul is not in physical embodiment.

I can be anywhere with the speed of thought. My influences are far reaching, deeper and more penetrating more than before.

My Spiritual Essence is freer to do its purpose. And remember this too, and remember this well:

Like in the physical form, I overshadow many disciples and students at the same time. Yet I can overshadow many of my incarnated and non-incarnated disciples and workers more, when the embodiment is not there, for the physical veil is gone.

I give Higher Teachings to many, in and out of the body. My Love is encompassing. It is inclusive and not exclusive to just one.

Remember this: the Soul of the Physical Spiritual Teacher and Sat Guru leaves the body at will even when in physical incarnation. He comes back to it because it is his choice.

Have I not been with you in your many nightly sojourns? Have I not appeared to many in my body form? Have I not answered others in their pleadings for help though I am not there in body? How many have seen me in their meditations? Did not blessings come when one sincerely ask for it? How many have received healings with a whisper of the Name. It comes to one and it comes to many.

You must believe.

I will always be there for you. I will always be there for those who sincerely ask for my help and for my Teachings.

A Physical Spiritual Teacher or Sat Guru teaches for it is one of His Service. He heals because of His love. He brings Light because he wants men to come into the Greater Love.

I have overshadowed many and it will continue to be so. Embodied or not. My Presence will always be there. If you love learning, knowledge will always be there for you.

I know you love learning. Then it will come to you and for many others as well. It is not only for one person.

And listen to this too: I have many others disciples you have not met. My Shakti is not diminished when shared by many and is not lessened by Time.

Thus remember and do these: Persevere to keep my Teachings in your Heart. Share it with purity and show it with your life. Continue my work.

This is my Decree to you.

Transform yourself into a better human being.

Be honorable. And forget not the virtues. You must practice and persevere."

And He made me promise that afternoon: that I will keep to His Teachings and persevere.

And walk His Path a bit longer.

The way He did...