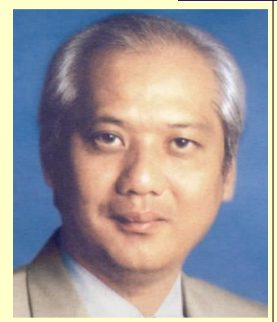




### Editors & Contributors

Manu Tayal  
Ruchi Goel  
Sanjil Saxena  
Ramakrishnan N  
Sreenivas Murthy

Performing the Meditation on Twin hearts in large groups is very powerful. 7 people doing it together is equal to 100 people doing it individually. What would happen if 700 people would do it together. Wow, the blessing would be super powerful. If it happens to be a Full Moon day it is all the more powerful. On 11<sup>th</sup> Mar, Full Moon day, 700 people performed the Meditation on Twin hearts at Hotel Katriya. Details of the event can be had from <http://atmanamaste.blogspot.com/2009/03/great-full-meditation-in-hyderabad.html>. During the meditation many people had experience of being showered with silvery violet light. Then they saw a lot of golden energy around them. The silvery violet light is actually called the Electric Violet and when it enters the etheric body of a practitioner it partially or largely gets converted to golden light. This is a good indication that practitioner is relatively clean on many levels. We hope to see you this time too on Full Moon Day on April 9<sup>th</sup>. Blessings be with you and your family.



### The tryst - A Journey into the questions that have been in a man's mind for ages, contd...

By Palagummi Aditya

#### And the story becomes mine

Tears became seconds and Seconds rolled by giving way to minutes and minutes to days and days to years. Years passed and I found new friends, the memories of my little friend were erased from my mind as if by magic. Time heals all they said. Surely time had the hurt healed but the scars persisted on my heart till I forgot why they were there. My conversations with the mother became far and few between.

As I grew along I discovered the ways of the world, I learnt deceit. I philandered and wandered aimlessly about in the vast and beautiful lands of advanced countries. I drank the wine of youth and my cup of woes was ever overflowing. I always wanted something. Sometimes success, sometimes women, sometimes some coveted thing for which I wouldn't hesitate to hurt. As thus time passed by... Healing all that it could, shrouding all that was past. Time surely is an enchantress, it makes one forget his past and tempts him to a beautiful future and never for a second allowing one to ponder about now. Gradually what started off as the story of my friend became that of my own.

Meanwhile I took to gambling I made a fortune initially but lost heavily as everyone does towards the end. All those who were my friends in my good days turned their backs on me. Then one day my sins drove me out of my refuge and I found myself thrown out of every house that I dared to set feet in. No place for a rag muffin they scowled. Even town charity halls thought me a bad influence and closed their doors on me. "We don't want a godless person here they complained". It dawned up on me that not having money was not the worst thing in life but being unbalanced I had nowhere to go, nothing to eat, no warm clothing for the harsh winters. Now I was at the mercy of nature... the way I was when I was born. Knowing nothing better to do I started walking aimlessly. Truly they say, for those who have a path, they just have one; for those who don't, all paths are theirs.

#### An encounter with death...

As the last remnants of my strength started waning, I entered a grove. Too tired to move anymore, I sojourned at the foot of a tree. I felt strangely happy, my eyes grew heavy and I slept like a baby in its mother's arms. I heard someone speak to me in my dreams I was too tired even to listen... the voice slowly faded like a film of water on the hard ground. It must have been ages since I slept that way. With nothing to care for, no fear of losing anything, no pretence of shame to hide from, sleep came uninvited and stayed till it soothed my weary mind.

The day broke to the beautiful minstrels of the koels perching on some far off tree. Golden rays of the sun unveiling the dark curtains of night. A strange feeling of belongingness permeated my soul as I opened my eyes. Everything around me seemed speaking to me, in a strangely known but vaguely acquainted language. It felt wonderful, after so many long years I wanted to dearly talk to the mother. But she decided to be silent and enjoy her play. When I had everything I was a loner and now when I have nothing I feel surrounded by all my friends, this was the strangest stuff that ever happened to me. I was still contemplating when I felt a living presence on my heart, something that had entered my conscience long before. Like a long lost voice from my past. As I contemplated more I could feel strongly, the presence of a long lost friend.

I felt the darkness in my heart being probed gently by golden fingers of light, there in a remote corner lay shrouded in ignorance a distant memoir, a deep rooted attachment... my friend the seed! No sooner was the veil lifted than I felt a surge of joy. A joy attached to no state of being, a joy which permeated every eon of my mind and body, A feeling of liberation from all the heavy burdens that crowded my heart... I knew its presence nearby, my heart knew it for sure, and only my eyes couldn't see what my heart was causing anxiety.

(To be continued)

### The Law of Giving and Receiving

**The Law of Giving and Receiving:** The universe operates through dynamic exchange – giving and receiving are different aspects of the flow of energy in the universe. And in our willingness to give that which we seek, we keep the abundance of the universe circulating in our lives.

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

- Wherever I go, and whoever I encounter, I will bring them a gift. The gift may be a compliment, a flower, or a prayer. Today, I will give something to everyone I come into contact with, and so I will begin the process of circulating joy, wealth and affluence in my life and in the lives of others.
- Today I will gratefully receive all the gifts that life has to offer me. I will receive the gifts of nature: sunlight and the sound of birds singing, or spring showers or the first snow of winter. I will also be open to receiving from others, whether it be in the form of a material gift, money, a compliment or a prayer.
- I will make a commitment to keep wealth circulating in my life by giving and receiving life's most precious gifts: the gifts of caring, affection, appreciation and love. Each time I meet someone, I will silently wish them happiness, joy and laughter.

~ Source: [www.chopra.com](http://www.chopra.com)

# Ybrant Prana

Volume 2: No 4, Apr 2009

**Master says:** Practice Diligently, Purify Yourself, Spread the Teachings

## Excerpt from EOGS:

Divine Justice can be balanced by Divine Mercy. It is in forgiving that one is forgiven. "It is in pardoning that we are pardoned," said St. Francis of Assisi. By showing mercy, one can receive mercy. "Blessed are the merciful for Mercy shall be shown to them." (Matthew 5:7) If a person does not show mercy by forgiving, how can one harvest forgiveness, thereby partially erasing one's negative karma? The Law of Forgiveness and the Law of Mercy supersede the Law of Karma

## Steps for Self Pranic Healing

Self Pranic Healing for Recharging the Physical Body is based on principles and techniques in Pranic Healing.

- a. Apply localized sweeping on the front solar plexus chakra about 30 times.
- b. Apply localized sweeping on the back solar plexus chakra about 30 times.
- c. Wash your hands thoroughly
- d. Put your hands on your front solar plexus
- e. Do 6-3-6-3 Pranic breathing about 7 to 12 times.
- f. Simultaneously be aware of the whole body.
- g. Apply distributive Sweeping on the front and back solar plexus chakra to avoid congestion
- h. Stabilize the projected Pranic energy on the front solar plexus chakra.

This technique for recharging the physical body can be done by people who are overworked and stressed out. It may also be utilized by people who are sick to accelerate the healing process of their body. They can do this once a day or two to three times per day depending on their condition.

## Water and Salt Bath

It is advisable to take a bath with warm water and salt on a regular basis. This extremely helpful to remove stress energy and dirty energy. About 10 drops of lavender oil may be added to the salt.

For people who are sick, this suggestion is very important to remove diseased and dirty energy. They may take a bath with warm water and salt once per day, or even several times a day.

## Experience with Pranic Healing:

This is my first retreat and people say that life changes after you attend retreat, I will say "yes it is true" and the reason is "Masters Blessings" Now I figure out the happenings and mis-happenings in my life and now I easily correlate with Masters teachings, it is really great to know and to practice "good karma" which plays vital role in achieving peace and Prosperity. I feel good when I heal people and now the intention of healing people is increased, not because I generate lots and lots of good karma, it is because of the "progression in my healing capability". Life has really changed. The dedication towards "Masters Teachings" is climbing the ladder. Prayers like "Invocation, Sharanagati, Meditation on Prosperity" are now part of daily activities. Making a list of "subjects" for healing (at least 4 to 5 /day) has become a part of office work. Following the 5th Virtue i.e. "Study", knowing the facts of origin of soul and the role of soul is like knowing the "concept of technical work". Sometimes, I feel lucky to be in this field and I try to avoid activities which may contaminate my 'Aura' or my "Chakras" now the awareness of purifying my body is increasing day by day. Now I am more conscious when I am angry or jealous of someone. It is because when I know the effect of it, I stop getting angry and try to use the technique of "Forgive / Erase from mind" it really works. Most of the times when I get angry on my husband I use this technique and I calm down. It is great to know that all techniques or teachings of Master are useful everywhere we just need to follow it. Lastly, "practicing meditations" we (me and my husband) have scheduled for all the meditation and trying to practice sincerely. Now we feel restless when we miss any activity of Pranic healing. Meditation is like a medicine for us to grow spiritually, etherically and mentally.

~ AD, New Jersey, USA

## Highlights of the month (Mar09):

~ 11th – Full Moon Meditation in Fortune Katriya Hotel (Raj Bhavan Road)  
~ 19th - Aaradhana Day Celebrations in the Foundation – MCKS' Mahasamadhi day  
~ 02-03<sup>rd</sup>, 14-15<sup>th</sup>, 21-22<sup>nd</sup>, 28-29<sup>th</sup> - There were 4 Basic Pranic Healing Classes at the foundation  
~ 26-28<sup>th</sup> - Advanced and Psychotherapy Class at the foundation  
~ 28-29<sup>th</sup> - Healers Certification Program  
~ 29<sup>th</sup> – Soul Realization class (in Telugu) at Foundation

## News You Can Use (Apr09):

9<sup>th</sup> – Full Moon Meditation in Shilpakala Vedika (Shilparamam), Hitech City – 6:30 PM to 9 PM  
18<sup>th</sup> – 20<sup>th</sup> – Advanced and Psychotherapy class  
2<sup>nd</sup> and 3<sup>rd</sup> May – Basic Class at Foundation

## FAQs

**Q: Is Pranic healing same as REIKI?**

**A:** No. They are not the same. Pranic Healing and REIKI are different modalities. You can download

<http://ramakrishnans.com/Documents/SimilaritiesAndDifferencesPHnREIKI.pdf> to know about the Similarities and Differences of PH and REIKI.

## Do You Know?/Hints & Tips

When you know someone is going to verbally assault you, cross your arms over your Solar Plexus chakra. Affirm, "Lord God, thank you for the protective Auric Shield!"

Website: <http://www.ramakrishnans.com>

To contribute to newsletter or send feedback, email [rnagasamy@gmail.com](mailto:rnagasamy@gmail.com) or [tayalmanu@gmail.com](mailto:tayalmanu@gmail.com)

**MCKS Food For the Hungry Foundation** - Inspired by Master Choa Kok Sui's vision of a hunger-and-poverty free world

**The Programs:**

- |   |             |
|---|-------------|
| 1. <b>Hunger Program:</b> Feeding the hungry mouth every day for one year                         | Rs. 3650/-  |
| 2. <b>Education Program:</b> Sponsor expenditure for one student for one year                     | Rs. 10000/- |
| 3. <b>Health Program:</b> Contribute to health fund to provide health assistance to those in need | Rs. 3000/-  |
| 4. <b>Livelihood Program:</b> Sponsor Vocational Training program for one person                  | Rs. 2000/-  |
| 5. <b>Any other contribution amount</b>   | ...         |

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.

Visit [www.gmcks.org](http://www.gmcks.org) for details.

