

Pranic Healing

Manifest your greatness



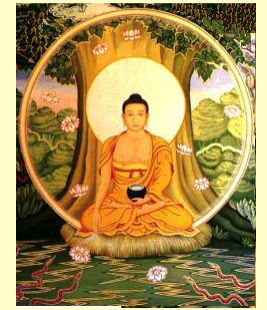
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May is the month of Wesak, a time we all wait for all year long. After all, it comes only once a year. This is the time which no Pranic Healer wants to miss meditating on the Twin Hearts. At a specific time of the day, we all sit down to meditate and try to pull down tremendous amount of spiritual energy. And In the process, we are showered with vast amount of Divine Love, Divine Light and Divine Power. Performing the Meditation on Twin Hearts in a group of seven is considered very powerful. So, imagine what amount of energy can be generated when lakhs of people meditate together, across the world. Come be a part of this event and nurture your life as well as be an instrument of great service to humanity.

In this issue, we have included more details on the Wesak Festival.

May the practice of teachings and techniques taught by our beloved Guru lead you to greater light and an enriched life.



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

By Palagummi Aditya

Agony and ECSTASY!!!

Then for a few moments that seemed like ages there was silence, silence like death. Clouds heaped upon clouds and it was pitch dark. Precious moments ticked by in anticipation. Then the wood spirit spoke "Come to the shade of the nearest tree and ye shall find what you seek." Waiting no longer I ran to its shade and sat there. Then spoke a voice, a voice so mellifluous that, it made all the music that I ever heard seem dissonant, in some strange language vaguely acquiescent. I felt I knew what it was saying to me; only that it was too difficult to make any sense from it. Feelings of absolute happiness seem to sweep me all over. I was in an ecstatic state. A state from which I never wanted to return...I was aware of all that was happening about me but was strangely detached. Suddenly the realization dawned upon me that something was missing. I couldn't really understand what it was initially. I looked around and found my body under the tree.

"But Oh God!!!"

POWERLESS...

What did me just say "my body"... Means I'm not my body... All the ecstasy turned to panic and horror. I realized that I was not in my body... means I'm some one without a body... I was mortified... I didn't just know who I was? I tried desperately to run back and join my body, but some strong hand was holding me tantalizingly close to my body but wouldn't allow me in. The harder I tried the harder I made things for myself... don't know if I could call me "myself" anymore...I was someone without definition.. A soul that lost its body... fear gripped me..."Mother! Hear my plea... I have none but you to cry to... have mercy upon me". Something more horrifying struck me then... my words didn't have a voice or sound any more... Sound seemed to have stayed back with my body. Never was I so utterly helpless...

After hours of intense struggle I realized that it was futile. I was out of it once and for all. Slowly it dawned upon me that, the body was mine only as long as I'm in it. Once I'm out of it, it belonged to the mother and she had the sole right to it. I realized that it was her wish that I should have a body that made me enter it. But I was still confused, who am I when I'm not the body? What was I before I was in this body? Many more such questions were bubbling about and I had no explanation for any. A zillion such questions must have passed thus, torturing me to find answers.

Who am I...?

All the knowledge that I gained through the body remained in the body that I occupied some time ago. It wouldn't help me. I looked around for friends and ally someone who could help me understand. And then a brilliant idea struck. The mother would surely know. For she has seen me unformed. It was her desire that made me a form. And her desire which made me formless. With eagerness and love I looked at her. Her unspoken words seemed to echo in me. I felt a delightful white light permeating me through and through. What a beautiful light it was, soft and weightless. My limits started to melt in the divine white light; till I realized that I had limits only as I was clinging on to the idea of my body. As the light filled me I began losing the idea of body and form. And thus I lost the finiteness that clung to me, the way I clung to the body when I was in it. I realized that I had become a thought, a beautiful thought in the mind of the divine mother. I was unbound from the bonds of limit and time. It was the most joyous thing that has ever happened. I had the power to be whatever I wanted to, all the bounds of nature were broken I was in a state of absolute happiness.

(To be concluded in next newsletter)

The Law of Pure Potentiality

Law of Pure Potentiality: The source of all creation is pure consciousness. Pure potentiality is seeking expression from the unmanifest to the manifest. And when we realize that our true Self is one of pure potentiality, we align with the power that manifests everything in nature.

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

1. I will get in touch with the field of pure potentiality by taking time each day to be silent, to just Be. I will also sit alone in silent meditation at least twice a day for approximately thirty minutes in the morning and thirty minutes in the evening.
2. I will take time each day to commune with nature and to silently witness the intelligence within every living thing. I will sit silently and watch a sunset, or listen to the sound of the ocean or a stream, or simply smell the scent of a flower. In the ecstasy of my own silence, and by communing with nature, I will enjoy the life throb of ages, the field of pure potentiality and unbounded creativity.
3. I will practice non-judgment. I will begin my day with the statement, "Today, I shall judge nothing that occurs", and throughout the day I will remind myself not to judge.

~ Source – www.chopra.com

Ybrant Prana

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Master says: Can you fix yourself without a mirror? Somebody who dislikes you is like a "mirror". He can help you grow spiritually.

Excerpt from "Miracles through Pranic Healing"

In chemistry, electrical energy is sometimes used as a catalyst to increase the rate of chemical reaction. Light can affect a chemical reaction. This is the basis for photography. In electrolysis, electricity is used to catalyze or produce chemical reaction. In Pranic healing, Prana or life energy serves as the catalyst to accelerate the rate of biochemical reactions involved in the natural healing process of the body. When Pranic energy is applied to the affected part of the body, the rate of recovery or healing increases tremendously.

Steps for Swine Flu

1. Invoke and scan before, during and after treatment. Start with General sweeping.
2. Front & Back spleen chakra, physical spleen - Localized thorough sweeping with LWG. Energize gently with W or gold Prana.
3. Front and back solar plexus - Localized thorough sweeping with LWG. Localized thorough sweeping on the liver with LWG, LWO then W. Energize the solar plexus chakra with W.
* Steps 3 and 4 are the most important steps.
4. Ajna, Throat, Secondary Throat - Localized thorough sweeping with G. Energize with W.
5. Front, back and especially the sides of the lungs - Localized thorough sweeping with LWG and LWO. Energize through the back lungs with LWG, LWO then ordinary LWV.
6. Navel, sex, basic and perineum chakras - Localized thorough sweeping. Energize ONLY THE NAVEL with W or LWR. This will energize the spleen and strengthen the physical body.
7. Localized thorough sweeping and energizing on the hand and sole minor chakras. Stabilize and release the projected energy.

I. PREVENTATIVE: Apply the treatment once every 2-3 days.

Note:

- a) Smoking must strictly be stopped. Smoking damages the lungs and makes the person more susceptible to respiratory infection.
- b) Wash hands frequently with soap and water or an alcohol-based hand wash.
- c) Avoid crowded areas.

II. Pranic Healing for persons ALREADY INFECTED with the influenza virus: Repeat entire treatment 3 times per day. Treatment may be applied distantly.

III. Pranic Healing for young children and the elderly infected with the influenza virus:

- a) Apply the treatment using W Prana.
- b) Proficient, experienced Advanced Pranic Healers may use color pranas but energizing has to be done gently and gradually.

Experience with Pranic Healing:

"I feel blessed that I got the opportunity to learn Pranic Healing. It helps me in reducing my anger, negativity and resentment. I feel physically and emotionally better than before and Pranic Healing has increased my focus on work. I used to have strain and constant irritation in my eyes and they kept watering profusely for days. Just in the two days of the class this problem was gone. The Twin Heart Meditation is so powerful and yet so easy to learn and do. My stress level have gone down dramatically. Also, just one session of Twin Heart Meditation with Self Healing helped me in reducing Back Pain I was having for days. The best part is this healing can be used for oneself as well as others."

~ PN, Program Manager in a leading MNC

Highlights of the month (Apr09):

- ~ 10th Apr – Full Moon Meditation in Shilparamam (Hitech City)
- ~ 25th-26th - Basic Pranic Healing Class at the foundation
- ~ 12-14th - Advanced and Psychotherapy Class at the foundation
- ~ 28-29th - Healers Certification Program
- ~ 17th – Soul Realization class at Foundation
- ~ 18th, 19th Prep II by Acharya Hector Ramos at Foundation

Basic Pranic Healing Class Pictures



FAQs

Q: Are there any Food restrictions when practicing Pranic Healing?

A: There are some restrictions to the type of food one can eat while practicing PH. Totally Avoid CatFish, EEL, and Pork. Next step is to avoid Red meat like mutton & beef. Then comes chicken. Then the scaled sea food. **Then eggs. Vegetarian food is the best.** The instructions is to avoid catfish, eel, pork is given in the Pranic Healing books. They have very gross energies, not suitable for higher living.

News You Can Use (May09):

- 2nd and 3rd May – Basic Class at Foundation
- 9th – Wesak Festival Celebration in Sampradaya Vedika (Shilparamam), Hitech City – 8AM to 10 AM
- 8th – 10th – Advanced and Psychotherapy class

Do You Know?/Hints & Tips

Pranic Breathing helps in increasing the size of your spiritual cord.

Spiritual cord is the primary valve through which dirty prana is expelled from the energy body and fresh prana is drawn into the energy body. Dirty prana however, shrinks the diameter of your spiritual cord because it clogs this valve. Pranic Breathing draws in a great amount of high-quality prana, which cleans out this valve and expands the size of your spiritual cord.

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

To contribute to newsletter or send feedback, email rnagasamy@gmail.com or tayalmanu@gmail.com

WESAK Festival

"Wesak group meditations help bring down spiritual energies to heal the Earth...and further enhance the good karma of Mother Earth and Humanity" states Grand Master Choa Kok Sui.

The Wesak Festival gives us an opportunity to advance our physical, emotional, mental, and spiritual health and facilitates positive changes in our lives. The day of the Festival is to be known as the "day of safeguarding" whilst the two succeeding days are called the "days of distribution".

They mean five days of a most intensive effort in service, leading to the renunciation of all which could hinder our usefulness as channels of spiritual force. It means that after due preparation, dedication and upward striving for the first two days, on the day of the Festival itself we simply regard ourselves as the recipients of, or the custodians of, as much that inflowing spiritual force as we can possibly hold. During that period, two thoughts only will hold our constant attention – the need of humanity and the necessity of providing a group channel whereby the spiritual forces can be poured through the body of humanity under the expert guidance of chosen members of the Hierarchy.

For two days prior to the full moon, we will hold the attitude of dedication and service and seek to assume that attitude of receptivity to that which our soul will impart which will make us of use to the Hierarchy. On the day of the full moon, we attempt to hold ourselves steadily in the light. We will not formulate to ourselves what will happen nor will we look for tangible results. On the two succeeding days, the focus of our attention will be steadily turned away from ourselves but also from the inner subjective planes to the outer world, and our efforts will be to pass on, or pass through, that measure of spiritual energy that may have been contracted.

What is it that should be accomplished at each momentous Full Moon in May? I shall state the objective sequentially and in the order of their importance and with as much clarity and brevity as this abstruse subject permits.

1. The releasing of certain energies which can potently affect humanity, and which will, if released, stimulate the spirit of love, of brotherhood, and of goodwill on the Earth. These energies are as definite and as real as those energies with which science occupies itself and calls the "cosmic rays".
2. The fusion of all the people of goodwill in the world into an integrated responsive whole.
3. The invocation and the response of certain great Beings, Whose work can and will be possible if the first of the objectives is achieved through the accomplishment of the second objective.

Of what importance is this Full Moon of May to you personally? Does it seem to you of sufficient importance to warrant your utmost effort? Do you really believe that on that day there can truly come a release of spiritual energy of sufficient potency to change world affairs, provided that humanity plays its part? Do you really believe and can you stand practically to that belief that the Buddha on that date, in cooperation with the Christ, and with the Hierarchy of Illumined Mind plus the proffered aid of some of the Thrones, Principalities and Powers of Light, Who are the higher correspondence of the powers of darkness, stand waiting to carry out God's Plans, when given the right and the permission of men? Your major job at this time is not to wrestle with the powers of evil and the forces of darkness, but to awaken an interest in and mobilize the forces of light in the world today. Resist not evil, but so organize and mobilize the good, and so strengthen the hands of the workers on the side of righteousness and love that evil will find less opportunity.

If you have faith as a grain of mustard seed in what I have told you, if you have staunch belief in the work of the spirit of God and in the divinity of humanity, then forget yourselves and consecrate your every effort, from the time you receive this communication, to the task of cooperation in the organized effort to change the current of world affairs by an increase in the spirit of love and goodwill in the world during the month of May.

~ Esoteric Psychology, Vol. II pp. 687-692 – Adapted from Prana World Magazine

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

The Programs:

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