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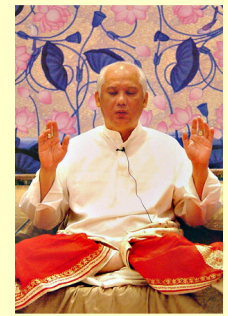
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June is the month when monsoon arrives– the month when we have huge downpours of water from the sky above. When the rain comes, it brings respite from all the sufferings of the hot summer. Let's pledge to bring down more "spiritual rain" to the Earth so that the sufferings of the humanity can be reduced and the world can be healed. Shall we? Do we really want to help others? Or we just say we will? Do we really want to dedicate ourselves to the work of our beloved Guru? Or we just say we will? Do we really have it in us to carry out the work and walk the path which our beloved Guru showed us? Or we just say we do? Let's join forces even more, let's try even more, let's make that extra effort. It is when we do that; the great vision of Grand Master will be realized. Only when we do that; we will grow in the consciousness of Grand Master. Do we really want this or we just say we do?

May the blessings and grace of God and GMCKS be with you and your families!



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

By Palagummi Aditya

The mother speaks at last

Then something most wonderful happened. All the silence that was embalming me broke into beautiful music. Was it music from heaven or was it an indication of something? No sooner had the thought took root than the Mother spoke. She said the most beautiful words ever spoken to me.

"Go play it is all for you",

My heart swelled with joy... The mother spoke to me. The joy was as unlimited as her love. It was pure child-like. If I had a body then I would have been jumping up and down with elation. The joy of her words was ceaseless; my joy broke into words and words strung into lyrics.

"Thou hast made me endless, Such is thy pleasure. This frail vessel thou emptiest again and again, And filleth it ever with fresh life

This little flute of a reed thou hast carried over hills and dales, And hath breathed through it melodies eternally new

At the immortal touch of thy hand my little heart, Loses its limits in joy and gives birth to utterance ineffable

Thy infinite gifts come to me on these very little hands of mine, Ages pass thy still pourest .. And still there is room to fill"

I was expanding eternally. The Sun, the Moonsun, the Starsmoon, the stars, the Milky Way, galaxies and, constellations – all became me. I was in everything yet I was nothing. What a wonderful feeling it was.

It starts all over again

Time was lost in itself. I know not for how long I expanded, for time was no more a measure for me a state of pure ecstasy it was.

When there was nothing more that had to be known. I was so overjoyed with happiness. "**Mother ... mother ... did you see that did you see what just I did**", I was bursting with child-like energy. The ever over-joyous mother only smiled and only this time I understood my time had come once again to take a form, a form that the mother chose for me. "Ma bless me and always be with me..." In a voice so wonderful that it melted heavens she said. "Son! Has ever a mother forsaken her child?" Truly, they say there can be bad children in this world but a bad mother, never.

Then in an instant I intensified, like dust of brilliant light filling an empty shell. I was being drawn into a dark shell.

Then I took form of the shell. Slowly darkness clouded me. I was pushed in from all sides. The shell was shrinking, a long time it took in shrinking... Lo and I became bound in time too. I was beginning to feel the pressure of the shell from all sides. Such a heavy pressure that it started to boggle my mind... "Lo! Mind had been created again". As hours ticked by the shell shrunk further and further till it became a small seed. ... With a beautiful shiny coat.... the brightest that any of his friends ever saw... Then I saw him observing me... the mother was also observing us but he didn't seem to realise...

Pranic Face Lifts

Over the years, lines tend to develop on our faces. Some people have more of these than others. When you look at most magazines, you will see an abundance of ads promoting botox, face lifts and many types of facial surgery. There are many techniques, but there can be drawbacks also. Some of the techniques are painful, some only last a few months, and some are even risky.

Now there is an option that is a Non Surgical procedure. It is called *Pranic Face Lift* (PFL). Apart from enhancing your facial features, the Pranic Face Lift techniques can even help improve your overall quality of life. This painless, no touch technique is now an easily accessible option for people who want to look and feel better, but who wish to avoid surgical methods.

Grand Master Choa Kok Sui, author of 21 books and the modern founder of Pranic Healing and Arhatic Yoga, developed the unique techniques using energy for Pranic Face Lift. The techniques are based on the utilization of the abundant universal life energy and applying them so that the face becomes suppler and smoother, and looks more youthful...

To be continued...

~ Dr. Glenn Mendoza, M.D., USA

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Ybrant Prana

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Master says: Problems in life make you stronger and more compassionate.

Excerpt from "Existence of God is Self Evident"

God the Love who is Omniprovident is called God Vishnu, who is the Preserver. -As stated earlier, to love is to provide, and to provide is to preserve. In relation to parents, it means earning a living, providing shelter, food for the family and education for the children. -In relation to the government, the act of providing and preserving is called the "social security system".

In relation to the Spiritual Teacher, it is providing spiritual teaching, moral values, and spiritual practices to preserve the students from morally degenerating and to help them improve in general.

Healing Steps for Alcoholism and Smoking habits

1. Invoke and scan before, during and after treatment.

NOTE: a.) Use the "divide the chakra into 6 parts" technique. Scan each section for negative entities and then for negative elementals. Take note of the affected section(s) of the chakra. Apply this scanning technique one chakra at a time to the throat, secondary throat, f & b solar plexus, ajna and crown chakras.

2. General sweeping with LV or EV.

3. Localized thorough sweeping on left and right sides, and front of the throat area with LV or EV.

4. Localized thorough sweeping on the throat chakra using LV or EV, one section at a time with emphasis on the affected section(s).

Rescan. Continue sweeping until the 6 sections are clean and balanced.

5. Localized thorough sweeping on the secondary throat chakra using LV or EV, one section at a time with emphasis on the affected section(s).

Rescan. Continue sweeping until all the sections are clean and balanced.

6. Energize the throat chakra and secondary throat chakra with LV or EV.

7. Localized thorough sweeping on the f & b solar plexus chakra with LV or EV one section at a time with emphasis on the affected section(s).

Rescan. Continue sweeping until all the sections are clean and balanced. Energize the solar plexus with LV or EV.

8. Localized thorough sweeping on the ajna chakra and crown chakra with LV or EV, one section at a time with emphasis on the affected section(s).

Rescan. Continue sweeping until all the sections are clean and balanced.

Energize with LV or EV.

9. Stabilize and release the projected energy.

10. Repeat treatment 2 to 3 times per week for as long as necessary. Communicate with the person regularly to monitor the progress.

11. The person must have a certain degree of intention to stop smoking/drinking. It is advisable for the person to do deep abdominal Pranic Breathing daily or regularly to help relieve the stress.

A change of companions (to avoid drinking) and joining religious or spiritual activity group(s) would be helpful for a change in lifestyle.

Experience with Pranic Healing:

"A 37-year-old male who'd had chronic prostatitis, an inflammation of the prostate gland, for 17 years, came to see me. His symptoms included urinary frequency and urgency, lower abdominal and testicular pain, and occasional burning during urination, and he was in a great deal of discomfort. Urological studies show that in 92% of prostatitis cases, there is no associated infection -- that is, the prostate is inflamed, but tests don't reveal any medical problem. Physicians call such a problem a "functional disorder."

"I told this man that we frequently store negative emotions in the body, and that they can cause actual physical problems, including functional disorders, such as prostatitis. In the course of our conversation, he said that his mother was very abusive toward him when he was growing up, and that he had a tremendous amount of anger about it, but he had "held it in" for years.

"I explained that his resisting feeling to those negative emotions over the years had likely caused his chronic prostatitis. We worked together for one session, using direct clearing methods to address his pent-up anger. Shortly thereafter, he was symptom-free for the first time in nearly two decades. At subsequent follow-ups, he remained symptom-free."

- Dr. Eric B. Robins, MD, Southern California, USA

Highlights of the month (May09):

~ 2nd and 3rd – Basic Class at Foundation

~ 9th – Wesak Festival Celebration in Sampradaya Vedika (Shilparamam), Hitech City – 8AM to 10 AM

~ 8th – 10th – Advanced and Psychotherapy class

~ 24th – Soul Realization class by Acharya Sasidhar

~ 30th & 31st – Basic Class at Foundation

News You Can Use (June09):

~ 6th – 8th Jun – Advanced and Psychotherapy class at Gachibowli Center (9949188001)

~ 14-Jun – Arhatic Prep-1 class at Gachibowli Center (9949188001)

~ 27-28 Jun- Basic Pranic Healing class at Gachibowli Center

~6-7th June Basic Pranic Healing at Foundation, Ameerpet

7th – Class on Om Namo Rama Om

7th - Full Moon Meditation at Foundation

Frequently Asked Questions

Q: The moment I start exercises or meditation or healing, I start yawning (which is embarrassing). Why?

A: Yawns come when the physical body is not getting enough of compatible prana/bioenergy that is suitable for assimilation. In this case, probably physical and emotional bodies need more purification, to become balanced and compatible. The solution is to do more physical exercises (with joy) and inner reflections.

Do You Know?/Hints & Tips

Some severe ailments are emotional in origin. Some patients have so much deep seated hurt or resentment towards certain persons. The rate of healing would be much faster if the patients consciously make an effort to forgive those who may have actually or imaginarily hurt him or her. Unless the patient learns to forgive, the healing will be slow or there will be relapse. The act of forgiving is therapeutic and is necessary for good health.

Studies on Meditation on Twin Hearts

Research and scientific studies have been completed on the neurophysiological, psychological, and sociological and psycho-spiritual effects of the Meditation on Twin Hearts. These studies have been conducted in the most part by Glenn Mendoza, M.D. in New York City, New York and by Dr. Vrunda and Supriya Ghorpadkar and Mr. Sundaram in Bangalore, India.

Scientific Studies and Research done on Meditation on Twin Hearts:

- Meditation on Twin Hearts showed measurable changes on the pattern of electrical activity through the brain by electroencephalograph (EEG). Comparing EEG studies before and after meditation, has revealed a dramatic **transition from beta waves to alpha waves** and delta-theta waves in 14 meditators and non-meditators.
- There was an observable **increase in brain synchrony** (alpha-delta-theta waves) between the two hemispheres of the brain after the Meditation on Twin Hearts. There was synchronization of brain waves initially between the same hemisphere and followed by synchrony between the frontal, middle and rear portions of the brain.
- There was a **decrease in heart rate and respiratory rate of up to 15-20%** and an **increase in oxygen saturation** after the Meditation on Twin Hearts.
- A **positive relationship of skin conductance** before and after the Meditation was observed in all subjects.
- The Meditation on Twin Hearts was found to show a dramatic muscle potential measurement through electromyogram (EMG) of the scalene and extensor muscles of the arms.
- There was significant **increase in neurohormones serum Serotonin and plasma Melatonin (up to 300%)** following the Meditation on Twin Hearts in a pilot study of 17 subjects and a follow-up study of 35 subjects.
- No significant relationship between Meditation on Twin Hearts and beta endorphins was noted.

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

The Programs and the Contributions:

- | | |
|---|-------------|
| 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.