

Pranic Healing

Manifest your greatness

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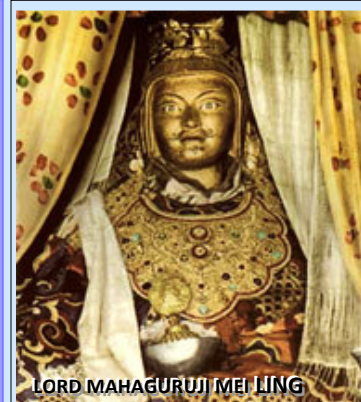
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This edition is our first anniversary issue! We started this newsletter a year ago hoping that we would be able to be in touch with all our fellow Pranic healers and others as well, and provide them some good reads regularly. We have been able to do exactly that and more!

Thanks everyone for sending us your feedback and suggestions and helping us continue to do the good work. We are also happy that people have recognized the good effort of Ybrant Prana in spreading Master's work. Last month we pledged ourselves to the work of our beloved Guru and we hope it will keep our inspiration alive.

Also, as promised last month, we have tried to make this issue a special one and have included an exclusive interview of Grand Master. What's more, reading Ybrant Prana is now rewarding too, because we have a crossword for you which can win you very attractive prizes!

May the blessings and grace of God, Lord Buddha Mahaguruji Mei Ling and GMCKS be with you and your families!



Twin Hearts Meditation

The **Meditation on Twin Hearts (MTH)** is the foundation of all other meditations. **MTH** is specifically aimed at helping the practitioner achieve illumination. In the Hindu tradition, **MTH** is known as Bhakthi Yoga or Yoga of devotion. In the Buddhist Tradition it is called higher form of loving kindness or Metta meditation. The meditation is also practiced by some Sufi groups. Regular practice of **MTH** fills the practitioner with love, light, hope and strength. It has been noted that when the heart acupuncture point of a hysterical person is stimulated, the person calms down very fast, a similar effect occurs through the practice of **MTH**. When the Meditation is used instead of acupuncture needles, it produces immediate internal calmness and a strong sense of well being. According to the Law of Karma and philosophy of many religions and philosophical traditions, what you sow is what you reap. So when we regularly bless others in our lives - those we know and we do not know - our lives are blessed. When we meditate and pray for world peace and deep understanding and for good will and the will to do good, our lives will likewise be blessed.

MTH aims at establishing planetary peace and harmony. This meditation is very simple. It is very powerful, bringing tremendous change in the practitioner at different levels. This meditation is a higher form of distant healing. We are part of the Earth's energy body. Similarly, we are part of the Earth's nature. Unless the nature of the Earth changes, we can't change or transform. The Earth is undergoing changes at different levels including the physical. We can do our bit for the entire process to be smooth by blessing the Earth with golden energies. In turn we are setting up the platform for our own growth. As we sow, so as we reap. **MTH** involves powerful activities like Rooting - transferring or sending the Soul Energy into the Earth, thereby allowing it to heal at different levels. This meditation also has elements of higher Arhatic Yoga Meditations.

Physical Benefits: Practicing **MTH** has many positive physical benefits. The practitioners notice improved health, greater stamina, a strong sense of well being, increased immunity, a more charismatic personality, substantial stress relief both within the family and at work, increased physical energy and greater productivity.

Emotional Benefits: Some of the emotional benefits of practicing **MTH** are, a more balanced personality, an incredibly increased sense of confidence, increase in tolerance, the development of greater patience and courage empowering us to fulfill the dharma in our lives. The ability to forgive others and ourselves is also increased and there is increased ability to manifest love in our lives.

Mental Benefits: Some of mental benefits of practicing **MTH** are a clearer and sharper mind, more organized thinking, a positive mental outlook on life, greater intuition, deep sense of serenity, more objective perception, and a greater ability to cope with unexpected events.

Spiritual Benefits: The spiritual benefits of practicing **MTH** include an activated and loving heart, a strong sense of inner peace, increased tranquility, increased calmness which leads to greater inner stillness, which also leads to greater connectedness and oneness with the Guru, GMCKS, greater connectedness to God and illumination and divine bliss, greater connectedness and oneness with all. These amazing shifts in perception and consciousness are due to the deep cleansing of the aura and the chakras that occurs when large amounts of divine energy come down into one's crown chakra and into the entire energy system during this meditation...

(to be continued)

~ by Ramakrishnan Nagasamy

Upcoming Events:

- ~ 3 Jul - Certified Pranic Healer by Swarnamala G.
- ~ 4-5 Jul - Associate Pranic Healer by Swarnamala G.
- ~ 7 Jul - Gurupurnima Meditation at RTC Kala Bhavan, 5:30pm onwards
- ~ 11-12 Jul - Basic class at Foundation
- ~ 12-Jul - Inauguration of Gachibowli center
- ~ 17-18 Jul - Basic Class at Gachibowli
- ~ 17-18 Jul - Advanced Class at Foundation
- ~ 1-2 Aug - Arhatic Prep-II by Charlotte Anderson
- ~ 29-31 Aug - AP Ashram Weekend

Last Month's Highlights:

- ~ 6-8 Jun - Advanced class at Gachibowli
- ~ 14-Jun - Achieving oneness with higher soul (Prep 1) class
- ~ 20-21 Jun - Basic class at Gachibowli
- ~ 27-28 Jun - Basic class at Foundation
- ~ 27-28 Jun - Psychic Self Defence & Crystal Healing by Acharya Sasidhar at Foundation

Master Says:

"Practice Diligently
Purify yourself
Spread the teachings"

Frequently Asked Questions:

Q: Does Pranic healing have any side effects?

A: There are no side effects of applying Pranic Healing. Just that if the complete healing is not applied, the cure may not be complete and patient may take the usual time with medicine.

Do You Know?

There are five keys to energetic hygiene: emotional regulation, proper diet, physical exercise, clean environment, and a final special key, frequent use of salt in all cleansing applications.

Pranic Face Lifts, contd. from last issue

... You say "Ah that sounds great. What is the catch?" There is only one catch. You must participate in the programme and be open and receptive to this technology working. You must be willing to allow someone, who is trained and certified in these specific techniques to let you wear crystals around your hands, body and face – in order to improve the flow of energy in and around your physical body.

A few other things you must do include: take baths with salt water regularly. You should see a practitioner for about 10-15 sessions, and practice simple daily meditations. Often, usually monthly, you should go to see the practitioner for a 'tune-up'. The process is simple and effective, so long as the patient is willing to make a few minor adjustments.

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

Healing Steps for Coma ...

Since a comatose state is indicative of an underlying ailment, the treatment will be based on the underlying ailment and the length of time the person has been in the comatose state.

1. Invoke and scan the energy level and quality.
 - a. General - inner and outer aura.
 - b. Chakras of the head, and all major chakras.
 - c. All the sections of the brain and

spine.

d. Organs

2. Apply treatment to malfunctioning chakras and organs.

It is possible to heal a person in a coma provided the essential Pranic Healing steps are followed and the patient's physical and psychological conditions not yet totally deteriorated. Healing can be successfully done by first level Pranic Healers who have been practicing Pranic Healing regularly.

Experiences with Pranic Healing

A very close friend stays in the UK. She lost her sense of smell 1.5 years back and the doctors said there is little chance of getting it back. I started applying Pranic distant healing for her 2 months back, and within 3 weeks she could smell intermittently and within 5 weeks she fully regained her smell. Also, she has a chronic asthma and I started distant Pranic healing for that after this. Within, 3 weeks again she has started

feeling much better, and I am sure this would get cured within a few weeks. In fact one of my key reasons for learning Pranic healing was to heal her, and I would like to extend my thanks to you and the Pranic Healing organization for this.

- AM (Pranic Healer and Content Dev
Manager in a leading MNC)

Excerpt from MPH

Releasing the Projected Pranic Energy

A healer will notice that it is relatively easier to be detached when healing strangers than when healing one's own children, relatives or close friends. This is due to the tendency of the healer to be "over concerned" or too anxious with the result because of the emotional attachment to the patient. Clairvoyantly, this attachment is seen as an etheric or energy cord (cord of light) linking the healer to the patient. Because of this cord, there is a tendency that the projected Prana may return to the healer; therefore, the patient may get well slowly instead of rapidly. To avoid this, the healer should visualize himself cutting the etheric cord or "cord of light" with an imaginary pair of scissors or knife.

Ybrant Prana

*“A Clean Aura indicates good health” – An exclusive interview with
Master Choa Kok Sui*

Grand Master Choa Kok Sui, founder of the World Pranic Healing Foundation, stumbled upon the ancient science of Pranic healing in 1987, through 18 years of immersion in esoteric healing practices such as Yoga, Chinese Qi Kung and others. A Manila-based Roman Catholic businessman of Chinese descent, with a degree in Chemical engineering, he is a spiritual teacher, writer and tireless advocate of this deceptively simple healing system. Today, Pranic Healing, along with Reiki, is one of the premium energy healing systems in the world and is instrumental in shifting a vast number of people towards spiritual perception of the universe as an ‘ananta urja’ (a sea of energy).

Grand Master Choa Kok Sui divulges the secret of abundant health:

Q: How would you define good health?

GMCKS: Good health nowadays means more than just being physically healthy. More and more people feel that good health should include being emotionally and mentally healthy. Emotional health probably should not be limited to having a stress-free life (or even having just minimal stress). Emotional health should probably also indicate the ability to generate, produce and experience, the appropriate positive emotion required by the situation. Mental health likewise should not be limited to being sane. It should probably include also the ability to focus and concentrate (dharana), as well as the ability to be sensitive and aware of one’s surroundings (dhyana). In Pranic healing we have a simpler way of putting it. If a person has a clean aura and his/her chakras are likewise clean and functioning properly, then that person is in good health. The chakras have physiological, psychological and spiritual functions. So if the chakras are in good condition, the person is physically, psychologically and spiritually healthy.

Q: Today, on one hand, there are major advances in medical science but, on the other, there is an increase in lifestyle diseases like hypertension and diabetes. What would you attribute this to?

GMCKS: There could be factors other than lifestyle that may have contributed to an increase in the incidence of ailments like hypertension and diabetes. Improper diet and nutrition, for example, could be an important factor. The population explosion is also a factor to be considered when looking at increase in incidence of ailments. Furthermore, major advances in science could be caused by other factors (like technological development, shifts in funding emphasis etc.), which could be unrelated or completely different from those that cause the increase in ailments.

Q: Could you share some of your experiences on better health through tapping into the universal energy source?

GMCKS: If we assume that by saying ‘universal energy source’ you mean ‘Prana’, then tapping this source can be done through proper breathing, proper exercise and proper diet, among others.

Q: What led you to Pranic Healing?

GMCKS: My grandmother was a healer. My sister is a medical doctor (she encouraged me to learn more about Pranic Healing so I could heal myself and not be too dependent on her medical diagnoses and prescriptions). I guess interest in healing ran in the family.

Q: Ignoring ‘energy’ as a prime factor of health has been the trend. In what manner has this affected our perceptions of good health?

GMCKS: I thought the present trend was for more and more people to consider ‘life-energy’ as a major factor in health. Now, more and more people are aware that health is not limited to having a disease-free physical body. Now, more and more people are aware that the quality of their thoughts and emotions affect their health.

Q: Do you think modern i.e. allopathic medicine will benefit from understanding more of the principles of alternative systems of healing?

GMCKS: Yes. Knowing how to utilize Prana or life-energy for healing will provide allopathic medicine with an additional tool with which to treat common ailments.

Q: How do colors and elements affect our health?

GMCKS: Certain colors affect us psychologically. For example, light orange (or peach) makes us feel enthusiastic. Red makes us feel dynamic. So given the right colors, one’s moods can be affected.

Q: What does one’s aura indicate and how can we use it to diagnose our state of health better?

GMCKS: Among other things, the aura indicates the quantity of life energy or Prana in our system. Generally speaking, the inner aura is about four inches thick from surface of the skin. So if the aura is less than four inches, the energy level is low, the person could be depleted, tired or sick. If the aura is more than four inches thick, the energy level is high, maybe the person is happy or excited. If it is too thick,



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

The Programs:

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

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Ybrant Prana

The Great Vision of GMCKS

The target is to produce one Pranic healer for every family. One Arhatic Yogi for every one thousand people out of the present population of about seven billion people. The target is to produce seven million Arhatic Yogis. Out of every 10 Arhatic Yogis, one Senior Arhatic Yogi will be produced. A total of seven hundred thousand senior Arhatic Yogis will be produced. Out of every one hundred Senior Arhatic Yogis, the target is to produce one baby Arhat or seven thousand baby Arhats. Out of every hundred baby Arhats, the target is to produce one fully

“
If the aura is less than four inches, the energy level is low, the person could be depleted, tired or sick
”

matured Arhat or a great Arhat. A total of seventy fully matured Arhats or great Arhats. Out of the seventy great Arhats hopefully three holy Masters or three great ones will be produced. If this can be done within one hundred fifty years time the world will change, be transformed and progress beyond recognition. If this objective can be accomplished, we can have heaven on earth!

Editor's Note:
And we say' ...
“SO BE IT”

maybe the person is having a fever.

Q: Pranic healing talks of Arhatic Yoga. What are its principles and how can one benefit from its practice.

GMCKS: Arhatic Yoga teaches us to live a disciplined balanced life. Arhatic Yoga enables the practitioner to achieve rapid spiritual growth without losing balance. Having a background in Pranic healing provides the Arhatic yogi with a better understanding of the chakras and the spiritual anatomy of the aura.

Q: It may not be possible to cure all diseases but one could learn to live with them in a better manner by healing ourselves. Would you agree that a focus on 'curing' as opposed to 'healing' has led to the neglect of mental and spiritual health?

GMCKS: Perhaps too much focus on the treatment of the physical body and the physical manifestations of the ailments has led to the neglect of mental and spiritual health.

Q: Do you think most diseases can be healed?

GMCKS: Yes. Nothing is impossible for God. Should God decide that a person's ailment gets healed, it happens.

Q: Do you see the world opening up to a holistic view of health?

GMCKS: Why not! There are so many people everywhere who are intelligent enough to realize this. Maybe it's just a matter of time.

Q: What are the stumbling blocks, if any, for a state of holistic health?

GMCKS: The old ideas, old outmoded patterns of thinking. Narrow mindedness of people is a major stumbling block.

Q: How important is religion and spirituality in the context of health?

GMCKS: Very important. Spirituality probably more so.

Q: What sort of a lifestyle would you advocate for a healthy life?

GMCKS: Live a moderate lifestyle. Get sufficient exercise, sleep, rest and proper food. Have fun every now and then.

Q: What is your vision for the new millennium?

GMCKS: That people will first become more aware of life-energy/prana and how this energy affects us physically, emotionally, mentally, financially and spiritually. That people will next utilize the appropriate techniques to use prana to improve their lives physically, emotionally, mentally, financially and spiritually.

Q: What are the illnesses pranic healing can cure?

GMCKS: Most simple common ailments like headaches, stomach aches, muscle pains can be alleviated by Pranic healing.

Q: What impact has pranic healing had on the general health of its practitioners?

GMCKS: Most full-time pranic healers that I have met (from Asia, to the Middle East, to Africa and Europe) are healthy, happy, financially and spiritually abundant and rarely get sick.

Q: Anything else you would like to share with our readers?

GMCKS: Learn more about yourself. One aspect to look into is your own energy system – our auras and chakras unveil a new world that should not be left undiscovered.

~ Adapted from "Life Positive" Magazine, Jan 2007

The Ybrant Prana Crossword

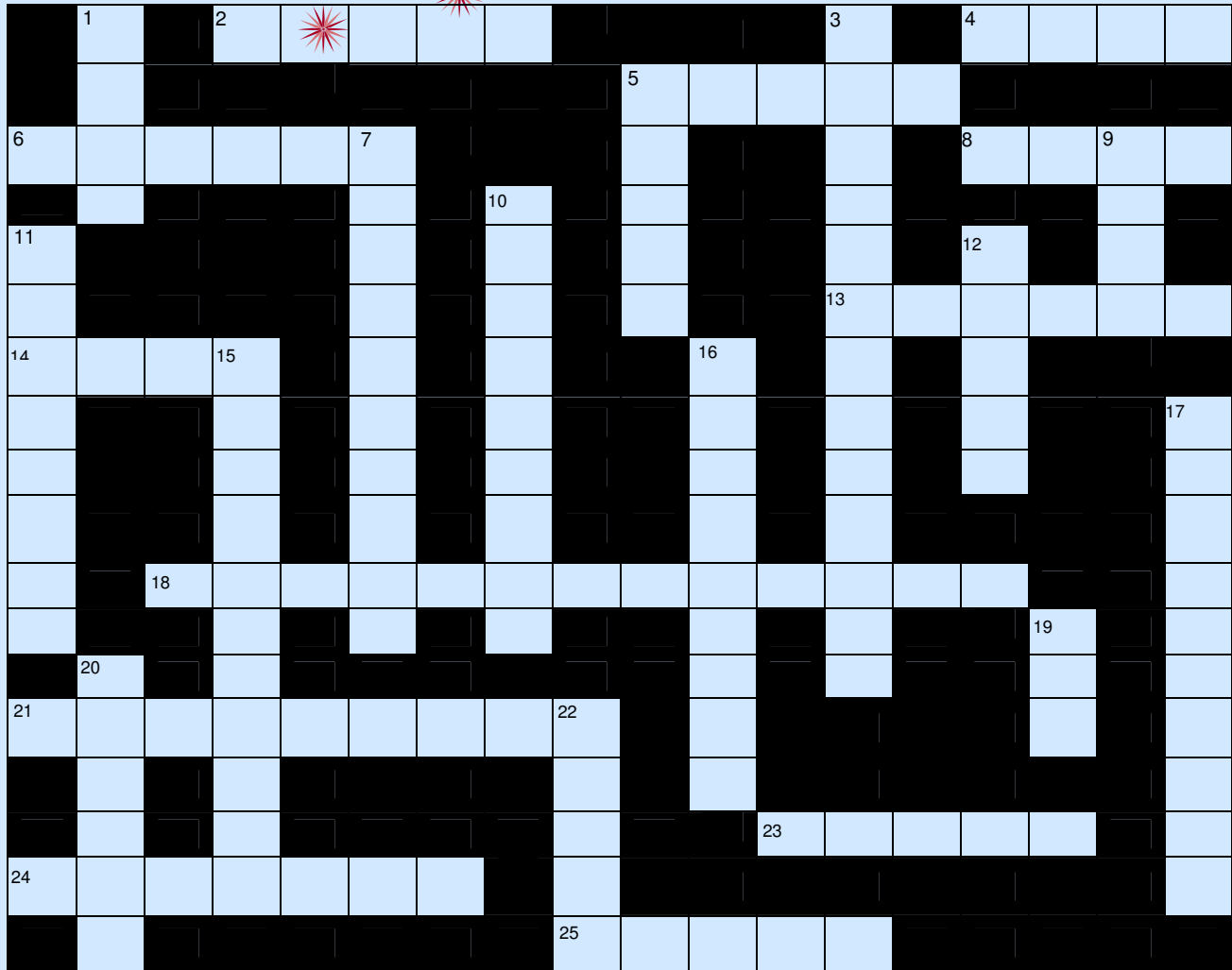
Your chance to win some great and attractive prizes!

Rules:

- ~ Pranic Healing instructors are not eligible to participate. Basic probationary teachers can participate.
- ~ The first three all correct entries will win the prize and first all correct entry wins bumper prize
- ~ Editor's decision shall be final
- ~ Prizes to be collected within 1 month of announcing the Winner, by coordinating with editor
- ~ All responses to be sent to tayalmanu@gmail.com
- ~ Responses to be sent in filled xls sheet only downloadable from <http://ramakrishnans.com/Documents/crosswordV2N7-2009-07.xls> or attached with the email.



Crossword



	ACROSS		DOWN
2	Critical part of immune system, straw colored fluid component of blood, resembling plasma	1	"Respected sir" in Phillipino
4	Cooling Prana	3	This is one of the two principles of Distant Healing - Principle of
5	Bioplasmic matter flow and are distributed all over the body through this	5	This chakra produces "Biosynthetic ki"
6	Prana, in Greek	7	Spiritual antenna, in India
8	Feel disturbance in aura	9	This chakra controls the master gland and is called Master Chakra
13	This chakra is the centre of Higher creativity	10	One of the two fundamental principles of Pranic Healing - Principle of
14	Glaucoma, disease of	11	Technique to seal holes in the outer aura
18	External Medical Chi Kung, in India	12	The main entry point for Divine energy
20	He scientifically rediscovered invisible physical body. He was from ...	15	This is the "I" centre
21	Force field that contains or prevents the leaking out of pranic energy	16	This is the last of the 7 basic techniques of Pranic Healing
23	Secondary Navel chakras	17	Front energy channel or ... meridian
24	This herb produces a lot of "artificial Prana" and is used by professional healers	19	Strengthening and stimulating Prana
25	An evolved one	22	A relaxed concentrated state of mind typical of a brain wave