

## Pranic Healing

Manifest your greatness



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**Atma Namaste!** We had a wonderful Arhatic Yoga Preparatory II (AYP-2) Class on 1<sup>st</sup> and 2<sup>nd</sup> of Aug. Atma Charlotte Anderson, Spiritual Consort of GMCKS, led the participants through the program. It was good to be refreshed of the teachings with new insight and inner reflections on the teachings. AYP-2 was followed up with an Arhatic Yoga Prep I (AYP-1) nurturing program. When people had the questions in their minds as to why this AYP-1 nurturing is required, she spontaneously said that AYP-1 is part of AYP-2 and that it adds value to the review and revises the AYP-1 course also. During the meditation on the Blue Pearl, many of the participants had various divine experiences, which were very amazingly similar. Some of them experienced the presence of Master inside. Yes, Master is within each one of us. August is the month when he took “bodily” birth on this earth. As we celebrate His birthday this month, let’s also remember *The Promise* He made to us, *long before we were born*. Read on...



GRANDMASTER CHOA KOK SUI

### Twin Hearts Meditation

Every Chakra controls an organ system or an endocrine gland system. When a person does this simple yet powerful meditation, the Meditation on Twin Hearts (**MTH**), Divine Energy flows into his etheric body and many students have the experience of being showered with silvery violet light. They also see 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. EV light cleanses and energizes all the chakras and physical body’s different systems. The golden light will stay in the etheric & physical body and it leads to developing the golden body. Later Physical body is also filled with light. The physical body becomes indestructible.

When you grow spiritually, the positive and particularly negative karma manifests at much faster rate. This will put you off course in your spiritual practices. By using the techniques and tools taught in Pranic Healing you will be able to overcome difficulties and continue your spiritual practices. Twin Hearts Meditation is one of the most important tools to help to steer your spiritual life. Meditation on the Twin Hearts is an excellent way to generate good karma and also enough Pranic energy to heal your problems. Twin hearts is very safe meditation for most people above 14 or 15 years. Of course even **MTH** has do’s and don’ts. So, one should follow the Simple Instructions like doing Physical and Breathing exercises before the meditation, and Massaging and Physical exercises after the Meditation. People having heart ailments, glaucoma, hypertension, should not perform this meditation.

**MTH** cleanses the chakras and aura of all used-up energy; negative thought forms are also flushed out and accumulated stress energy substantially relieved through the practice of **MTH**. When the meditator is no longer overloaded by stress energy, it is possible to generate a substantial amount of internal and external peace. In the work place when unhealthy stress energy is removed, team work improves, and tasks are quickly and easily performed. Regular meditators know that they may gradually rely on and use a compelling force of power of their mind that is some times termed as inner guidance or intuition. Therefore work decisions and personal decisions are significantly faster as the mind becomes clear and person becomes calmer. Through the practice of **MTH** the meditator becomes a channel for the divine energies generated through this meditation by becoming a channel for peace, good will and will to do good. The meditator is filled with divine energies that create happiness. We should remember and understand that the chakras or energy centres are really entry points or gateways to certain levels or horizon of consciousness. **MTH** increases our ability to become more compassionate, to feel merciful and to project love to all people, the quality to be filled with greater love normalizes aspects of our lives which has been previously chaotic or difficult for various reasons, this transformation within the lives of practitioners inspires them to continue practicing **MTH** and helps to spread the meditation throughout the world. Frequently we notice that it’s not the outer obstacles or reasons which prevent spiritual practice like not having enough of time, being physically too tired etc. that prevent our spiritual practice of sadhana. The large problem is with the inner obstacles. For example, preference for watching TV, just reading another interesting book, simple lack of attention to the desire of the soul for spiritual food or nurturing.

(to be continued)

~ Compiled by Ramakrishnan Naqasamy

### Upcoming events:

- ~ 8-9 Aug – Basic class at Foundation
- ~ 15 Aug – Master’s Birthday celebration
- ~ 22-23 Aug – Basic class at Foundation

### Last Month’s Highlights:

- ~ 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
- ~ 17-19 Jul - Advanced Class at Foundation
- ~ 24-26<sup>th</sup> Jul Advanced Class at Foundation
- ~ 1-2 Aug – Arhatic Prep-II by Charlotte Anderson

## Master Says:

When you have developed your Solar plexus, you do something because you are paid to do it. When you have developed your Heart, you do Service. Both are important because you must live a Balanced life. The Law of Nature requires Balance.

## Frequently Asked Questions:

**Q:** Is it ok if we make our wishes during chanting of Om during MTH?

**A:** During chanting of Om, the focus should be on the gap and the stillness between two OMs. When you meditate on your wishes, you are not "meditating". During chanting of OM, the consciousness of the meditator shifts to a higher level and he is able to receive a lot of Divine energy. Focusing on the wishes may hamper the receiving of this energy.

If one wants to bless one's wishes, it can be done before rooting.

## Do You Know:

Anger and Hatred bind people together! When you Hate someone, it creates an "Energy Link" with the person. You become chained to the person and your Soul becomes entangled with that person. If you want to be free, you must Forgive people. Silently say, "You are forgiven. God's blessings and peace be with me and be with you."

Repeat 7x for 7 days

## Pranic Healing Suggested Practice Schedule

One of the most important aspects of any spiritual practice is having an easily maintainable schedule. After going through Basic Course students generally have this question in their minds as to what to focus on and what should be the practice schedule. Here is a low down on suggested practices -

- **Self healing** - atleast once a week if you don't have specific health problems

- **Salt Bath** - atleast thrice a week
- **Twin Hearts** - daily once, including exercises. If you find that difficult, do it atleast 3 days in a week.
- **Pranic breathing** – Atleast Daily once
- **Inner Reflection and Firm Resolution:** One must practice and concentrate on one virtue for about 2 months.

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## Healing Steps for Stress Removal

Invocation.

1. Energize front & back Solar Plexus with LWG. Visualize the subject as completely filled with LWG.
2. General sweeping with LWG twice, EV once.
3. Cleanse the 11 chakras with LWG, LWV.
4. Energize forehead & back heart chakras with EV. Mentally say 7 times each "Increase soul contact and awareness."
5. Scan activation of Meng Mein in relation to back heart chakra. If over activated, inhibit it.
6. Energize Basic, Sex, Navel, Solar plexus, throat with LWG, LWV & Pink.
7. Energize back heart & crown with LW V.
8. Energize back heart & Crown with EV. Visualize subject as EV being of light.

9. Energize Ajna with EV, using right hand Mudra (thumb to the side of middle finger). Mentally Instruct 4 times: "Absorb & assimilate healing energy mentally, emotionally, etherically & physically now. So be it."
10. Stabilize.
11. Invoke healing angels for continuous healing & protection.
12. Give thanks to the Divine.
13. **PRECAUTIONS:** In cases of High Blood Pressure, do not energize crown intensely with EV. Inhibit solar plexus and Meng Mein. For pregnant women do not treat chakras below the solar plexus & do not treat Meng Mein.
14. Be gentle with the elderly & young children

## Experiences with Pranic Healing

...The best thing for me was to be able to see the Prana in the air. It acted as a trigger to strengthen my faith in Pranic healing. This was followed by my fortune to be able to see colors in the aura of my fellow colleague. The twin hearts meditation cleansed my soul and the dirty energy came out in the form of tears, which really relaxed me and made me more receptive to the teachings. Initially, I was apprehensive about crying during the twin hearts, but now, I know the reason for the tears and let them flow. It really relaxes me and brings me closer to the Supreme Being. Further, blessing Mother Earth with loving-kindness through the twin

hearts meditation brought so much of inner peace and happiness to me...The class was full of practical exercises, which helped me heal others and get healed in return. In one instance, the entire class focused on cleansing and healing a colleague, who suffered from knee joint pain. After healing for 5 minutes the person was already experiencing considerable reduction in pain...Finally, I think I have the knowledge and the tools that can be blended with the daily hectic lives of the modern society to give divine peace, bliss and happiness.

~ SM, Director-R&D, Hyderabad

## Excerpt from MPH

### Releasing the Projected Pranic Energy

Also, it is better not to think about the patient immediately after the treatment because the etheric link might be re-established. Furthermore, if the patient is very depleted, there is a possibility for the healer to unknowingly continue energizing the patient even long after treatment, which in the long run, will cause the healer to be depleted. Should this happen, the healer must calmly visualize himself cutting the etheric cord again.

Under normal circumstances, when the healer is calm and detached (but not indifferent to the patient), the projected Pranic energy is released and the etheric cord is automatically cut.

## The Promise

As I reminisce.....

I was born into a rich family. I need not have to strive very hard, and yet, early in my youth, I have kept my faith to a longing

That some day I will touch many lives and fulfill their hidden longings. That they can be greater than themselves, greater than their lives. That someday, I will have to seek for them in many times and places.

I will have to travel. These my early Mentors have predicted. That I will be a Teacher of a longing and I will cross the length and breadth of many lands to share.

Thus, early in my life I have studied to prepare. Though I could have been an ordinary child who played with toys, instead...

I walked towards the Hearts of my Mentors that I can prepare myself to fulfill my longings of my future friends, students and disciples.

I could have played with sands on beach and fiddled with wooden toys.

I did little of that. Instead...

I touched the books and searched in them the wisdom of old. I mined the Ancient Teachings for the nuggets of the Spirit. That I may learn to touch the hidden wisdom of life.

Instead of games on the streets and walks on the beaches with my childhood friends, I sat and waited under my Tutors, that I may learn the nature of energy, that in the future I may learn to touch other souls.

I learned to heal early.

I practiced.

As I grow older I kept at it.

My readings became deeper. I sat and meditated. I prayed and I invoked. I hoped and beseeched the lord. I implored my Inner Teacher to train me deeper. I read more and experimented. I persevered and meditated more.

The lord has blessed me with prosperity and talent in business. I could have chased after money. I could have stayed home and kept

to the company of the woman and the children she bore. But I did not. Instead I made my body the cauldron of my hidden alchemy.

I studied energy and how it Transforms life ordinary into greatness. I made the fire in me burn, till I was aflame.

I was a moth willing to burn in order to master the fire of Kundalini. I could have chosen to become an ordinary man.

I wanted to prepare, that when I see you, I could share with you the promise I made long before we were born. When time has not moved, when we were together in one light. That I will bring you to The Greater Light.

That your hands like mine will bring life and joy to others. Your touch will take away pains and sufferings, just as my touch does. That you can lift others, like the way I lift others towards the Love of the One.

Your shadow will take away Darkness, just as my light has taken away the darkness which has enveloped you before. That you may become special in the eyes of many and a leader of men and women wherever you may be.

## This I Promise

I will create a Path for you, filled with light, merged in Love, fused with power. That you will feel good within. For you would have realized then: we are both Sons and Daughters of the Most High

~ Grand Master Choa Kok Sui



*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.

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