

Pranic Healing

Manifest your greatness



Inside this issue

Professional Effectiveness through Pranic Healing P1

Article on Twin Hearts Meditation P2

Healing Steps – Sinus P2

Excerpt from AOHS P2

Everything is Energy P3

Regular features P2

Let us remember the last three messages from Grand Master once again – “Practice Diligently, Purify Yourself, Spread the teachings!”

These messages have tremendous inner significance. Regular Diligent Practice of Arhatic Yoga will produce several Senior Arhatic Yogis, which will impel the world towards GMCKS’s vision. Inner Purification through the practice of Arhatic yoga is required for developing oneself as an Arhatic Yogi and becoming a baby Arhat. Of course, just creating one or two mature Arhats is not enough. We need to create at least 70 Arhats, so that we may have 3 Great Ones or Holy Ones. So we need to spread the teachings and create more Arhatic yogis.

And while we follow His teachings, we not only help others but uplift ourselves too.

May the Blessings of the Supreme God, Master Choa Kok Sui and all the Higher Beings be with you and your family!



Upcoming events:

- ~ 5-6 Sep – Basic Pranic Healing Workshop at Foundation by Manu Tayal
- ~ 11-13 Sep – Advanced & Psychotherapy Pranic Healing Workshop at Foundation by Ramakrishnan N
- ~ 12-13 Sep – Basic Pranic Healing Workshop at Foundation
- ~ 18-19 Sep – Arhatic Yoga Level 1&2 by Acharya Danny
- ~ 20 Sep – Spiritual Essence of Man by Acharya Danny

Last Month’s Highlights:

- ~ 1-2 Aug – Prep-II by Charlotte Anderson
- ~ 3 Aug – Soul Nurturing by Charlotte Anderson
- ~ 8-9 Aug – Basic class at Foundation by Sai Abhishek
- ~ 15 Aug – Master’s Birthday celebration at Foundation
- ~ 15 Aug – Food distribution at various identified schools, hospitals and areas by Food For the Hungry Foundation volunteers
- ~ 22-23 Aug – Basic class at Foundation
- ~ 29-31 Aug – AP Weekend at Arhatic Yoga Ashram, Pune

Professional Effectiveness through Pranic Healing (Retd. Col. Subhashi Chadha and C. Sasidhar)

Our Grand Master Choa Kok Sui has presented to humanity a very well structured and designed “Science of Pranic Healing” for alleviating mankind from physiological and psychological disorders. The rationale behind the science is balancing the energy body by the use of vital force, the “prana”. Involuntarily or voluntarily, the energy body gets imbalanced due to external and internal factors. All of us are aware that the animated objects function effectively only due to Prana and draw Prana from the Cosmos and are part of the Universal energy body. Even the personality and performance of the person is hinged to the level of Prana in the person.

Achievement of Success

Success is a combination of three skills: Technical, Functional and Attitudinal. The first two are gained through schools, colleges and job training, but the attitudinal skills can only be acquired by the long experience in life or through a very special training. Pranic Psychotherapy and Healing has been very successful in stimulating and improving the following attitudinal skills.

- ϕ Mind Management and Mind Control
- ϕ Positive Thinking
- ϕ Memory and Concentration
- ϕ Time Management – Improved Goal setting and Decision Making
- ϕ Stress Management
- ϕ Creativity
- ϕ Sleep Management
- ϕ Communication Skills and Effective Public Speaking and Body Language
- ϕ Inter Personal Relationships and Transactional Analysis
- ϕ Leadership and Motivation

Methodology

Experimental and control groups of age groups 8 to 18 years and 20 to 35 years on target groups of students and professionals respectively were formed and the Advanced Pranic Healing techniques of using colors and balancing of chakras were applied on the experimental group for a period of 6 months (regular observation and

monitoring of the progress were recorded). The participants above 18 years were made to do Twin Hearts meditation regularly.

Mind Management

The role of the subconscious mind is directly linked to chakras and plays a vital role in physical and mental growth (or personality development) and Mind Management.

The brain is demarcated into 4 areas – the left and right hemispheres and the upper and lower brain. About 90% of us use only the left brain thereby creating imbalances in our personality. The right brain is for creativity and intuition and the left brain is for analytical processing. The upper part of the brain is controlled and energized by the pineal gland while the lower part by the pituitary gland which in turn are controlled and energized by the Crown, Forehead and Ajna chakras respectively. These chakras were cleansed and energized with Electric Violet (EV) to inculcate intuition, improved imagination, higher perception, higher grasping power, improved decision making and problem solving capabilities and increased understanding. Both the control and experimental groups were made to practise in order to slow down their brain by going to Alpha state but the experimental group was additionally made to cleanse and energize the Crown, Forehead and Ajna chakras. The improved performance of the experimental group was observed in the examination grades and sales performance in case of corporate executives and improved will power to achieve budgeted targets in managerial functions.

Positive Thinking

Positive Thinking is the key to personality growth and psychosomatic well-being but...

(Read the part 2 of the article in next issue of Ybrant Prana to know how Pranic Healing helps in professional effectiveness)

~ Adapted from Pranam Magazine



Master Says:

Sometimes it is the tendency of a person to be a pain in the neck, to influence people negatively. These (individuals) are needed to help other people grow. Regard a person who is a pain in your neck as a way to develop your spiritual muscles.

Frequently Asked Questions:

Q: What to do if I forget to extinguish the fireball after the healing is complete? Will it be harmful to me?

A: If you forget to extinguish the fireball immediately after healing, do it as soon as you remember. If you forget, the fireball remains attached to you and sometimes you may experience weakness or pain in the legs.

A fireball should be used only when really necessary. The best way of disintegrating the diseased energy is by using a salt water bowl.

Do You Know/Tip:

Do the affirmation on the "I Am the Soul". This will increase the size of the spiritual cord of the Healer and the patient. Do this before starting the Pranic Healing treatment. This will facilitate the healing process.

Play the Meditation on Twin Hearts very softly when you heal. This fills the room with Loving Energy and the patient will heal faster. Healing is very fast when more Soul Energy is coming down.

Twin Hearts Meditation (concluding part)

...When practiced for a long period of time, MTH will activate the Crown Chakra of the healer to a high degree. A highly developed crown chakra is required for rapid healing, even miraculous healings in many instances. Another reason this meditation was given by MCKS to the students of the world is to increase the positive qualities of our character, like compassion, mercy and love towards all the people around us, as well as the ability to enhance a feeling of increased

universal compassion and love for other people, people we do not know or people whom we are not particularly fond of. All of these qualities are generated by the practice of MTH.

Peace be with all! May every person practise the Meditation on Twin Hearts!

~ Ramakrishnan Nagasamy

Healing Steps for Sinusitis

1. Invoke
2. Scan the Ajna, Solar Plexus chakras
3. General Sweeping – 1-2 times
4. Apply localised sweeping thoroughly on the area above the eyebrows and the cheekbones
5. Apply localized sweeping and energize the Forehead and Ajna chakras thoroughly with emphasis on the Ajna chakra
6. Cleanse and energize the right and left nostril mini chakras. These mini chakras are located at the lower
7. side of the nostrils
7. Apply localized sweeping thoroughly and energize the front and back Solar Plexus chakras
8. Stabilize the projected pranic energy
9. Repeat the treatment three times a week for as long as necessary. If the patient is experiencing extreme discomfort, the treatment may be repeated twice or thrice a day.

Experiences with Pranic Healing

I did healing for my father. He had a pain in his left thumb for almost a year and a half and the x-rays were all normal. He was unable to use it at all even for simple actions like buttoning his shirt and had difficulty in driving because he had pain while using the clutch of the two-wheeler. However, after about eight sessions of Pranic Healing he is

almost fine now except an occasional pain that too when overstressed. He is able to use his thumb normally without any problem.

Thanks a lot.

~ SK, Student, Masters in Aerospace Engineering, Hyderabad/USA

Excerpt from "Achieving Oneness with the Higher Soul"

When the virtues are highly developed, this means that the higher soul has greater connection or control over the incarnated soul and the body. This is the meaning of the statement that the Holy Spirit has descended and stayed. During prayer or meditation, the spiritual cord of some people becomes big. When they are working, it becomes much smaller. This means that the spiritual upliftment is temporary. When you do what you are supposed to do, the spiritual cord becomes bigger. Every time you refrain from unwholesome action, the connection with your higher soul increases. But every time you break the virtues, the connection becomes thinner.



Everything is Energy!

When we understand and appreciate this reality we will have a much better idea of how to enhance our health and well-being: how to live "A Good Life".

We are energy. You and I. And everyone and everything else – are masses of energy. Einstein's famous equation, $E=mc^2$, although perhaps a bit profound for us to fully grasp, simply states that all matter is energy.

It is not difficult to appreciate this fact. At one level, we know that we are flesh and blood, skin and bones, hair and nails etc. But what are these made of? Atoms and molecules. What are atoms and molecules made of? Subatomic particles like protons, neutrons and electrons.

And what are these subatomic particles made of? Modern science has discovered that they are not solid particles, but merely vibrations or waves of energy. They are energy.

This understanding is relatively new to science. But not to mankind. For thousands of years, the Chinese have regarded the human body – plus everything else – as energy.

They call this energy Qi. It forms the basis of qigong, acupuncture, herbalism, food therapy...Even feng shui, geomancy, and astrology. The Indians, too, have a similar concept of energy, or prana. While the Chinese focus on energy flow along pathways called meridians, the Indians focus on energy centres called Chakras.

The human body has seven major chakras – at the top of the head, the "third eye" (between the eyebrows), throat, heart, solar plexus, lower abdomen and base of the spine.

It is not just in the East that we find the concept of energy. Western cultures have them too, except that much of it has been lost with the advancement of Modern science. The ancient Greeks called this energy pneuma, while the Romans called it spiritus.

This energy is often seen in art. In Christian art, for example, saints are almost always depicted with a halo – circle of white light – over their heads. And Jesus Christ is sometimes shown with beams of light coming

out from the centre of his palms. In Eastern art, we also find drawings of Buddha and other holy men and women with light emitting from their palms. Or from their "third eye". Or the whole body is bathed in light.

Where do artists get such images from? Where do the makers of Chinese kung-fu movies get the idea that skilled fighters can defeat their opponents – and even demolish stone walls – simply by pushing the air in front of them? Well, they are not exactly pushing air, but sending out energy.

Perhaps all this came from an overtly fertile imagination. Perhaps, it is just a coincidence that ancient people in China, India, Europe, and elsewhere – who did not have the chance to travel, meet each other, or read each other's books just happened to imagine similar things. But, perhaps not. Perhaps, people could actually see, feel and experience this energy. And may be we can as well. It is quite easy.

Yet, do not just believe all these things about energy, meridians, chakras, halos and auras. See, feel and experience it for yourself.

There is now even scientific proof that such energies do exist. For example, there are now special "cameras" that can photograph the aura (Kirlian Photography), as well as machines that can measure the level of energy at acupuncture points. There are books and scientific papers written about these things.

It is important that we appreciate this reality that everything is energy. Then we can appreciate many of the factors that influence our health and well-being.

We can then appreciate, for example, why acupuncture, homeopathy and other forms of "energy medicine" work although they seem illogical. We can better appreciate how food affects not just our physical health, but also our thoughts and emotions.

Understanding energy will help us understand things that are commonly considered superstition, like Feng Shui. And we can learn how to avoid – or at least minimize – the harmful energy influences in our daily lives.

We will view the world differently when we can see and experience energy. We will acquire a totally different perspective of life. Most importantly, we will gain a much better idea of how to live "A Good Life".



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 the 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.

Editors and Contributors:

- Manu Tayal
- Ramakrishnan Nagasamy
- Sreenivas Murthy
- Ravindra Varma

To contribute to this newsletter or send feedback -

Email

- rnagasamy@gmail.com
- tayalmanu@gmail.com

Phone

- Ram - +91-9392445496
- Manu - +91-9989334123

We're on the Web!

Visit us at:

<http://www.ramakrishnans.com>