

Pranic Healing

Manifest your greatness

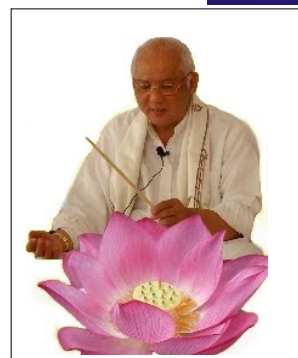


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Atma Namaste! The annual retreats have just finished and all Pranic Healers experienced the showers of bliss and divine energies onto them. What a wonderful way to get recharged for the whole year! Master designed the retreats in such a manner so that at the beginning of the year itself we get supercharged to meet our goals - professional, personal and spiritual!

So let us get going with even more energy and constancy, and meet all our targets. And why meet? Let's exceed them! And why wait to start tomorrow? God is giving us the opportunity to start NOW!

May the blessings of the Supreme Being, Master Choa and all higher beings be with you and your families, always! So Be It!



How to Develop a Positive Attitude

When it comes to your quality of life, attitude is everything! In fact, it could even be said that whatever you focus on the most, you tend to bring into your life, whether by choice or circumstance. Have you ever known someone who had a terrible attitude? Perhaps they were extremely negative and pessimistic and not much fun to be around; or they complained non-stop about how terrible their life was. Did you find it draining to be in their presence?

A negative attitude will not only make you miserable, but everyone around you too!

A positive attitude, on the other hand, turns you into a person that everyone wants to be with; a person that constantly experiences great things, and a person who loves their life! Do you want to be that kind of person? If so, read on for some easy ways to develop a positive attitude.

1) Do what you love. This applies to hobbies and fun activities, but it also pertains to one of the biggest parts of your life - your work! Do you enjoy your job? Are you spending most of your time on something that makes you feel purposeful and fulfilled? If not, consider exploring other career options and moving toward a job you'll love. When you regularly do things that make you happy, you can't help but feel better about yourself and your life, which fosters a positive attitude.

2) Expect the best, always. It's easy to get into the habit of seeing doom and gloom in every situation, but doing so keeps you forever focused on the negative. Instead, make a conscious decision to

expect the best, even if your first impulse is to think negatively. Affirm as often as you can, "This is going to work out great! Wonderful things are going to happen today!" The more you do it the more you'll begin to believe it, and the more you'll begin to experience just that.

3) Build yourself up. Think and speak positively to and about yourself every day. Most of us are in the habit of talking down to ourselves, which leaves us feeling hopeless, frustrated and pessimistic. Get into the habit of building yourself up with positive self-talk and positive thoughts. Affirm your good qualities and downplay your negative qualities. Affirm that you are a work in progress; not perfect but great nonetheless!

4) Build others up. As often as you can, make an effort to encourage, support and compliment the people you encounter each day. That goes for people you know as well as strangers you meet in your daily travels. The more you focus on emphasizing the positive in others the more likeable you're going to be, and the better you're going to feel about yourself too!

5) Think strength. The more you worry about your weaknesses and "failures" the more pessimistic and negative you're going to feel. Instead, consistently affirm your strengths, talents and capabilities. You'll end up feeling empowered and in control of your circumstances, which cannot help but improve your attitude!

~ Barbara E Savin

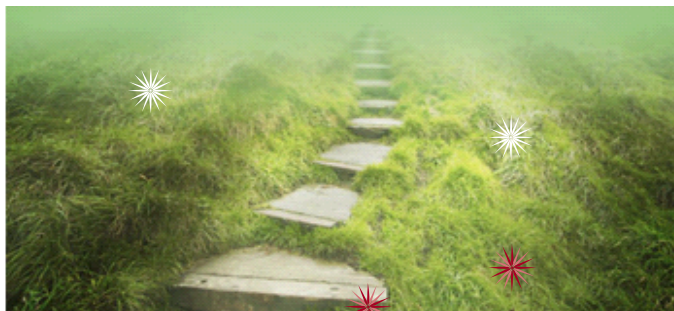
Upcoming events:

- ~ Basic Pranic Healing Course in Foundation*
- ~ Basic Pranic Healing Course in Gachibowli on 6th and 7th Feb10
- ~ Advanced Pranic Healing and Pranic Psychotherapy*

* Please check with Foundation for exact dates

Last Month's Highlights:

- ~ Arhatic Retreat in Rajkot
- ~ Basic Pranic Healing by Mr. Bhagwan
- ~ Advanced Pranic Healing and Pranic Psychotherapy by Mr. Prakash M
- ~ Prep I by Mr. Prakash M



Ybrant Prana

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Master Says:

Practicing a high degree of Honesty is the key to becoming a genius.

Lies used as excuses must be avoided. Practise a mature type of honesty. Eventually, everything based on lies will be destroyed. As much as possible, avoid all unnecessary lies. They are injurious.

Frequently Asked Questions:

Q: I scanned my dad - his aura is about 7 ft wide!! If I have to distance heal my dad, how do I scan him at all? Isn't distance scanning limited to span of our hands or could I just keep moving from the reference point until I feel the aura?

A: If the aura of subject is bigger than span of one's hands, one can use the technique of "scaling".

While scanning, make an intention of scanning a fraction of actual aura. Once you scan that, multiply the size with the denominator you have used.

E.g. If you scan 1/7th of the Aura of your subject and it comes out to be 1 foot, multiply 1 foot by denominator i.e. 7. So, the actual size is 7 feet.

Similarly, you can use the scale according to the situation. You can change the scale as you need

Do You Know/Tip:

Invoking for God's blessings: Say,

"Lord God, please Bless me with Honesty to others, Honesty to one's self, Non-self-delusion and a Harmless form of Honesty. With thanks and in full faith."

Repeat 7x. Do this every day for two months.

I Believe God Wants You To Know

On this day of your life, dear friend, I believe God wants you to know...

...that tomorrow is the most important day of your life.

Your greatest moment, your greatest achievement, your greatest adventure lies in the future, never in the past.

There is a *new you* waiting to be created tomorrow. That is the joy and wonder of the dawn. That is the excitement of it!

Forget about yesterday! What is the grandest version of the greatest vision ever you held about Who You Are *going to be* tomorrow? *That* is the only question that matters.

Healing Steps for Bronchiectasis

1. Invoke and scan before, during and after treatment. General sweeping twice with LWG.

3. Localized thorough sweeping on the F&B heart chakra. Energize through the back heart chakra with LWG then with ordinary LWV.

4. Localized thorough sweeping on the affected area of the lung alternately with LWG and ordinary LWV. Rescan. Continue sweeping until the energy is clean and stable before energizing.

5. Energize the affected area with LB for localizing effect. Using your finger mini chakra, energize the affected part with LWG-V, then with LWG-Y or gold.

Visualize the laser-like energy coming out as thin as the tip of a ball point pen. Visualize the scarred damaged area shrinking until it completely disappears.

6. Localized thorough sweeping on the F&B solar plexus chakra. Energize with LWG then with ordinary

LWV.

7. If the patient doesn't have any other condition listed as a limitation to the application of the Master Healing technique, apply the Master Healing technique.

Or apply localized thorough sweeping on the basic and navel chakras; energize them with LWR. Localized thorough sweeping on the F&B spleen chakra; energize it with W.

8. Localized thorough sweeping on the ajna and throat chakras. Energize them with LWG then ordinary LWV.

9. Stabilize and release projected panic energy. Repeat treatment 3 times per week continuously for as long as necessary.

11. Practice Meditation on Twin Hearts regularly.

Experiences with Pranic Healing

October, 1999. There is a box in our Meditation Room where the people who come to do Meditation for Peace and Illumination can put the names and the photos of their relatives and friends to be blessed after each meditation we do together.

For more than 16 months, I was trying to sale my daughter's house. When I returned from Puerto Rico after Master's Pranic Healing Workshop, I had the idea to place the address of the house to be blessed!

After three days I sold the house! And the realtor agent that sold the house by coincidence is a pranic healer!

This was so successful, that I decided to put another paper to be blessed in the box. This time it was for "a new house with a good Feng Shui". In less than a month I found a house in perfect conditions and good Feng Shui! Isn't it fantastic?!?!..

~ Sonia Marie Grassi, Sao Paulo, Brazil

Excerpt from Miracles Through Pranic Healing

Sensitizing the Hands and the Fingers through Pranic Breathing

By now, most of you should have more or less permanently sensitized your hands. However, sometimes you may experience moments wherein the hands seem not to be able to feel or scan. This can be immediately remedied by concentrating simultaneously on the centers of your palms and the tips of your fingers while doing pranic breathing for about seven cycles. This will cause the hand chakras and finger chakras to be activated, energized and sensitized so that you can scan accurately with your palms and your fingers. It is important to connect the tongue to the palate when sensitizing the hands and fingers and when scanning. This will facilitate the sensitizing and scanning process.



Pyramidology – The study of Pyramids

Dr. A Saradamba

The pyramids of Egypt rising majestically above the deserts and the Nile valley continue to amaze and confound mankind more than 50 centuries after their construction. The most famous Pyramids are seen in Egypt, where they have massive Pyramids of Giza and smaller Pyramids, for the members of the Royal family. The Pyramid group at Giza is one of the seven wonders of the ancient world which still survives. The Cheops great pyramid is the gigantic tomb of a king who had been blessed with the powers of God. It covers an area of 13 acres and originally it rose to a height of 481 feet above the ground and it was built of 6 ½ million tons of stone. These pyramids are called “The Pyramids of the Pharaohs” or “The God kings of Egypt”. These pyramids are considered to be the tombs of the ruler kings, and the smaller pyramids are the tombs for the other members of the royal family. The dead person is wrapped up in herbal lotions and cloth and his belongings including Jewellery and swords and the fruits and vegetables are placed in the pyramid and sealed. Now the pyramids are not seen only in Egypt. There are pyramids seen in Central America, Southern America and in Sudan of Africa.

Now the shapes of the pyramids are slightly different in the American continent. But the purpose is the same. The pyramids in the Southern and Central America are mostly in Mexico, Peru and in other states. It is considered that in all, small or big pyramids, some remaining and some destroyed; there are hundred thousand, or one lakh in number in the continent of America. Although the pyramids have been in existence for the past 5000 years, the scientific research into them has been started from the 19th century and some light has been thrown on the pyramids.

The questions that arose in the scientists' mind were: Who built the pyramids, and how did they bring the stone where even bringing by river was not possible because the Nile river is far away, and how did they align the stones so perfectly where even a paper cannot be put in between two stones? When they failed to understand, they made a replica, a scale model of the pyramid made of either cardboard or wood, or metal and tried to do experimentation with it. The original pyramids are perfectly aligned to North, South, East, and West. So

similarly, they have aligned the scale models to North-South, East-West and experimented with them. The findings were that, the inside part of the pyramid, is in three parts, lower, middle and upper part. It is the middle part which is most active. What do we mean by most active? The scientists, instead of a dead person, placed a chunk of meat in the middle compartment of a pyramid – or a scale model of a pyramid. In the lower one-third, they just placed a small cardboard box and on that they placed the chunk of meat. Slowly, after few days, the chunk of meat shriveled up, dehydrated and it was not spoiled. It could be used for cooking. Then they placed eggs, which remained unspoiled. Then they placed fruits – fruits which became shriveled. They retained their shape, but inside they became very small and slowly they became firm and later hard as a rock. Now we understand the purpose of keeping the dead person's body inside. Obviously, the dead person's body retained its shape, it was not decayed, but it became shriveled because of dehydration, because of very slow, effective dehydration.

Obviously, when you keep meat, eggs, vegetables and fruits in a pyramid, the Alpha waves which are generated in the pyramid are focused on to the fruits or vegetables and meat, and thereby causing mummification. The Egyptians claim that the great pyramid was not only a tomb, but also a sundial, a calendar, and an astronomical observatory. It is said that they were following the extra-terrestrial aircrafts or the UFOs and in fact one of the theories is that maybe extra-terrestrials or the super-beings must have lifted the huge stones and built the pyramids.

Many people all over the world have built smaller pyramids for meditation. They say that meditation is very effective in a pyramid. Now, how does it happen? In meditation, the person produces Alpha waves, that is called meditative state. Normally, the alpha waves go out. But in a pyramid, the Alpha waves from the pyramid are reflected back and the person can go into a deep meditative state.

Keeping aside the theories, let us build a scale model of a pyramid in a simple manner at home. Make your pyramid model close to the scale model of the great pyramid. Greater the correct proportion, the better will be result.

You can prepare it with cardboard or wood or even metal. But prepare it as per the measurements given and it is very important



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

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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

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Ybrant Prana

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The Egyptians claim that the great pyramid was not only a tomb, but also a sundial, a calendar, and an astronomical observatory

You can place your drinking water in the pyramid for 2 days and use it...With that water, if you wash your face, slowly the skin will become clearer and tighter. If you use that water for washing your hair, slowly your hair will develop sheen and your hair become healthy

that you place it in a perfect alignment of North, South, East, West. Once aligned, a simple but effective experiment is: Take a used razor blade, the razor blade which has become blunt at the edges. Now take a small used up match box, place it along north-south and on top of it place the blade. The blade must be precisely on the North-South axis and the sharp edges should face East-West. Otherwise the sharpening effect does not work properly. The used blade can be taken out after six days, and then it can be used again. After that it can be used every day if always kept in the pyramid in between the uses. You will find that the razor blade has regained its sharpness. It serves the purpose and it has been claimed by Pyramidologists that with one blade, they were able to use it for 200 shaves or more. You can place your drinking water in the pyramid for 2 days and use it. You will find that the drinking water tastes much better. With that water, if you wash your face, slowly the skin will become clearer and tighter. If you use that water for washing your hair, slowly your hair will develop sheen and your hair become healthy. Any food product like milk, curd, vegetables and fruits, can be kept for some time to enhance its taste or you can keep them so that they do not get spoiled. You can do this experiment: Keep a glass of milk outside the pyramid and a glass of milk inside the pyramid. The glass of milk inside the pyramid does not get spoiled, even if it is kept for one full day. Please do the experiment and let us know.

Now, there is another type of pyramid called the "Cone Pyramid". The cone pyramid need not be aligned to North-South, East-West. The cone pyramid is made by taking a circular piece of cardboard, and as you know, the circle has 360 degrees. Out of that carefully measure and cut off 114.6 degrees, so you are left with 245.4 degrees of the cardboard material. Now bring the two cut edges of the cardboard and stick them together. This forms a cone pyramid. The cone pyramid also has similar properties and as told before, it need not be aligned to North-South, East-West. With this cone pyramid also you can do experimentation. The cone pyramid can be placed on the student's head while they are studying. The purpose is that while they are concentrating and reading, the Alpha waves which are being generated are sent back by the pyramid

and student can absorb better and he will be sharper at studies. Experiments have been done on school children with a control group and a pyramid group and students keeping the pyramid on have fared much better. So this pyramid can be made simply at home and it can be used on children for better performance. In the olden days, in England, they used to use a cone on children's head, where the child has been below standard in studies. It was called dunce cap. The purpose of this dunce cap obviously is the same as pyramid. Only that dunce cap was not exactly to the measurements, but it will also have some effect. But when you follow the exact measurement it will give you the maximum result.

There is a picture of the great pyramid of Cheops and its inside plan. Not only was it used for mummification, Egyptians also used to have initiation into spiritual practices inside the pyramids. When a student studies various scriptures for 28 years, after which they were initiated. They were wrapped like mummies and after a prayer; they were put into the boxes called Sarcophagus. They were kept there for 9 days. It is said that they go into a state of suspended animation and leave their bodies and while they are in this out of body state, they travel to all parts of the world & the cosmos and this is called the Astral Travel. And after their findings were verified, they were initiated into higher forms of learning.

Hindu temples are always based on a square ground plan that is aligned to N-S, E-W. as square is considered stable and perfect shape for stability while circle represents motion.

Anybody at home can experiment on the details given.

~ Dr. A Saradamba
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