



Pranic Prana

Volume 3: No. 03, March 2010

Pranic Healing

Manifest your greatness



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Atma Namaste! Its been 3 years when Master left his physical body. I still remember the time when I came to know about it and how uncontrollably I wept. But I later realized that Master is now even more with us, closer, all the time. From then on, we celebrate Master's Mahasamadhi day every March 19th.

This month, more than ever, let us make a resolution that we will bring Master's grand vision to reality. Let's work together to spread his teachings, his wisdom, his love with as many as possible around us. Let us together carry on the torch he lighted to remove the darkness from our lives.

May you be always guided on the right path, may the "Light" be always be with you and your families! So Be It!



Helping the Homeless... Choosing Not To Look Away

Homeless people in some communities are a fact of life, especially in big cities. We see many people living on platforms and outside our homes or on the roadside. Many of us don't know how to interpret this situation or what we can do to help. We may vacillate between feeling guilty, as if we are personally responsible, and feeling angry, as if it is entirely on our own shoulders. The situation is, of course, far more complex than either scenario. Still, not knowing how to respond, we may fall into the habit of not responding at all. We may look over their heads, not making eye contact, or down at the ground as we pass, falling into a habit of ignoring them. Each time we do this, we disconnect ourselves from a large portion of the human family, and it doesn't feel right.

Most of us know in our hearts that the homeless and the poor are not so very different from us. They may be the victims of poor planning or an unavoidable crisis. Some of them are mentally ill, some are addicted to drugs or alcohol, and some are choosing to be homeless for reasons we may never understand. We can imagine that, given their lives, we would likely have ended up in the same place. This does not mean that we are meant to rescue them, as they are on their own learning path, but it does remind us that we can treat them as equals, because that is what they are. Even if we aren't able to offer food, shelter, or money, we can offer a blessing as we pass. We can send a loving thought to them filled with blessings of peace, joy, warmth,

cares, hope and faith. We can look them in the eye and acknowledge our shared humanness, even if we don't know just how to help them. This simple act of kindness and silent or spoken blessings can be so helpful to those living on the street.

When we do that, we not only help those people, we also send a wave of such nurturing thoughts into the energy of the earth, thereby bringing a whole lot more profound effect of healing. And does it involve any change in your lifestyle, your practice? Not at all. It's just the way we are. We just recognize this part of our being and start contributing our part.

If you want to help with information, you can learn about the services in your area and share the locations of food banks, shelters, and other resources. Perhaps your family would like to have a plan ahead of time, talking with your children about how as a family you would like to handle these situations. Whatever you decide to do, you will *feel much better* when you make a conscious choice not to simply look away.

You may contribute to MCKS Food for Hungry Foundation, which is dedicated to the service to humanity, to help homeless and foodless people!

For more details on how to contribute, look at page 3.

Upcoming events:

- ~ 6th - 7th Mar - "The Higher Clairvoyance" workshop by Ma Charlotte Anderson. Eligibility – Arhatic Yoga Level 1&2
- ~ Advanced Pranic Healing and Pranic Psychotherapy*
- ~ Basic Pranic Healing Course at AP Foundation, Ameerpet, 13th, 14th Mar
- ~ Basic Pranic Healing Course at Hyderabad, 20th, 21st, Mar
- ~ Basic Pranic Healing Course at Hyderabad, 27th, 28th Mar

* Please check with Foundation for exact dates

Last Month's Highlights:

- ~ Basic Pranic Healing Course in Gachibowli on 6th and 7th Feb
- ~ Nurturing session on "Purpose of my Life and Achieve the Impossible" at Gachibowli on Feb 13 facilitated by YouthWing
- ~ Trainer's Retreat 2010 conducted in Tirupati on 26-28 Feb.

1.2 Million Arhatic Yogis in India Here and Now! So be it! So be it! So it is!



Vibrant Prana

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Master Says:

Practising a high degree of Honesty is the key to becoming a genius

Frequently Asked Questions:

Q: What is Arhatic Yoga ?

A: "ARHATIC" is derived from "arhat", describing a highly evolved being. This advanced yoga system was given by Mahaguruji Mei Ling to Grand Master Choa Kok Sui. It has origins from China, India and Tibet. In addition to being an advanced technique practiced by Spiritual Initiates, it also synthesizes and integrates all yogas. Learn and experience the essence and powers of the 7 yogas: Raja yoga, Karma yoga, Laya/Kundalini yoga, Gnani yoga, Bhakti yoga, Mantra yoga and simplified Hatha yoga.



Lord Padma Sambhava
Do You Know Him?
(Mahaguruji Mei Ling)

To develop the virtue of honesty, invoke 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 everyday for 2 months

Steps to Arhatic Yoga

Arhatic Yoga is very safe and systematic path. Safe as long as you follows the Satguru's instructions. It brings about tremendous change in every aspect of life you may have never thought of. If there are many practitioners of Arhatic Yoga in a location or community, automatically the location is also transformed. People in that area start to experience good health, prosperity and vibrant life. There must be lot of good karma balance for someone to get into Arhatic Yoga.

When you learning Basic Pranic Healing and practice it diligently, you will generate enough good karma to get into Arhatic yoga. The different aspects of service in Basic Pranic Healing are healing, tithing and meditation on the Twin hearts. There are several instance of a person developing golden body just by practising these combined with a high degree of inner receptivity and connectivity to the Satguru.
(to be continued...)

Healing Steps for Liver Cleansing

1. Invoke and scan before, during and after treatment
2. General sweeping twice.
3. Localized thorough sweeping on the front and back solar plexus chakra and the liver (front, sides and back) alternately with LWG and ordinary LWV.
4. Energize the liver through the solar plexus chakra with LWG-V.
5. Localized sweeping on the front and back solar plexus chakra. Energize with LWG then with more of ordinary LWV.
6. Localized thorough sweeping on the navel and basic chakras. Energize them with LWR.
7. Stabilize and release projected energy.
8. Repeat treatment 3 times per week for as long as necessary.
9. Practice slow deep abdominal Pranic Breathing for 12-36 cycles every morning upon waking and anytime during the day when feeling stressed.

Experiences with Pranic Healing

A few weeks after my first Basic Pranic Healing workshop, I was notified that a family friend was suffering from erysipelas (a severe leg infection), on her left lower limb. The affected part was around 12 cm long and 6 to 8 cm wide and so very deep that it even compromised the bone. The patient, a 68 year old lady, was very weak and had been in bed for almost a year due to the intense pain and the physical limitation she experienced from her condition. Her sleep was seriously affected by the severity of the pain she had at night. Due to this precarious situation her doctors wanted to perform an amputation.

I was not even in my own country when I received this report. I decided to do a 'Distant Pranic Healing' treatment for her. It was amazing! The night right after the first distant healing session the patient was able to sleep deeply and calmly for the first time in months. The day after the treatment, she was able to walk after many months of being in bed. The affected part healed so well that just in two weeks the wound was totally closed. The scar was in perfect condition and no amputation was needed. This miraculous result occurred after only four healing sessions.

Excerpt from Achieving Oneness with the Higher Soul

Meditation

A word is just like a finger. A finger can be used to point at different objects. Likewise, a word can be used to point at different concepts. "Meditation" can be used to mean "the practice of prolonged awareness" or it could mean "spiritual practice" or "spiritual cultivation. " It is called sadhana in Sanskrit. The word meditation is overused in the western culture. It can literally mean almost anything. The meaning can range from daydreaming to imagining to stress reduction and others. But in this book, meditation will be used to mean either prolonged awareness or spiritual practice



Arant Drana

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Three Ways to Balance Your Life

When your life seems out of control and you've got endless demands tugging at you from all directions, it's easy to feel overwhelmed, fatigued - and just plain stressed!

Believe it or not, balancing your life does not require massive changes. You don't have to quit your job, abandon your family and escape to a remote retreat in order to feel peaceful and happy. In fact, true balance is something that starts WITHIN YOU first and foremost - no matter what else is happening in your outer life circumstances.

Below you'll find three simple ways to begin building a greater sense of inner peace and harmony:

1) Quiet-time.

One of the first things we tend to sacrifice when we're busy is our personal time. Instead we devote all of our energy and attention to caring for others, multi-tasking, meeting responsibilities and "being productive." Over time this depletes our energy and we begin to feel more and more burdened by our responsibilities. To live a more balanced life, quiet time to yourself is CRUCIAL. You may believe that you don't have any time available for yourself, but something amazing happens when you consistently MAKE time; you find yourself feeling happier and more energetic, your focus improves - and you still get plenty done! Just a few minutes spent sitting quietly in meditation or reading a book can do wonders in transforming stress into peace and happiness.

2) Self-care.

Beyond making time for things you enjoy, there are other ways to nurture and love yourself on a daily basis. Getting a full 8 hours of sleep (or as much as you personally need) is a great start, as well as eating nutritious food, exercising daily and speaking kindly to yourself. Have you ever noticed that when you're really tired or stressed, even the smallest problem can seem like a nightmare? On the other hand, when you're feeling well-rested and centered, you're much better

able to handle upsets. Caring for yourself is one sure way to consistently replenish your energy, inner peace and joy - which means you'll have the strength to handle whatever comes your way.

3) Flexibility.

Did you know that one of the biggest causes of stress is rigid expectations? We all do it from time to time; get a mental picture of how our lives "should be" - and get really annoyed when our outer circumstances don't cooperate! One of the biggest gifts you can give yourself is a flexible state of mind. In other words, learn how to detach from unrealistic expectations and go with the flow.

When you have a flexible mind-set, you're able to deal with crises and problems much more easily because you're not working against a preconceived notion of how things "should be". You're able to tap into your creative problem-solving skills and move through challenges without all the drama and frustration. Be like the tree that bends with the breeze - and you're much less likely to break!

These inner changes can make a dramatic difference in your state of well-being, but you may also want to examine your outer life circumstances and see if there are other small changes you can make to help support your inner work.

For example, you might choose to let go of certain obligations that are no longer meaningful or enjoyable to you. Just because you agreed to host weekly meetings for a support group three years ago doesn't mean you have to keep doing it forever - especially if it's become a drain on your time and energy!

Be willing to let go of activities that no longer complement the lifestyle you desire, and you'll create a space for greater fulfillment, joy and peace.

~ Barbara Savin



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

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1.2 Million Arhatic Yogis in India, Here and Now! So be it! So be it! So it is!