



Pranic Drana

Volume 3: No. 05, May 2010

Pranic Healing

Manifest your greatness



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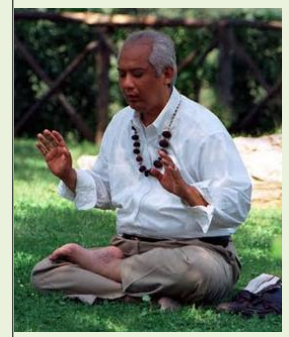
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Atma Namaste! In April, we celebrated the Wesak Festival. An event that we wait all year long!! It was a wonderful gathering of more than a thousand people meditating at a single place. And to add to it were millions of Pranic Healers around the world. The divine blessings and energies of Lord Buddha were felt all around.

After this energizing event, everyone went back with their "energy batteries" recharged, ready for more action towards meeting personal, professional and spiritual goals.

Previous month, as we talked about re-planning our strategies, this event provided a perfect push, perfect energizer to meet all our goals. So, what are we waiting for? Lets us carry on the torch, spread the light – Become the Light to dispel the darkness.

May the blessings of Buddha be with you and your family! So Be It!



A Dark Saying

...There is yet another consideration which Theosophy puts before us which helps to make sorrow easier to bear. You may remember a strange text which tells us that "Whom the Lord loveth, He chasteneth." It is difficult, without a Theosophical explanation of it, either to accept or make any sense out of such a text as that.

Usually people try to explain it by attaching some vague idea of advantage to suffering in itself; they say that it is a good thing for a person that he should suffer, and that when God particularly loves anyone He consequently causes them to pass through great sorrows in order that they may more quickly develop higher qualities. It is true that such qualities as courage and endurance may be incidentally developed through suffering, as we have already said; but it is not true that the Deity exhibits caprice in this matter, and imposes this suffering upon one and not upon another, as though by favouritism. No suffering can come upon any man except that which is the result of his own action; and yet there is a truth hidden behind that strange text,

which I will try to explain. Those who have studied the Oriental scriptures will remember that in them the law of Cause and Effect is called by the name of Karma. This Sanskrit word karma is a verbal noun, literally signifying "doing"; but in the Oriental philosophy it bears three shades of meaning, important to be understood by anyone who wishes to have a comprehensive grasp of Eastern teachings. First, it sometimes means simply action; secondly, it means the result of action, the reaction upon the doer which sooner or later invariably and inevitably follows; thirdly, it means the law of nature under which this reaction takes place – the law of Cause and Effect, or the readjustment of equilibrium, which operates in the mental and moral worlds exactly as it does in mechanics.

They tell us that karma is of three kinds.

Contd on page 3...

The Qualities of a Disciple

...People sometimes make the mistake of putting all of the responsibility on the Guru. We expect that we can continue to live our lives exactly as we want – along with our own egos, greed and vices – and yet the Guru will come, wave a magic wand and grant us instant peace, prosperity and enlightenment. It is not like that. The disciple must be dedicated, committed, faithful and assiduous in his/her sadhana.

A good disciple:

1. Always tells the truth to the Guru and never hides anything from the Guru.
2. Practises the teachings of the Guru with faith, discipline and regularity.
3. Follows the instructions of the Guru without argument. Questions, of course, can and should be asked when there are doubts or confusion in the disciple's mind, but prior

to asking any question the disciple should first deeply introspect to see whether the question really warrants the time and attention of the Guru or whether the question is simply to satisfy the ego or desires of the disciple.

4. Continues to grow and develop each day, making a commitment each morning to be more pure, more holy, and more divine every day.
5. Vows to live as a beautiful example and representative of the Guru. Disciples are the reflection of the Guru. So, if we truly love, revere and adore our Gurus we must pledge to live our lives as shining examples of their teachings and as pure reflections of their Divine lives.

Contd on page 3...

Upcoming events

- ~ Basic Class on 8th and 9th May
- ~ Basic Class on 15th and 16th May
- ~ Advanced Class Tentative

Please check with Foundation for details of the programs and exact dates

Last Month's Highlights

- ~ 28th April – Wesak Meditation was conducted with 1000+ at Sathya Sai Nigamam
- ~ 28th April – Wesak Meditation was conducted with 100+ each at Zahirabad, Mriyaguda and other cities and towns.
- ~ Youth Wing and Master Minds Foundation got together and now around 8 Pranic Healing centers opened in and around Hyderabad like in Jubilee Hills, Safilguda, Somajiguda, and others.
- ~ New and additional office bearers were appointed the Youth Wing to enable Master's Work.
- ~ There were more than 15 Basic Classes were conducted. On one week end there were 8 simultaneous classes.



Abirant Drana

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Master Says:

In a Crisis, Be Calm. Do not freak out! Think, what is the worst that can happen? If the possible consequence is of minimal significance, then have a cup of coffee and enjoy Life!

Frequently Asked Questions:

Q: What should we do for three days before and after Wesak?

A: Three days before Wesak, is the preparation period where one has to take up cleansing activities. Three days after Wesak is called the Assimilation phase.

Preparation phase activities

1. Salt bath
2. Blue Triangle for loving kindness
3. Sharanagathi – Three or more times
4. Meditation on Twin Hearts

Assimilation phase Activities

1. Salt bath
2. Blue Triangle for loving kindness
3. Sharanagathi - Three or more times
4. Meditation on Twin Hearts
5. More physical exercises and blessings

Any good done during this period is many many times more powerful. So Tithe, Serve, Meditate and follow the three messages of the Satguru.

Do You Know?

When you find it difficult to heal even simple ailments, remember the higher connection seems to be less. Invoke with deep devotion, reverences, love, faith and gratitude. You would be able to heal quickly.

Apply Divine Healing or Healing with Electric Violet Prana if you know how to project EV Prana. It will heal quickly.

Man is an architect of his own destiny

Akhand Jyoti, 1987

Unexpected profit or success should be considered as coincidental whereas you should hold yourself responsible for all the losses. You should think that failure happened because enough efforts were not made for success or some mistake had happened during the process or because of some unavoidable circumstances. Nature can also become adverse in the form of disasters like flood, drought, earthquake etc. Man's bad conduct might be responsible for such natural adversities.

Your previous births' actions might be held responsible for the exceptional incidences for which you can not relate any of your actions. Usually the milk is used the same day the cow is milked. Sometimes, if there is leftover, the milk is cultured to produce curd or yogurt. Next day, the same form of milk is transformed into an entirely different entity which has a different name, taste, form and properties. The actions accumulated from previous lives appear in this life as destiny. They are unexpected and your present actions cannot be related to them. So it can be said that, some actions from previous lives have risen. We are responsible for these credits or faults because those accumulated actions were also done by ourselves.

It is 99% true that – “Man is an architect of his own destiny” with some exceptions. If we keep ourselves organized and follow a righteous path, the door of success will always be open for us. By making proper use of our present, we can create a wonderful future for ourselves.

Experiences with Pranic Healing

When I came to Hyderabad in January 2004, my physical body was overweight. It was 92 Kgs. I was stressed out and had difficulty concentrating on anything.

not held very frequently. I started to apply Pranic Healing on myself to reduce my weight and remove the stress and its related problems.

I wanted to learn something different. So I asked one of my friends if we could do something new. He said there is something called Pranic Healing. He had seen its signboards and that we could try that. We went to the place where he had seen the board. The Pranic Healing Foundation at that time had moved to a new location. We found a notice with the new address. We went straight to the new location and could get the required information. When I wanted to attend the Basic Pranic Healing class in English, it was cancelled due to some reason. I joined the next class which happened to be in Telugu, which I was not very familiar with. With the help of the English Book, I was able to understand and follow the practices and experiments.

I also applied psychotherapy to treat my craving for sweets. Combined with yoga, proper diet, and Pranic Healing, and Meditation on Twin hearts with Self Healing, after two months I had lost close to 8 Kgs. in 18 months I lost 18 kgs and became 74kgs. Ever since, I have been between 74 and 75kgs. I applied the protocol to heal the liver to normalize its functioning.

Currently my goal is to reach 70kgs, which is my ideal weight.

Along with that I have been healing other people. Many miraculous healings have taken place due to the blessings of GMCKS and other higher beings.

My journey had started. I joined the Advanced PH course within one month. In those days classes were

Thank you Sadguru GMCKS!

~ Ram, Advanced Pranic Healer and Trainer, Hyderabad

Excerpt from Miracles Through Pranic Healing

Sweeping with Visualization

You may or may not visualize when you do sweeping, but with some healers sweeping is more effective when it is accompanied by visualization. What is important is the intention to clean and energize the patient's energy body. In sweeping, special attention should be placed on the back energy channel or the governor meridian which interpenetrates the spine, and the front energy channel or functional meridian which is opposite to the spine. Except for the spleen chakra, almost all the major chakras are directly located along these two channels or nadis. Cleansing or applying localized sweeping on these two channels would clean the major chakras located along these two meridians resulting in a much faster rate of healing. You must remember that all the major and vital organs are energized and controlled by the major chakras. When applying to localized sweeping, visualize the fingers and the hands penetrating into the diseased part and the greyish diseased energy to be removed.



A Dark Saying, contd from Page 1

First: There is the Samchita, or "piled up" karma – the whole mass that still remains behind the man not yet worked out – the entire unpaid balance of the debit and credit account.

Second: There is the Prarabdha, or "beginning" karma – the amount apportioned to the man at the commencement of each life – his destiny, as it were, for that life.

Third: There is the Kriyamana karma, that which we are, now by our actions in this present life, are making for the future.

We shall find this Eastern division helpful to us in our efforts to understand the subject. The first variety described is evidently the result of all the man's previous thoughts and actions, both good and evil, which is hovering over him and waiting to come into operation. This is that self-imposed destiny which makes his life and surroundings such as they are according to his previous lives and actions. In one sense it may be regarded as a debt which he has to pay; yet it is far too great a debt to be paid in any one life, for in our earlier existences we are almost certain to have done on the whole a greater proportion of harm than good; in the savage period of our evolution we must necessarily have been ignorant and therefore our actions are likely to have been selfish and violent, and they must have left as their result much that is highly undesirable. It is because of this that the arrangement indicated in

the second type of Karma is a necessity. Because the debt is too great to be paid at once, a certain proportion of it is allotted to the man in each life – a reasonable proportion with a fair balance of good and ill, so that he shall not be weighed down and crushed, but shall have the opportunity of making his way through life, even though it be with a struggle, and thus rising ever from the lower to the higher. We must never forget that the object of the scheme is man's evolution, and that consequently all the arrangements are intended to favour that evolution. No man therefore ever received more trouble than he can bear, although sometimes he may be tempted to think so; for if that were really the case evolution would be working to defeat itself, which is unthinkable.

~ Reference anandgholap.net

THE QUALITIES OF A DISCIPLE, contd from Page 1

6. Is humble in front of the Guru, accepting the Guru's words (and sometimes reprimands) with surrender and humility.
7. Is ever ready to serve the Guru – any time of the day, any day of the week, any week of the year. Seva (Service) given by the Guru and performed for the guru is a rare and precious jewel on the road to God Realization. In fact, selfless, dedicated seva for the Guru is one of the straightest and clearest paths to ultimate moksha. We must never give up an opportunity to perform seva for our Gurus.

~ Excerpt from "Blessings" by Pujya Swami Chidanand Saraswatiji

"If we truly love,
revere and adore
our Gurus we must
pledge to live our
lives as shining
examples of their
teachings and as
pure reflections of
their Divine lives"



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