



Ybrant Prana

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Pranic Healing

Manifest your greatness

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Editorial

Ybrant Prana Team

Greetings of Love and Light! This is the 2nd Anniversary Issue of Ybrant Prana and moving into the third year. Ask me how happy we feel to have reached here!! Of course, your encouragement and suggestions have always contributed to the improvement and success of the magazine.

We sincerely hope that this magazine has been able to help you in some way and will continue to be helpful and provide good read.

The blessings of the Guru made it possible to start something like this and the readership has increased to more than what we initially thought of. So go ahead, enjoy reading this issue.

May the “light” always shine on you and your loved ones!!!



Mental impurity – The main reason for Physical Illnesses

Akhand Jyoti - June 1986 Page 52

A lot of impurities develop in blood because of negative emotions like hatred, jealousy, fear, suspicion etc. Main cause of Insomnia is fear or worries. While treating such diseases, you must practice fearlessness, gather courage and think that “nobody can hurt you”. When you start thinking like this, such abnormalities get cured without any medications. On the contrary, if you are always fearful and suffer with uncertainties, even most precious medications wouldn’t work for you.

If you keep planning to take revenge against someone or to make someone look inferior or any such mean schemes, even if you do not get success in fulfilling them, the inner agitations caused by such indulgence give rise to mental illnesses like headache. In such cases, even the treatment does not work. Such people, if they keep their feelings easy, quit the feelings of hatred and start living a light and easy life, they can get rid of many abnormalities just like they were never there!

If you develop the habit of keeping your attitude light and easy, keep happy and always try to make others happy, also keep your thinking pure, then the body will naturally become disease free. This is a very important key to a healthy life.

“If you are always fearful and suffer with uncertainties, even most precious medications wouldn’t work for you.”

Importance of Navel Chakra

Adapted from Praanam 2003

We need to reexamine the purpose of diet. For one thing, we need to shift our view of diet from being something negative to being something positive. The moment you say 'I must go on a diet' a ring of penitence and self denial - like 'taking a vow of chastity' takes place. But diet is something positive.

"Diet" is a Greek word meaning WAY OF LIFE and involves more than just eating sparingly. Diet is our way of life - the way we use the life - around us to sustain our own life. Our diet is what defines our personal relation to Mother Nature. All living creatures have naturally restricted diets. Human diets are incredibly protein.

We run the gamut in styles - from ascetic fasting to gluttonous gourmandism. Thanks to our clever 'left' brain, we have 'mastered' nature and made it serve the needs of our appetites, even when they are unbalanced or unwholesome. Right diet is therefore important for the planet as a whole; for there are five billion of us, and our numbers increasing.

DIET AND THE GREATER LIFE: This brings us to the first principle of diet and the spiritual life. All life depends on other life. We are all linked to each other in great food chain; each of us individuals lives literally and biochemically in a part of a great life. In this sense, mysticism mirrors ecology.

The first step toward a healing diet is recognition that we are part of a great life. Native American traditions reflect this idea of the mutual dependence on a living thing by thanking the creature they kill for providing food. White America has its own traditions of saying grace - giving thanks before a meal - such rituals of grace and thanks giving should be part of our diet.

Every act of eating is a sacrifice. One living organism is sacrificed for the sake of another. A wise diet is one that helps us appreciate the gift status of all life. No individual possesses life of itself. We borrow our lives from each other - from the greater life. This fact is the cornerstone of spiritual diet. Bad eating habits concern more than cosmetics and physical fitness. They have larger implications, touching spirituality and planetary life. Nature Gaia or Mother Earth - is where each of lives is in a rhythm of eating and eaten. Links in the great food chain, we are bound together, taking and giving in the sacrament of the greater life.

Unfortunately, we are violating the law of global food chain - violating the greater life - and we pollute earth, air and water. We cause species to become extinct; we filter natural nutrients through commercial food processing technologies and we undermine the support system of life as a whole.

RELEASING SPIRITUAL ENERGY THROUGH DIET: The reason we eat is to obtain energy to live. Is there a way to increase this vital energy without unduly taxing our natural resources? All spiritual world views believe in spiritual energy, so let us assume that there are TWO systems of energy we can draw on to nourish our being; spiritual as well as physical . In the physical we obtain energy from the foods we eat and we obtain spiritual energy from a spiritual source. There are many names for this source of spiritual energy: prana, pneuma, ki, od etc.;

The two energy systems appear to be inversely proportional to each other. The less you rely on the physical, the more likely you will activate the spiritual. Conversely, the more you rely on the physical, the less likely you will detect signs of an alternate energy system.

The idea of spiritual energy suggests vitalism, the belief in a life force, nowadays not in favor with the scientific establishment. However, there are growing reasons for doubting that mechanistic biology fully accounts for the phenomena of life.

UNUSUAL INDICATIONS OF A HIGHER LIFE FORCE; Spiritually evolved people often eat less than is believed possible. There are cases living without food also - such as the modern miracle worker, Padre Pio (1887-1986). According to Dr.Pavone, Pio's Physician, the saintly friar ate only once a day, consuming about 50 to 100 calories. Padre Pio bore the wounds of Christ for fifty years - so he lost blood almost continuously. Every day he spent long hours hearing confessions and slept very little at night. Enormous work, little sleep, little food.- where did he get the energy? Is it from a source unknown to mechanistic biology?

He was once sick with fever for five days and ate nothing. His doctor weighed him and found that he increased by nine pounds. "These things contradict human logic." observed Dr. Pavone. "They are against natural law..... but happened." Padre joked he'd have to eat more, if he wanted to lose weight.

"Enormous work, little sleep, little food- where did he get the energy? Is it from a source unknown to mechanistic biology?"

Do You Know?

The main chakras for creating ideas are Throat and Ajna Chakras. Throat is lower and concrete ideas and thoughts and Ajna is for higher and Abstract thoughts and ideas

(To Be Continued)

Experiences with Pranic Healing

By AD (working as a Software Developer in a leading MNC)

The Beginner's course on Pranic healing has been a ticket to an experience which I have so far refused to acknowledge. Being a skeptic, I initially found it the concept of Pranic healing difficult to understand and accept. But by the second day, it was tough to reject mine and other's experiences in class as false. I had a first hand experience in dealing with the energy both in the universe and in others bodies. The force with which I could feel the energy in other's was real. It was so real that when I tried to reject the idea of the force and push my hands towards the source, the source could feel the pressure. I could even determine what problems my teammate in the class had by just evaluating the energy at various points in their body. And I was surprised to find that it was true in most cases where my subject did have a weak point and I could judge that by just focusing on the energy at that point. I find the very idea and concept that intention and sheer focus can help us cure many ailments, is powerful. And it is not just about curing ailments, it could be a means of preventing something big.

My personal recommendation would be the twin heart meditation. After my second attempt at trying the meditation after class, I noticed a significant difference in my demeanor after trying the meditation. I've felt significantly lighter and happier. Rituals which were recommended to you by your grandma and had been performed for generations without knowing the true underlying meaning suddenly seem to make sense. The class definitely brought in awareness about my world which I need not necessarily see, and I expect the experiences to enrich it further

Master Says

"Practice Diligently, Purify Yourself, Spread the Teachings"

Excerpt from Miracles through Pranic Healing

Rate of Vibration of the Energy Body

Sometimes the patient may feel slight pain and heaviness on the part being energized if the healer is tired and had an emotionally strenuous day. The healer should rest and resume the healing the next day or until he feels better.

On rare occasions, the patient may have a very refined energy body or the rate of vibration of his energy body may be much higher than that of the healer. Such a patient, if treated by a healer whose energy body is coarser, would only experience more discomfort. He should be treated by a healer whose energy body is as refined or more refined than that of the patient.

As a healer continues to practice healing, his energy body is gradually being cleansed and refined. His inner aura becomes brighter and denser. He becomes a more powerful healer.

Frequently Asked Questions

Q: How does one become prosperous?

A: For anything like prosperity or achieving a goal, one needs to have three items

1. Intent
2. Energy
3. Entitlement

Getting something is like watching a program on TV; you need a TV (Intent), Electric Power (Energy), TV-Signals (Entitlement). TV-Signals are not there you will not see anything even if you have a large TV and enormous power. But if you have the TV-Signal and you small TV and some power you will enjoy the program

Q: How does one get intent?

A: Intent is the desire to achieve something. If you want something you already have

Q: How does one get the Energy?

A: One gets Energy by practicing Twin Hearts Meditation

Q: How does one get the Entitlement?

A: One gets Entitlement by blessing other with you want when practicing Twin Hearts Meditation and other times.

~Ramakrishnan Nagasamy

"When his inner aura becomes brighter and denser, he becomes powerful healer"

5 Tips for Becoming an Early Riser

By Seth Simonds

1. Choose to get up before you go to sleep

You're not very good at making decisions when you've just woken up. You were in the middle of a dream in which [insert celebrity crush of choice here] is serving you breakfast in bed only to be rudely awakened by the harsh tones of your alarm clock. You're frustrated, angry, confused, and surprised. This is not the time to be making decisions about whether or not you should stay in bed! And yet, most of us leave the first decision of our day to be made in a blur of partial wakefulness.

No more! If you want to be a consistently early riser, try making your decision to rise at a specific time before you go to sleep the night before. This frees you from making the decision in the morning when you've just woken up. Instead of making a decision, you have only to follow through on your decision from the night before. Easier said than done? Of course. But only for the first few times. Eventually your need for raw willpower to get out of bed will diminish and you'll be the proud parent of a new habit!

Steve Pavlina suggests you practise getting out of bed during the day to get a few of the "practice sessions" out of the way without the early morning fog in your head.

2. Have a plan for your extra time

Let's say you've actually made it out of bed 2 hours before you normally would. Now what? What are you going to do with all this time you've discovered in your day? If you don't have something planned to do with your extra time, you risk falling for the temptation of a "morning nap" that wipes out all the work you put into getting up.

What to do? Before you go to bed, make a quick note of what you'd like to get done during your extra hours the following day. Do you have a book to write, paper to read, or garage to clean? Make a plan for your early hours and you'll do more than protect



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yourself from backsliding into bed. You'll get things done and those results will fuel your desire to build rising early into a habit!

3. Make rising early a social activity

While there's obvious value in joining a Lifehack Challenge in order to get you started as an early riser, your internet buddies just don't have enough pull to make your new habit stick in the long term. The same cannot be said for the people you spend time with as part of your early morning routine.

Sure, you could choose to read blogs for two hours every morning. But wouldn't it be great to join an early breakfast club, running group, or play chess in the park at 5am? The more people you get involved in making your new habit a daily part of your life, the easier it'll be to succeed.

4. Don't use an alarm that makes you angry

If we're all wired differently, why do we all insist on torturing ourselves with the same sort of alarm each morning? I spent years trying to wake up before my alarm went off so I wouldn't have to hear it. I got pretty good, too. Then I started using a cellphone as my alarm clock and quickly realized that different ring tones irritated me less but worked just as well to wake me up. I now use the ring tone alarm as a back up for my bedside lamp plugged in to a timer.

When the bright light doesn't work, the cellphone picks up the slack and I wake up on time. The lesson learned? Experiment a bit and see what works best for you. Light, sound, smells, temperature, or even some contraption that dumps water on you might be more pleasant than your old alarm clock. Give something new a try!

5. Get your blood flowing right after waking

If you don't have a neighbor you can pick fights with at 5am you'll have to settle with a more mundane exercise. It doesn't take much to get your blood flowing and chase the sleep from your head. Just pick something you don't mind doing and go through the motions until your heart rate is up. Jumping rope, push-ups, crunches, or a few minutes of yoga are typically enough to do the trick. (*Just don't do anything your doctor hasn't approved.*)

If you live in a beautiful part of the world like me, you might want to use a bit of your early morning to go for a walk and enjoy the beauty of the world around you. If you have a coffee shop open within walking distance, dragging yourself out of bed for a cup of coffee to savor on your walk home as the world wakes around you is a wonderful experience. Try it!

Upcoming Events:

- Basic Class in Jul at Foundation