



Ybrant Prana

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Pranic Healing

Manifest your greatness

Editorial

Ybrant Prana Team

Greetings of Love and Light! We have marched into the third year. This Issue of Ybrant Prana we hope will make you feel vibrant with prana. Please continue your encouragement and suggestions and other contributions 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 a 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!!!



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On Meditation and Thought Forms

DUDJOM RINPOCHE

"In meditation practice, you might experience a muddy, semiconscious, drifting state, like having a hood over your head: a dreamy dullness. This is really nothing more than a kind of blurred and mindless stagnation. How do you get out of this state? Alert yourself, straighten your back, breathe the stale air out of your lungs, and direct your awareness into clear space to freshen your mind. If you remain in this stagnant state you will not evolve, so whenever this setback arises, clear it again and again. It is important to be as watchful as possible, and to stay as vigilant as you can.

Though different forms are perceived, they are in essence empty; yet in the emptiness one perceives forms. Though different sounds are heard, they are empty; yet in the emptiness one perceives sounds. Also different thoughts arise; they are empty, yet in the emptiness one perceives thoughts.

"If you remain in this stagnant state you will not evolve, so whenever this setback arises, clear it again and again."

Importance of Navel Chakra

Adapted from Praanam 2003

Biographer Baron Von Hugel wrote of St. Catherine of Genova: "During some twenty years she evidently went for a fairly equal number of days - some thirty in Advent and some forty in Lent seventy in all annually - with all but no food; and was during these fasts at least as vigorous and active as when her nutrition was normal". Spiritually evolved people can subsist on little and still live active and productive lives.

THE SYMBOLIC DIET OF Therese Neumann: There are cases on record of India lasting for years and the Jesuit scholar, Herbet Thurston has documented these prodigies in the **PHYSICAL PHENOMENA OF MYSTICISM**. She was in contact with Christ Consciousness and displayed queer and unusual abilities. Her visionary experiences were triggered by illness. Due to an accident in 1918 she was bedridden for seven years of pain and misery, four of which was spent totally blind. A series of religious dreams and visions triggered her recovery from these ills and in 1925 she was able to see and walk again. Because of strained throat muscle, from 1922 she took only liquid diet. From 1926 onwards she lost all sensations of hunger, taking only two spoonfuls of liquid nutrient. Except for her daily communion wafer, from 1927 for period of 35 years she lived without food or drink. Her elimination process completely ceased from 1930. When she asked what she lived on, she replied, 'On Our Savior.'

A MESSAGE FROM MEDJUGORJE Medjugorje is a farming village in southwestern Yugoslavia . In June 1981 six youngsters began to claim they were seeing visions of a beautiful young woman said to be the Virgin Mary.

The Virgin recommends that we can enlighten ourselves by fasting. The form of fasting recommended is specific - bread and water one day a week. Many in the town are following this regime, and claiming remarkable after effects. Pilgrims say that an atmosphere of unusual peace and spiritual radiance envelops the now famous village of Hercegovina. The message speaks of tolerance and urge - Christians to respect other religions. They make startling claims about the psychophysics of spirit: UNDER EAT and you can

- a. banish war from the face of the earth
- b. heal yourself and
- c. gain the power to 'suspend the laws of nature.'

Can fasting make us more peaceful, if by peace we mean the absence of violence?

Can fasting heal us? Well, underfed animals apparently live longer and have fewer diseases than their well fed counterparts. Robert A Good of the University of South Florida found that underfed mice produced less B-cells known to attack the auto-immune system.

Can fasting help us suspend the law of nature? The laws of nature are just the habits of nature. To suspend the laws we would have to change the habits. Fasting is a perfect example of changing a habit of nature.

DIET AS SPIRITUAL EXERCISE: A carefully modulated diet may therefore be a way of releasing latent spiritual energies. Every day job of nourishing our bodies offers a path of spiritual exercise. For example, by eating and drinking mindfully we can learn to appreciate the gift status of our lives. It involves choice and gives us opportunity to change the world. The way we eat supports or denies our culture. By changing our eating habits, for instance, we have the power to change the economy. Suppose large number of people become vegetarians, the impact on the economy would be tremendous. People attach too much importance to eating. We, who have more than our share, over estimate our share, overestimate our need. The body does well with little, especially as we get older. We underrate how remarkable our bodies are, how little we need to meddle in their daily doings.

Diet is more than rules of what to eat. What counts is the shift in attitude towards the nature. The drift of a spiritual diet is towards less - less in quantity and less in complexity. For instance, animal protein is more complex than vegetable protein. Consuming animal protein creates more '*karmic*' backlash, more trauma and turbulence in the greater life. Vegetarianism is a step towards retreating from the violence of nature. On the other hand, merely being a vegetarian guarantees nothing. Vegetarians within their self imposed restrictions can be as wasteful of nature's bounty as non-vegetarians.

(To Be Continued)

"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

Experiences with Pranic Healing

Healing Torn Ligament and Swollen Right knee

A colleague at office Mr SJ hit his knee against something hard and had a swollen knee. He was unable to walk properly. He put an notice in the company bulletin board seeking info on good doctors. I suggested to him to apply pranic healing along with conservative medicine. He came over to me with the basic pranic healing book and asked if that was the material. I told him to take the class to understand the science better. He took the class and started to do self healing. He had to stand a lot for a day or two and had to strain his injured knee. Suddenly it became very bad. He came back to me. I felt that there was some sort of ligament tear, as I had such an experience some 8 years back.

I applied pranic healing protocol for sprain/strain/ligament tear. I had assigned healing angel for his quick healing. After the session was completed. he said he felt only slightly better. I did the protocol again for remove my own doubts. He was feeling better. We chatted for a while. Before leaving he felt very good. In 1 or 2 hours the pain had vanished and was able to move his knee freely. He was amazed. He said the recovery was miraculous. I applied pranic healing for the next 3 sessions.

This is what he has to say about the healing done for him:

There was a slight pain once I got healed by you. After few minutes I felt much better....

Now I am feeling even better... (Now I don't feel even slight pain in the place where the doctors ruptured while taking out the water)So the energy that went in has started doing its job minute by minute. Thanks again -SJ

I just thanked God and Grand master for the science and smiled. The Healing Angels did the job well.

Master Says

"Practice Deligently, Purify Yourself, Spread the Teachings"

Excerpt from Achieving Oneness with Higher Soul

Prolonged One-Pointedness and Prolonged Awareness

When a woman says that a man is sensitive, it does not mean that the man is a crybaby. It means that the man is aware of the woman's needs and feelings, so he tries to behave and act in a certain way to make the woman happy....

To be successful in one's spiritual practice, one must not only practice prolonged one-pointedness or concentration. One must also practice prolonged sensitivity or awareness. The concept of prolonged awareness is almost non-existent in western culture. This is why there is no single word to describe this state.

In India, the word *dhyana* is used to describe prolonged awareness. Even in India this concept is hardly understood by most spiritual practitioners or meditators. From India, dhyana was brought to China by Bodhidharma and is called Chan in Chinese. The Shaolin monks of Southern China brought Chan to Japan, and there it is called Zen in Japanese.

Frequently Asked Questions

Q: How can I Learn the Meditation on Twin Hearts

A: Meditation on Twin hearts can be learnt from any Practicing Pranic Healer or from an Pranic healing instructor.

Q: What are the steps in Meditation on Twin Hearts

A: Meditation on Twin hearts has the following steps..

1. Physical Exercises
2. Relaxing Breathing exercises
3. Invocation to Supreme beings, Spiritual Guru, and other Spiritual Elders.
4. Activating the heart Chakra by recalling a happy event and smiling at the heart center
5. Activating the crown Chakra by recalling and another happy event and smiling the crown center
6. Raising the hands at chest level and imagining the earth in the size of small ball and blessing with the awareness in heart
7. Blessing the small earth with the awareness in the crown
8. Visualizing a golden flame on your crown and chanting Om or Amen or Amin. Be aware of stillness between two chants and the golden flame. Let go
9. Release the excess energy by blessing
10. Release further by routing-visualizing beams of light going from your tail bone and your feet into the earth and blessing.

11. Do Physical Exercises

~Ramakrishnan Nagasamy

16 of 33 Tips for Better Productivity

- **Nuke it!** The most efficient way to get through a task is to delete it. If it doesn't need to be done, get it off your to do list.
- **Daily goals.** Without a clear focus, it's too easy to succumb to distractions. Set targets for each day in advance. Decide what you'll do; then do it.
- **Worst first.** To defeat procrastination learn to tackle your most unpleasant task first thing in the morning instead of delaying it until later in the day. This small victory will set the tone for a very productive day.
- **Peak times.** Identify your peak cycles of productivity, and schedule your most important tasks for those times. Work on minor tasks during your non-peak times.
- **No-comm zones.** Allocate uninterruptible blocks of time for solo work where you must concentrate. Schedule light, interruptible tasks for your open-comm periods and more challenging projects for your no-comm periods.
- **Mini-milestones.** When you begin a task, identify the target you must reach before you can stop working. For example, when working on a book, you could decide not to get up until you've written at least 1000 words. Hit your target no matter what.
- **Timeboxing.** Give yourself a fixed time period, like 30 minutes, to make a dent in a task. Don't worry about how far you get. Just put in the time. See [Timeboxing](#) for more.
- **Batching.** Batch similar tasks like phone calls or errands into a single chunk, and knock them off in a single session.
- **Early bird.** Get up early in the morning, like at 5am, and go straight to work on your most important task. You can often get more done before 8am than most people do in a day.
- **Cone of silence.** Take a laptop with no network or WiFi access, and go to a place where you can work flat out without distractions, such as a library, park, coffee house, or your own backyard. Leave your comm gadgets behind.
- **Tempo.** Deliberately pick up the pace, and try to move a little faster than usual. Speak faster. Walk faster. Type faster. Read faster. Go home sooner.
- **Relaxify.** Reduce stress by cultivating a relaxing, clutter-free workspace. See [10 Ways to Relaxify Your Workspace](#).
- **Agendas.** Provide clear written agendas to meeting participants in advance. This greatly improves meeting focus and efficiency. You can use it for phone calls too.
- **Pareto.** The Pareto principle is the 80-20 rule, which states that 80% of the value of a task comes from 20% of the effort. Focus your energy on that critical 20%, and don't overengineer the non-critical 80%.
- **Ready-fire-aim.** Bust procrastination by taking action immediately after setting a goal, even if the action isn't perfectly planned. You can always adjust course along the way.



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Upcoming Events:

- Basic Class in Jul at Foundation
- Grand Master's Birthday Celebrations-Aug 15
- Arhatic Yoga Retreat in Kolkatta Aug 15th onwards
- Higher Courses in Sep2010 by Ma Charlotte Anderson - SBM, Feng Shui, Lord's Prayer - Contact
Foundation for more details