



Ybrant Prana

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Pranic Healing

Manifest your greatness

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Editorial

Ybrant Prana Team

Greetings of Love and Light!

We hope to make you feel vibrant with prana. We would like to hear your thoughts on the information and articles which have been presented in the newsletter. 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!!!



Friendship and its upholding

Akhand Jyoti - June 1978 page 32

Friendship is invisible and the behavior is visible. Friendship depends on qualities and the behavior depends on utility. Who can become important for us and how much? - Who can fulfill our need and how much? If the friendship is made on this basis, this will be shallow, fragile and unstable as well. If the friendship with anyone is to be upheld for life long, then there is only one way. Keep the qualitative virtues of the friend in mind and think that this is the sparkle of the eternal light of the almighty, which can never be extinguished and can't fade.

Friendship is purely a spiritual feeling, which emerges in anyone on the basis of the foundation of the virtues. One, who is deemed worthless, sycophancy, can be maintained with him also due to vested interest, but the friendship out of reverence cannot emerge. Reverence and friendship are the two hands of the deity of excellence. If we understand this element before making friendship with anyone, that we have to love some particular person because of the particular virtues, it should be understood that there will be no change in the eternity of the behavior in case of any change or going someone at distant place, as this gets integrated with the true friendship uninterruptedly.

One who realizes the supreme truth therefore says that let one go, who wants to go. Do not stop him because the upholding of the friendship is not affected by this.

"Friendship is purely a spiritual feeling, which emerges in anyone on the basis of the foundation of the virtues."

Importance of Navel Chakra

Adapted from Praanam 2003

A diet is spiritual if it helps us move however subtly and slowly, towards something we can call the lightness of being. There are three aspects of this lightness. The first concerns the lightness of the body. Among spiritually advanced yogis and saints this sometimes dramatically exhibits itself as supernormal agility, even as levitation. What counts towards practising the lightness of being is the grace and levity with which we move through the challenges of embodied life. Levity suggests another sense of lightness in spiritual diet: the lightness of spirit that enables us to laugh gently at things that take themselves too seriously. Third and the most important is the lightness of consciousness - freedom from the excess 'poundage' of anxious thought and desire. All the great spiritual traditions recommend this from of inner lightness and detachment. A mindful diet might be the simplest way to begin this large undertaking of spiritual discipline.

Eating is highly symbolic and can mean different things to different people. For instance, some associate security with eating ample. Others eat too much as a substitute for other physical needs. Some people eat in excess because they are lonely. Eating can assuage a sense of inner emptiness.

Diet as spiritual exercise is difficult now a days. We keep getting confusing signals from the culture at large. Advertising alternates between trying to make us salivate with hunger and trying to make us believe that being thin is the ticket to paradise on earth.

Every one's mind-body-spirit is unique and has its own law of development. It is useless copying other people's diets. This may be another reason for the 98% failure rate of diets. They ignore bio spiritual individuality. That right diet calls for careful attention to circumstances. An eighteen year old football player requires a different diet from a sixty year old nuclear physicist. To be useful, every diet should be the fruit of personal experiment.

Perhaps the biggest obstacle to diet as spiritual exercise is language. For many people, words like 'diet' and 'fasting' call to mind images of pain, starvation, self depravation. We need to invent a new language for the adventure of liberating the spirit. In Greek language 'diet' is 'the way of life'. Our diet is our way of life; in this sense everybody is 'on a diet', for everybody has a way of life.

Diet is like tuning an instrument; any work done is for the sake of the music played. Spirit is the greatest music, the body of our ultimate instrument, diet our way of practising the lightening of being.

What is the first step of seeker or meditator? The body is the first step for a seeker, but is neglected for thousands of years. The neglect is of two kinds - the indulgent people who have no other experience of life other than eating, drinking and wearing clothes, the other type of people who have neglected their body through yoga and renunciation. They have tortured their body, have suppressed it and have been hostile towards it. In the West the body has been harmed in one way, in the East in another way. Only through the veena of the body can the music of life arise. Unless the veena is in proper condition, no music can be produced. Hence the first step of the meditator is to give proper attention towards the body.

The soul has a connection with the body at some centers. Our life energy comes from these connections. The seeker who is not aware of these centers will never be able to attain the soul realization. Man's wrong education has made the head the most important part of the human body. The head or the brain is not the most important life in the energy in man. For a tree, flowers are not important; roots are important. The mind is the flower on the plant of man. The mind is the final development in man's body, it is not the root. If we ask a man what is the most important part in the body, he points towards his head and a woman says it is the heart. Neither the heart, nor the head are important; man's roots are not in them.

A child is born in the womb of a mother and grows there. It is connected through the navel. The life energy is available to it through navel, the heart and mind develop later. The life energy of the mother becomes available through the navel and from there roots spread out onto the mother's body and in opposite direction into his own body as well.

The most important point in the human body is the navel, after that heart develops and then the mind. Flowers of knowledge blossom in the mind and love blossoms in the heart. But the roots of man's body and his life energy are in the navel. No flower blossoms there; only the roots which are invisible are there. For the past five thousand years all the emphasis is put either on mind or heart, but mostly on mind. From the very childhood all education is the education of mind and no education of navel exists. Hence the mind goes on growing larger and larger and the roots are becoming smaller and smaller, causing the life energy flowing less and less.

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 Solar Plexus chakra is the Lower Will Center.

For you to achieve anything thru passion, emotional commitment, you should develop your Solar Plexus.

It is very important chakra in healing process as the healer and the patient get connected thru etheric chords from the solar plexus chakras of the patient and healer. So it is imperative to keep in absolutely perfect condition. Clear, Clean and filled with high quality energy, so that that energy would flow to the patient for healing.

Solar Plexus is also well developed in crowd pullers.

Solar Plexus is a clearing center.

Solar Plexus is the Ego or "I" center.

Experiences with Pranic Healing

AD (working as a Software Developer in a leading MNC), writes about learning Pranic Healing:

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



“Practice Diligently, Purify Yourself, Spread the Teachings”

Excerpt from Miracles through Pranic Healing

"Self-Distant Healing" Technique

1. Do pranic breathing during the entire pranic self-healing treatment.
2. Apply general sweeping on the front of your body by using your hands. Then turn yourself or the image around and apply general sweeping on your back.
3. Apply localized sweeping thoroughly and energizing on the chakras and parts to be treated with your hands.

Frequently Asked Questions ***How do we setup a Pranic Healing Clinic?***

Pranic Healing Centers are generally set up by 2 or 3 or more Pranic Healers. Identify a small 10 X 10 room suitable for all members involved which you can use for Pranic Healing Activities like healing, counseling. If it is not your own place, you can approach the owner for rent or in kind. After agreement is reached you need to get the place ready.

Avoid places which over or near sewer or sewage drains or over septic tanks. Select a clean place away from animal butchering places or burial grounds.

What do we do to prepare the place?

You need to prepare and maintain the place as pranic healing center for its and your own success. You can prepare the place by first cleaning it physically. Then you apply energy level cleansing. You may also apply pranic psychotherapy. Practice The Great Invocation in the place. Whenever you do Practice Meditation on Twin Hearts release the excess energy to prepare and maintain the place.

What are the next steps for the PH Clinic?

You need to get a few necessary things like a table, chairs, a photo GMCKS and other spiritual elders, incense, Lamps, may be a CD player for playing om or other chants and for meditation.

What next?

You need inform healers and other general public about the existence of the PH center. You can advertise for healing, meditation and counseling. Provide contact numbers and PH center availability timing. You can also send notices to Apartment or house in the locality. You can arrange classes in the PH Center. This will build a network of healers. You can get students of the class to continue healing the center after they graduate. You can get senior pranic healing students to organize classes, orientation lectures and ask your pranic healing friends to bless you center.

~Ramakrishnan Nagasamy

17 of 33 Tips for Better Productivity (contd from previous issue)

- **Minuteman.** Once you have the information you need to make a decision, start a timer and give yourself just 60 seconds to make the actual decision. Take a whole minute to vacillate and second-guess yourself all you want, but come out the other end with a clear choice. Once your decision is made, take some kind of action to set it in motion.
- **Deadline.** Set a deadline for task completion, and use it as a focal point to stay on track.
- **Promise.** Tell others of your commitments, since they'll help hold you accountable.
- **Punctuality.** Whatever it takes, show up on time. Arrive early.
- **Gap reading.** Use reading to fill in those odd periods like waiting for an appointment, standing in line, or while the coffee is brewing. If you're a male, you can even read an article while shaving (preferably with an electric razor). That's 365 articles a year.
- **Resonance.** Visualize your goal as already accomplished. Put yourself into a state of actually being there. Make it real in your mind, and you'll soon see it in your reality.
- **Glittering prizes.** Give yourself frequent rewards for achievement. See a movie, read a book, get a professional massage, or spend a day at an amusement park.
- **Quad 2.** Separate the truly important tasks from the merely urgent. Allocate blocks of time to work on the critical Quadrant 2 tasks, those which are important but rarely urgent, such as physical exercise, writing a book, and finding a relationship partner.
- **Continuum.** At the end of your workday, identify the first task you'll work on the next day, and set out the materials in advance. The next day begin working on that task immediately.
- **Slice and dice.** Break complex projects into smaller, well-defined tasks. Focus on completing just one of those tasks.
- **Single-handling.** Once you begin a task, stick with it until it's 100% complete. Don't switch tasks in the middle. When distractions come up, jot them down to be dealt with later.
- **Randomize.** Pick a totally random piece of a larger project, and complete it. Pay one random bill. Make one phone call. Write page 42 of your book.
- **Insanely bad.** Defeat perfectionism by completing your task in an intentionally terrible fashion, knowing you need never share the results with anyone. Write a blog post about the taste of salt, design a hideously dysfunctional web site, or create a business plan that guarantees a first-year bankruptcy. With a truly horrendous first draft, there's nowhere to go but up.
- **30 days.** Identify a new habit you'd like to form, and commit to sticking with it for just 30 days. A temporary commitment is much easier to keep than a permanent one.
- **Delegate.** Convince someone else to do it for you.
- **Cross-pollination.** Sign up for martial arts, start a blog, or join an improve group. You'll often encounter ideas in one field that can boost your performance in another.
- **Intuition.** Go with your gut instinct. It's probably right.
- **Optimization.** Identify the processes you use most often, and write them down step-by-step. Refactor them on paper for greater efficiency. Then implement and test your improved processes. Sometimes we just can't see what's right in front of us until we examine it under a



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Upcoming Events:

- Basic Class in Sep at Foundation
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- Foundation for more details