



# Ybrant Prana

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## Pranic Healing

*Manifest your greatness*

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*"Teachers' Day is the ideal day of telling our teachers that we feel blessed because of their presence in our lives"*

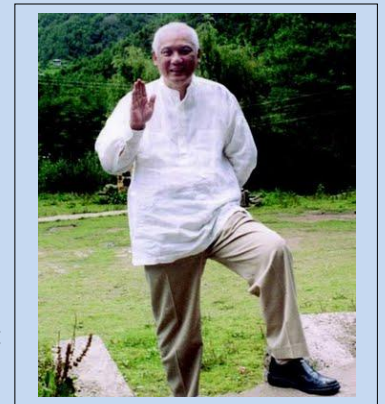
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### Editorial

#### *Ybrant Prana Team*

Atma Namaste! We are excited about the possibilities which Pranic healing brings to us. Pranic healing is a way of life thinking, feeling, flowing, and working, at Pranic energy level. You learn to live in another plane of this world. You learn to harness the powerful forces of that plane which in turn helps in the physical level.

We hope this newsletter bring some ideas to get hold of the power and bring about peace and love in you!



### MY YEARS AS TEACHER WERE MOST SATISFYING

#### *Dr Prabha Sampath*

Prime Minister Dr Manmohan Singh on Saturday addressed teachers on the eve of Teachers' Day in New Delhi. He said: "We celebrate 5th September, the birth anniversary of Dr Radhakrishnan, our former President, as Teachers' Day all over the country to honour and to express our nation's gratitude to all teachers for their dedicated service to the nation."

"Teachers' Day is the ideal day of telling our teachers that we feel blessed because of their presence in our lives. I join you in remembering Dr Sarvapalli Radhakrishnan, the great scholar, the great philosopher, the great teacher and above all a great educationist."

"Teaching has always been considered a noble profession. My own years as a teacher have been the most satisfying and fulfilling in my life. Through teachers flow the values and culture of a nation and its people."

### On Grand Master Choa Kok Sui

#### *YBrant Editors*

Grand Master Chao Kok Sui was a great teacher, following the tradition of Lineage of great teachers like Lord Buddha Padmasambava and Buddha Avalokateswar or Buddha Kwan yin.

Editors: On the teachers' days we remembered and remember forever our Sadguru GMCKS with all love, respect and gratitude!!

*"The body is the veena of life.  
The strings should be neither  
too tight nor too loose. When a  
man comes to know his inner  
music within himself he comes  
to know the soul."*

### Do You Know?

Law of Karma is "what you sow is what you reap". It has multiplier effect and installment effect. If you sow you just don't get one mango if you plant a seed, you get many mangos and also you get in many installments.



**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

## Importance of Navel Chakra

*Adapted from Praanam 2003*

The journey of the meditator is downwards, towards the roots. One has to descend from the head to the heart and from the heart to navel. Only from the navel can anybody enter the soul. Our focus is not on the system through which we get to know the center of vitality. Instead of, our whole education is focused on the system that helps to forget it. Hence the education is taking man slowly towards madness. The mind alone, will take man only towards madness. The more a country become educated, the number of mad people increases. The physicians also say that eighty percent of man's diseases are of mind, not of body. Man's brain is the most delicate machine in the world and it has to carry all the burden, anxiety, suffering, knowledge, education the whole weight of life. There are so many nerves in a single man's head that if they are spread out one after the other, they would encircle the whole earth. The burden of thoughts cannot take man anywhere else other than into madness.

A meditator has to bring the life energy deeper, more towards the center; he has to turn it back. Till now the body is not seen as a vehicle for the spiritual journey or as a temple of the divine for discovering the center of life. The path to whatsoever is great in life and is worth attaining to is within the body and goes through the body.

The body is the veena of life. The strings should be neither too tight nor too loose. When a man comes to know his inner music within himself he comes to know the soul. Where are the strings of the veena in the man's body? The strings in the mind are very tight and tense. If somebody touches them, madness arises. The strings of the heart are very loose. The music of love does not rise from the loose strings. Only anger comes out of it, distortion and disharmony come out of it. The strings of the mind should be a little loose and the strings of the heart a little tight, then only you can listen to the music. The method to do it is the meditation. If these two things happen, then it is possible to descend to the real center of your life-the navel.

The whole day we breathe with the chest, but during sleep the belly starts moving. Any impact on the mind or heart, the first vibration will be at the navel. Hence some kind of arrangement should be made to help to develop the navel center. Let us discuss some do's and don'ts to develop it.

If a situation of fear arises, it is felt first of all at the navel center. So the more one practices fearlessness, the more one's navel becomes strengthened. The more one practices courage, the more the navel develops. That is the reason all the great meditators of the world considered fearlessness to be an essential quality in a seeker. Fearlessness has no other significance.

There are two simple meditations to make the navel center strong. One can be done in the morning and other at night – each one for fifteen minutes. First make the mind as tense as possible and then suddenly relax. Along with the mind, the whole body to be relaxed. Sit very comfortably that there is no tension or stress on any part. Sitting silently, one should experience quietly all that is happening around and do nothing else. Sit in a relaxed awareness. Within ten minutes you will find that you have become an extraordinary center of silence.

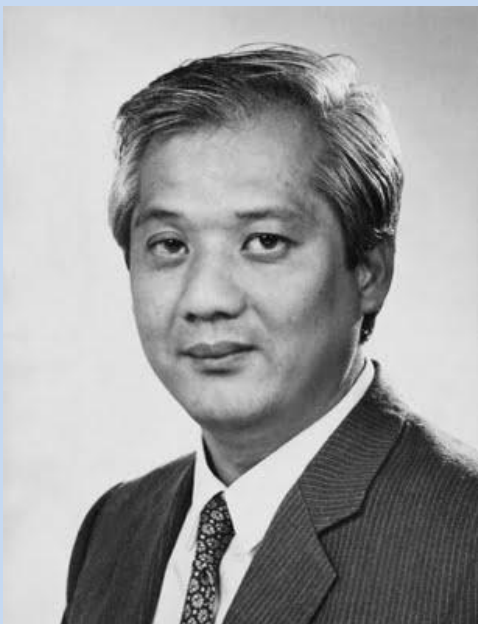
The next meditation – first of all close your eyes softly, very softly. Drop the eyelids slowly, there should be no weight on the eyes. Now allow the whole body to relax and the mind tense. Give all the energy to the mind for one minute, then relax it, make it tense and again relax, just relax. Just listen and start listening for whatever sounds are coming from around. Sit for ten minutes.

To be Continued

## Experiences with Pranic Healing

### Emergency Healing for Boy whose Pancreas is ruptured

A couple of my neighbors know that I am Pranic healer and Trainer. One day, one of them called to find out if I was free for a hour and so that one of his relative could visit me. I asked to come over. He and his relative came over to my home. His relative works for RBI. Her 18 year old son had taken part in the Ganesh chaturthi festival (in 2005). He was bringing the large idol and the idol fell on him rupturing his pancreas. He was taken to Apollo hospital. He was given first aid and then after medications and stay for 10 days in the hospital also, scans were taken and mass of fluid near the rupture didn't seem to reduce. So they suggested they should try Pranic healing. I took the photo of the boy. The boy was having severe pain and had to take pain killers to do anything. This could lead to addictions also as he was asking for pain killers all the time to go to sleep. I invoked and applied general Pranic healing therapy for pancreas. Assigned healing angels



to heal the boy. Also willed that fluid mass to clear up. After giving 2 or 3 sessions, the boy started to feel better. His nausea stopped, was feeling hungry, more energetic with almost zero pain. I continued the protocol for approx another 10 sessions. It was almost 45 days since the accident. His mom took him for a scan and reports showed that the mass had reduced 90%. He went back to school. After a few more days she called me to inform that he was completely healed and thanked me profusely. Amazing recovery. She was relieved. I thanked God, Grand Master and healing angels for the healing.

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***“Practice Diligently, Purify Yourself, Spread the Teachings”***

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## OMPH Excerpt - MCKS "Om Mani Padme Hum

### Our dream and out of body experience

When the body goes to sleep, you transfer from the physical body to the astral body. This is done all the time when a person goes to sleep. There are different signs that show you are transferring to the astral body. Sometimes while sleeping or meditating, the body might feel a strong energy vibration, and simultaneously there may be an inner sound that can be loud at times. These are signs that you are about to leave the physical body and transfer to the astral body. One should not panic nor be frightened; just let go. Since a portion of the incarnated Buddha Nature is left behind, the body is protected.

Some people, in the process of leaving their physical bodies while asleep would hear a buzzing sound similar to the bees or a jet plane. Others experience falling to the right or to the left side of the bed and suddenly are out of their bodies. A few people, when meditating or sleeping, would sometimes feel a whirling sensation, and would whirl out of their bodies. Sometimes while sleeping, a person would experience swinging to the left and to the right, even touching the floor in the process, and then would swing out of the body. These are some of the processes through which you leave the physical body.

### Frequently Asked Questions **What might be the avenues to let public know about your Pranic Healing Clinic and Pranic Healing in general?**

The most common mediums through which one may spread the word around about the Pranic Healing Center and pranic healing in general are:

1. Advertisements and classified ads in Print media like in newspaper, magazine articles, Advertisements as paper insertions in daily news papers.
2. Small or large banners and hoardings in prominent locations in the city.
3. Radio and TV programs and advertisements on local channels. Generally there is always a specific channel which broadcasts programs and advertisements which are produced for local audience. This may be cable TV channel
4. Tele calling to targeted audience
5. Intro Lectures in Social Gathering, Melas, and other forums in you locality
6. Door-to-door campaign
7. Email based notices and advertisements
8. Newsletters

As you may know that, all of the above mentioned forms of advertisement may not be effective everywhere in every locality. One has to identify which are the suitable mediums for the locality.

### **How to prepare ad campaign?**

Consider each of the campaign as a separate project. Assign a project manager who would have a budget and resources to carry out the project. This can help him to focus on the work. Next campaign can be managed by another person. So on and so forth. A group of people can do Kriyashakti or practice MTH and bless for success of the project as well as the creating more awareness and students of Pranic healing

## Excerpt from the Ayurveda Encyclopedia, Swami Sadashiva Tirtha, D.Sc.

**Key:** V= Vayu; P= Pitta; K=Kapha; '+' means increases/aggravates; '-' means reduces/heals/balances

### 1. Black Pepper (Kali Maricha)

**Energetics:** Pungent/hot/pungent VK-P+ rajasic

**Actions:** Stimulant, carminative, decongestant, expectorant  
**Indications:** Burns up áma very well, colds, flu, cough, gargle for sore throat, fevers, colon cleanse, digests fat and obesity; metabolism, mucus, expectorant, sinus congestion, cold extremities, raises agni, epileptic seizures, with honey, clears Kapha from the system in the morning. External-inflammations, urticaria, erysipelas.

### 2. Caraway/Cumin (Jiraka)

**Energetics:** Caraway-Sour, pungent/hot/sweet K- VP+ Cumin-Pungent/hot/pungent VK- P=

**Actions:** Stimulant, carminative, lactagogue, diuretic (used like fennel and coriander)

**Indications:** Digests bread, like fennel and dill relatives; colitis, gas, digestion, abdominal pain, distention

**Antidote:** Overeating, heavy foods

### 3. Cardamom (Elá) Hindi: Elachi

**Latin:** Elatarria cardamomum Maton (E. repens)

**Part Used:** Seeds

**Habitat:** Found throughout Northern, Western, and Southern India, Sri Lanka, and Burma (Myanmar).



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**Energetics:** Pungent, sweet-heating-pungent VK- (P+ in excess - Large elá) In the U.S. only the small or choti elá is available. Choti elá is slightly cooling and better for Pitta than for Váyu and Kapha).

**Tissues:** Blood, marrow, nerve, plasma

**Systems:** Circulatory, digestive, nervous, respiratory

**Action:** Carminative, diaphoretic, expectorant, digestive stimulant, stomachic

**Uses:** Absorption of nutrients, asthma, bronchitis, colds, cough, excellent for stomach complaints, hoarseness, indigestion, loss of taste, helps the spleen and pancreas, reduces Kapha in lungs and stomach, stimulates the mind, with milk it reduces mucus formation, detoxifies caffeine in coffee, nervous digestion, vomiting, headache, belching, acid indigestion, nausea, expels Váyu in colon and digests foods in colon, convalescing from diarrhea, biliousness, respiratory disorders, involuntary urination.

**Spiritual Uses:** Sattwic, gives clarity and joy Antidote: Ice cream, milk,

cold or sweet foods like bananas, coffee Precautions: Ulcers, high Pitta

Preparation: Infusion (don't boil seeds), powder, milk decoction

### 4. Coriander (Dhyánaka) Hindi: Dhania

**Latin:** Coriandrum sativum Linn.

**Part Used:** Seeds, leaves Habitat: Common throughout India

**Energetics:** Bitter, pungent-cooling-pungent VPK=

**Tissues:** Blood, muscle, plasma Systems: Digestive, respiratory, urinary

**Action:** Alterative, antibilious, aphrodisiac, aromatic, carminative, diaphoretic, diuretic, stimulant, stomachic, tonic Uses: Griping, flatulent colic, rheumatism, neuralgia, indigestion, vomiting, intestinal disorders, removes excess Kapha, eyewash, conjunctivitis, relieves internal heat and thirst, skin/rash problems, uro-genital system (burning urethra, cystitis, infections, etc.), sore throat, allergies, hay fever, for all Pitta disorders, burning, juice for allergies, hay fever, and skin rashes (and externally as well); antidotes hot pungent foods, bleeding hemorrhoids. Externally-eye disorders.

**Antidote:** Hot foods and spices (i.e., as cilantro, coriander leaf)

**Preparation:** Cilantro juice, infusions (hot and cold), powder

**Precautions:** Not to be used in extreme Váyu nerve tissue deficiency

To Be Continued...

#### Upcoming Events:

- Basic Class in Oct at Foundation
- Advanced Class in Oct at Foundation