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Pranic Healing

Manifest your greatness

INSIDE THIS ISSUE

- 1 Success Does Not Happen In Isolation
- 2 Importance of Navel chakra
- 3 Experiences with Pranic Healing
- 3 Excerpts from OMPH
- 4 Excerpts from Ayurveda Encyclopedia

"Those who choose to be at harmony must help their neighbors and colleagues to be at peace"

Editorial

Ybrant Prana Team

Atma Namaste! The month of November brings with it the festival of Light, "Dipawali" and with it brings the message of Love, Happiness, Good Health, Prosperity and Spirituality.

Let us, as Grand Master's disciples, use this opportunity to bring "light" to everyone around us, as He did to us. Let us spread the message of Love, Happiness, Good Health, Prosperity and Spirituality. And as we do that, we bring all of that into our lives too, manifold. When that happens, we truly live the spirit of Dipawali.

May choicest blessings be with all of you. May peace and joy be with all of you!!!



Success Does Not Happen In Isolation

Anonymous

There was a farmer who grew superior quality and award-winning corn. Each year he entered his corn in the state fair where it won honor and prizes. One year a newspaper reporter interviewed him and learnt something interesting about how he grew it.

The reporter discovered that the farmer shared his seed corn with his neighbors.

"How can you afford to share your best seed corn with your neighbors when they are entering corn in competition with yours each year?" the reporter asked.

"Why sir, "said the farmer, "didn't you know? The wind picks up pollen from the ripening corn and swirls it from field to field. If my neighbors grow inferior, sub-standard and poor quality corn, cross-pollination will steadily degrade the quality of my corn. If I am to grow good corn, I must help my neighbors grow good corn."

The farmer gave a superb insight into the connectedness of life. His corn cannot improve unless his neighbor's corn also improves.

So it is in the other dimensions! Those who choose to be at harmony must help their neighbors and colleagues to be at peace. Those who choose to live well must help others to live well.

The value of a life is measured by the lives it touches.

Success doesn't happen in isolation. It is very often a participative & collective process.

So share the good practices, ideas, new learnings with your family, team members, neighbors.

Importance of Navel Chakra

Adapted from Praanam 2003

"If the child doesn't get its nourishment through its mother's milk, its life energy remains weak forever."

Do You Know?

Brahmavela: *The time early in the morning, one and a half hours before sunrise, is called Brahmavela, in Sanskrit. During this Brahmavela, spiritual activities are recommended and spiritual activities performed in this period have a greater effect than in any other part of the day*



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

If a new man is to be created, it is absolutely essential to change the center of man's life. As long as the child is in the womb, it gets life energy from the mother through its navel cord. Immediately after the birth, the cord has to be cut and separation from its mother begins. When this is cut, the life energy that it was getting through the navel stops totally. Its whole being starts trembling and the pain that the child feels is not because of hunger or the pain of being separated, but because of being disconnected from the life energy. The child struggles for life. If the child does not cry, it has not felt that it has been separated from life and it can mean only one thing – it is close to its death and will not survive. Its crying is absolutely necessary because if it has to live, it should know that it has been separated from the life energy. If it does not know, it is in great danger.

And that is, when the child tries to reconnect its life energy in a new way. It is through mother's milk that its life energy reconnects. So a child's second connection is with heart. Together with its mother's heart, its own heart center also slowly starts developing and the navel center is forgotten. The energy which it was receiving through the navel is received through its mouth. It is again united with the mother. If the child doesn't get its nourishment through its mother's milk, its life energy remains weak forever. It can be fed in other ways also but if it does not receive heart, its life becomes frustrated forever and the possibility of its living a long life is reduced forever. All over the world, wherever women are becoming educated, they do not like to raise the children close to them and the effect has been extremely harmful. The more a society becomes educated, the earlier children are weaned from their milk. The sooner the child is separated from its mother's milk, the more difficulty it will have in experiencing peace in its own life. A deep restlessness will prevail in its life from the very beginning. On whom will it take revenge for tits restlessness? It will be taken on the parent itself.

All over the world children are taking revenge on their parents. Unconsciously they know that this rebellion is the result of being separated from their mother too soon. Their hearts know this but their intellects do not. They take the revenge on parents and also on everyone.

The child who is against his parents can never be in favor of God. There is no possibility that he can be in favor of God, because the first feelings which arise in him towards God are those which arise towards his parents. If the first experiences in a child's life are of trust, gratitude and reverence towards his mother and father, only then will the same experiences develop towards God, otherwise not.

As soon as it is born, a child is immediately separated from its mother. Its second source of life energy is related to the heart of the mother. Children should remain close to their mother's heart a little longer if their love and heart are to develop rightly throughout their lives. At a certain point the child will separate on his own. It is just as harmful when the mother separates her child from her milk before it himself decides to give it up because then the center of the child also does not develop rightly. When the heart center remains undeveloped, the work which the heart could not complete, which the navel could not complete, the person tries to complete with his mind. This effort brings even more trouble, because each center can only do its work, not the work of other centers.

Now all the burden falls on the mind center. Education, teaching, schools, colleges are all arranged for the mind center. A race begins and they attempt to do all work of their lives with the mind.

Experiences with Pranic Healing

Ramakrishnan Nagasamy

Healing Severe Headache & Wrist Stiffness and Pain

I was visiting Delhi and V. had a severe one sided headache. Since V was a doctor, I was thinking V might not be interested to experiment with Pranic Healing. Nevertheless, I used advanced techniques of Pranic healing and worked at energy level for 30 minutes and healed the headache. Apart from that, V was stressed too, to some extent. After the Pranic healing protocol was completed, V was quite happy saying that the headache had vanished. V had a good sleep after that session.

On the same trip to Delhi, I met S, who has a baby boy. While carrying the baby and trying to get up, S had sprained the left wrist, a couple of months back. S was



having severe pains when lifting weight or the baby. It was difficult to do anything which required the use of the wrist. I asked S at which place was it paining? She pointed to the spot on the wrist. I wanted to confirm the spot. So I asked "Is this the spot?" When I pointed my finger to the spot and mentally said "heal", S felt a sudden soothing feeling and there was instantaneous healing. S moved the wrist again and figured out the wrist had healed and there was no more discomfort. S was amazed at healing. I just smiled. I also was amazed at the quick transfer of Pranic energy just with the intent to heal.

"If you have too many purposes, you will not have Constancy!"

Excerpts from MCKS "Om Mani Padme Hum"

Mental Permanent Seed

The mental permanent seed is the seed of consciousness, which is located in the crown chakra and the pineal gland. The mental permanent seed is actually a mental permanent energy particle. It is the most important "seed." It contains the pattern for the mental body. Why is this subtle pattern called the mental body? Because in this subtle vehicle, knowledge or data the equivalent to a book or several books can be symbolically tossed from one person to another person, almost instantaneously. In this vehicle, the learning process and communication are accelerated at mind-boggling speed. This vehicle is capable of feeling and doing other functions, but its main specialization is receiving, processing and sending information. On the other hand, the specialization of the emotional body is that of feeling.

Frequently Asked Questions

Q: What is Crystal Healing?

ANS: Crystal Healing is science of using crystals to perform Pranic healing.

Q: Is every healer required to learn Crystal Healing?

ANS: Crystal Healing is very important aspect of Pranic healing every Pranic healer should be aware of. Though this may not be a requirement, it is definitely recommended.

Q: What are the benefits of Crystal Healing?

ANS: Crystal Healing improves and hastens the healing. So healer will have to spend lesser time in healing and also reduces chances of healer getting affected by healing.

Q: If we use Crystal Healing, is the healing process any different?

ANS: No, there is no change in the process of healing. Crystal Healers use the same 7 Basic Pranic Techniques and Other Advanced and Pranic Psychotherapy Healing techniques.

Q: How is it different from Basic or Advanced Pranic Healing?

ANS: In Crystal Healing, additionally you would be taught how to cleanse, energize program and consecrate the crystals. You would also be told about different crystals and which is useful for what type of ailments etc.

Q: Are there different types of crystals to be used for different purposes or ailments?

ANS: Yes, in Crystal Healing course you would be taught about the types of crystals, semi and precious stones and their properties, how they affect or impact the healer or the patient, what is the impact of precious and semi-precious stones, when and where to wear these stones to help improve your life.

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

This article throws some light on uses of certain food items, which have been used since ancient times, towards healing of various physical ailments and their other properties/uses. Ayurveda is a system of traditional medicine native to the Indian subcontinent. Presenting the concluding part of the article in this edition.

Continued from Previous edition

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

5. Fennel (Methica)

Energetics: Sweet/cold/sweet VPK= perhaps the most sattwic spice

Actions: Stimulant, diuretic, carminative, stomachic, antispasmodic, lactagogue

Indications: Abdominal pain (gas or indigestion), menstrual cramps, hernia, diarrhea, colic, vomiting, morning sickness, nausea, anorexia, cough, dry cough, promotes semen, increases vision, raises agni, difficult or burning urination, digestion-children and elderly; promotes menstruation, nursing mothers-increases breast milk flow.

6. Fenugreek (Medhika)

Energetics: Pungent, bitter/hot/pungent VK- P+

Actions: Demulcent, diuretic, tonic, rejuvenative, aphrodisiac, stimulant, antirheumatic

Indications: Longevity, nerves, allergies, arthritis, skin, rejuvenation, diabetes, allergies, bronchitis, flu, chronic cough, dysentery, dyspepsia, convalescence, edema,



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toothache, sciatica, neurasthenia, counters cold (i.e., extremities, abdominal pain, indigestion, respiratory and reproductive systems, hair growth, promotes breast milk flow, liver hypo-function, seminal debility, debility, outdoor winter work).

Precaution: Do not use when pregnant.

7. Turmeric (Haridrá) Hindi: Haldi

Latin: Curcuma longa Linn.

Part Used: Rhizome, tubers

Habitat: Throughout India

Energetics: Bitter, astringent, pungent-heating-pungent K- (VP+ in excess)

Tissues: All Systems: Circulatory, digestive, respiratory, urinary
Action: Alterative, anthelmintic, antibacterial/antibiotic, aromatic, carminative, stimulant, tonic, vulnerary

Uses: Amenorrhea, anemia, arthritis, blood purifier, blood tissue formation, circulation, cooking spice, cough, diabetes, worms, jaundice, eye problems, fevers, gas, hemorrhoids, edema, indigestion, ligament stretching, metabolism regulator; mucus relief, and hysteria (from inhaling fumes); pharyngitis, protein digesting, skin disorders, abscess, urinary diseases, wound and bruise healer; a natural antibiotic that also improves intestinal flora; inflammatory bowel syndrome (e.g., ulcerative colitis), Chron's Disease, chronic hepatitis, chronic bronchial asthma, psoriasis, all inflammatory conditions. External-acne, insect bites, sore eyes, with honey or aloe gel for bruises or sprains.

Spiritual Uses: Gives one the Divine Goddess's energy and prosperity; chakra and subtle body cleanser; limbers for yoga ásana practice

Precautions: Do not use if pregnant, with excess Pitta, with acute jaundice or hepatitis.

Preparation: Infusion, decoction, milk decoction, powder, external paste (with sandalwood).

Upcoming Events:

~ Basic Class in Nov at Foundation
~ Advanced Class in Nov at Foundation