



Ybrant Prana

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Pranic Healing

Manifest your greatness

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"Tend to your roots. Do exceptionally great work. Build deep relationships. Invent and innovate daily. And Lead Without a Title"

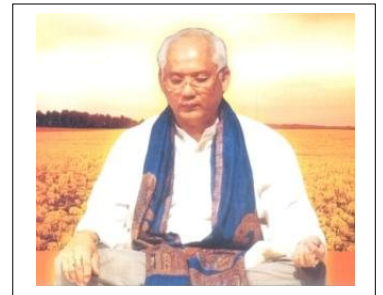
Editorial

Ybrant Prana Team

The month of December brings Christmas, yet another festival of lights, good spirits and death of evil, very much like Diwali, as rightly pointed out by Julia Roberts recently.

As we continue to celebrate life, let's also remind ourselves to help others around us in every way we can – through healing, blessings, loving thoughts, kind words, helpful actions – let's bring wholesomeness in the world around us. Let's be a Santa for at least one person, this month. Can we?

May you be filled with immense joy and peace and all the good things in your life!



Patient Leadership

Robin Sharma

All Spring, I've been watching the trees in my backyard flourish. All of them have grown into lush masterpieces of nature and vivid beauty. All have matured and revealed precious blossoms to my family and I. All have provided us with shade, joy and protection. All but one.

This one tree stands apart. While the others were growing quickly a few months ago, this one had no leaves at all. It looked thin and frail. I wasn't even sure if it had made it through the Winter. I left it for dead. But then something very spectacular happened.

From nowhere, it started to yield stunningly beautiful little flowers on its almost instantly firm branches. It grew higher than every other tree around it. And it offered us more cover than its counterparts. This tree is now the best tree. The Lead Tree in my backyard.

Here's the leadership lesson: strong roots eventually yield great success.

I have a suspicion that while the naked eye suggested that the tree wasn't growing, in truth, it definitely was. But the expansion was below ground rather than above ground. And so I dismissed it.

While the other trees were reaching for the sky, this special tree was quietly working on its foundation, ensuring its roots were strong and its base was secure. And once done, it outperformed every tree around it.

Business and life has taught me so many lessons. And so has nature. And one of the best is that leadership takes time. You might think that other people and other organizations are so far ahead of you that you'll never catch up. But please be patient. Tend to your roots. Do exceptionally great work. Build deep relationships. Invent and innovate daily. And Lead Without a Title.

Nature is always fair. And eventually, like the special tree in my backyard, you will win.

"Let's give ourselves some time each day. That time we just be."

Do You Know?

That to practice Meditation on Twin Hearts on the Full moon day is equal to practicing the meditation on Twin hearts for several days. You can benefit in the same way if you practice the day before full moon, on the full moon day and the day after the full moon.



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

The importance of silence in daily life

Aditya Palagummi

Imagine that you were reading your favorite news paper and suddenly you realized that there was a continuous stream of letters with no spacing between them to demarcate the letters. Would you appreciate such a print? did you realize that it was the spacing that gave meaning to the sentence?

Imagine that you were watching your favorite TV programme in which all characters spoke to each other giving no scope, would it impress you? Wouldn't you change the programme and watch another? Did you realize that all the characters speaking all the time creates disharmony?

Then why do we do this all through our lives? Running from one aspiration to another and from there to yet another, is our life not always a vicious circle? From aspiration to perspiration, from perspiration to desperation, from desperation to inspiration and from inspiration to another aspiration, and the cycle goes on. Can we break this monotony? Can we lead beautiful, richer, simpler and more meaningful lives? If so, where do we start?

Let's give ourselves some time each day. That time we just be. That time we notify to ourselves and all others as sacred. That time is the time we dedicate to feed our soul. That time you allow no thoughts to disturb us. If you want to chant something sacred, do it mentally, and yes most importantly give importance to the emptiness between the chants. Because that emptiness gives a chance for the sacredness to rub itself off on our lives.

Don't be afraid that you will break the practice after doing it for a couple of days. Just don't start with that thought of course. To live happily has been our destiny from the moment we take form. Unmindfully we keep running like whipped donkeys. It is time to say enough is enough, I choose to be happy.

Affirm it to yourself and realize your own distinct happiness.

The Kalpavruksha

Adapted from Akhand Jyoti December 1985

The Kalpavruksha (In Indian mythology it is a wish fulfilling divine tree in the paradise) present in the courtyard

The belief that by sitting under the Kalpavruksha located in the abode of Deities a person fulfils his/her need is not true. Even if that imagination is true then also in what manner can you reach the heaven and how can you get the desired benefit by sitting in its proximity?

There is one other real Kalpavruksha, which is in your proximity and is according to your beliefs too. It will be good if you go near it and fulfill definitely your heartfelt desires.

The Kalpavruksha of this world we are talking about is your personality.. Due to this personality turning dusty, we do not see it properly. Please sweep up the layers of dust accumulated on it and see how much beautiful and how much generous it is.

The filthiness covered on the personality raises it to the level of uselessness. It is so to such an extent that it is even difficult to bear its load.

The refined personality is the one in which there is an abundance of qualities, Karmas and character that are appropriate to the human glory. For persons who follow the path of righteousness, the refined personality is like a Deity that has come to their homes. If you beautify and adore the refined personality then you can reach to that level which bestows on you both of the boons of progress and peace without requesting.

Experiences with Pranic Healing

Manu Tayal

Effective use of Meditation on Twin Hearts for professional success

I have been using Pranic Healing techniques for more than 6 years now, more for physical ailments, though. However this experience relates to application of techniques for my consulting work.

My role needs me to meet different clients and each one is different from other. First two were really tough people, with lot of negativity around them. After observing for a few days (and getting exhausted), I started blessing these people after my Twin Hearts Meditation, with lot of love, happiness, peace, joy and harmony. As the days went by, their behavior towards me started to change. They were much calmer in front of me, were much more receptive to my ideas and suggestions. They would listen to me more. All the blessings ensured that both the client engagements went well.



In one of the cases, while the client SPOC was leaving the company, he gave a lot of bad feedback about a lot of people. Fortunately, I was spared. I am sure blessings were working there too. After that I handled two other clients outside India and used the same techniques. And guess what? Same result!! Initially tough clients, later became happy clients, happy ending to the projects, happy management and happy me.

It's so simple and yet so wonderful and powerful way of ensuring a happy life – professionally and personally. Just a small dose of loving energy, works so many wonders... As I continue to use the techniques given by Grand Master, my faith in Pranic Healing becomes stronger (not that I need more proofs!).

For reading complete experience, visit:
<http://pranichealing-gmcks.blogspot.com/2010/11/tough-customers-try-meditation-on-twin.html>

"You must flow like water. Learn to "Let Go" in order to flow with the situation"

Excerpts from "Existence of God is Self-Evident"

Spiritual energy is needed for the expansion of consciousness and traveling in the inner worlds. Stillness and awareness are not enough. No spiritual energy, no expansion of consciousness. Spiritual empowerment or Shaktipat is the transference of tremendous spiritual energy to enable the consciousness of the disciple to be able to travel to the different levels of the inner world. This transference of tremendous spiritual energy is called spiritual initiation in modern esoteric books. Shaktipat is an Indian term for spiritual empowerment.

Frequently Asked Questions

Q: Does Direction impact our spiritual activities?

A: Yes Direction does impact our spiritual activities.

Q: What directions are okay to practice Meditation?

A: As per different teachings from several yogis, guru and mystics, you can face east or north during your meditations.

Q: What is the science behind the Science of Directions? What directions give better results?

A: Science of directions is taught in the course Pranic Feng Shui. You need to learn Basic Pranic Healing and the Pranic Feng Shui, to know more about the science of directions.

Q: What aspects of Life are affected by the directions?

A: All aspects of life are affected by the direction. Examples would be health, vitality, finance and prosperity, spirituality, relationships and health at different levels.

Q: Where are these directional aspects to be checked?

A: Directional Aspects should be checked in homes, study, living, bed rooms, offices, places of visit, places of worship and all places where any person will sit or lie down (to meditate or study or rest).

Q: Is Pranic Feng Shui different from VAASTU?

A: Pranic Feng Shui follows what is called esoteric secrets of Feng Shui. Many aspects might be contradictory to VAASTU. Vaastu also based on esoteric secrets. But most knowledge is lost or misinterpreted. Even some schools of Feng Shui might talk about more aspect than Pranic Feng Shui. Pranic Feng Shui is based on the concept of different energies flowing from different directions and the effect of these different energies on one's energy bodies. Very scientific!

Law of Karma supersedes and controls Feng Shui Aspects.

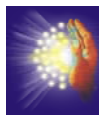
Trusting Life: All of It

Mary O'Malley

Imagine walking through the woods lost in thought, when suddenly and very faintly you begin to hear the sounds of running water. The sound touches you like music. It calls to you. Then imagine coming out of the trees and finding yourself standing on the banks of a river that is cascading over moss covered boulders. If you are like me, the image of that nourishes me to my core.

Why does moving water touch us so deeply? It may be because water flows! To watch a river is to see a glimpse into what life is really like - a great river of dancing energy that has been flowing and creating for almost 14 billion years. Rivers call to us because they remind us of this flow of life and our longing to trust it. But we have lost our trust in life and spend a lot of our time trying to control it, hanging on to branches along the banks of the river that is our life. And because we get more battered doing that, we often just get out of the river, sit on the bank, and become half-alive.

Both of these strategies for controlling life - trying to make it be a particular way and then disconnecting when all of our attempts to control don't bring us the peace we long for - are how most people navigate their lives. And these strategies only bring us suffering because they are a form of resistance, and resistance tightens our minds, our bodies and our hearts which causes us pain. One of the greatest truths of life is that it ultimately hurts us more to resist life than to consciously show up for its flow. We can learn to trust life so that our main focus shifts from trying to change it to opening to it. The way to experience this is to



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soften our bellies, open our hearts, and use our minds to be curious about life rather than always trying to make it be different than what it is.

I wake up every morning and say to life, "Where do you want to take me?" My life is an adventure that I am slowly and surely learning how to show up for. Can you feel the joy of that? Can you hear how that takes you out of struggling with life and invites you to engage with it, as it is, rather than trying to make it be a particular way? At the same time, can you feel how that scares your conditioned self because it feels like it has no power and no choice? But that is just the fear-based mind that doesn't understand that the greatest power you will ever discover doesn't come from managing life. It comes from engaging with life, right here, right now. I assure you, having been somebody who got out of the river, dug a big hole in the ground and crawled into it, that the safest thing you will ever do is re-enter the river.

Yes, the river has rapids, and whirlpools and waterfalls, but as you awaken to life, you begin to have an entirely new relationship with your daily river - you begin to pay attention. Attention is like putting a life vest on your heart (being willing to be as kind and compassionate with yourself as possible) and stepping into the river of life, keeping your feet pointed downstream (as they recommend if you fall overboard on a river rafting trip) so you can see what life is doing right now. Very quickly it becomes clear that the river is always changing, but it is nothing to be afraid of - in fact it can be fun! With a curious mind and open heart, you can feel the currents of life and respond to anything that comes your way. You become able to listen to yourself and know what you need to do, say or be in any part of your life.

It can be scary at first to open into the unknown. But once you recognize as illusion the belief that you can control life, and that this brings far more suffering than showing up for life, you will begin to be curious about what the next bend in the river will bring.

Upcoming Events:

- ~ Dec 4-5 – Basic Pranic Healing at Foundation – By Manu Tayal
- ~ Dec 4-5, 12 – Adv Pranic Healing and Pranic Psychotherapy at Gachibowli – By Ruchi/Sanjil
- ~ Dec 18 - Arhatic Intensive Program – By Charlotte Anderson
- ~ Dec 19 - Buddhism Revealed – By Charlotte Anderson

Please check with Foundation for more details