



Ybrant Prana

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Pranic Healing

Manifest your greatness

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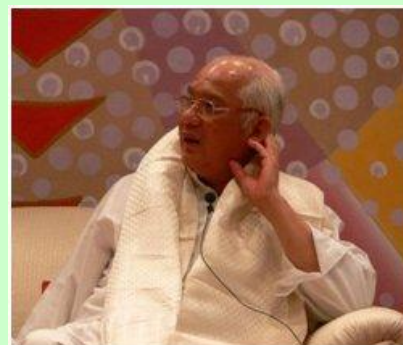
Editorial

Ybrant Prana Team

As we have stepped into the New Year 2011, Ybrant Prana also steps into its 4th Volume. We are very happy and excited to learn that this newsletter has been serving fellow practitioners to make this world a better place to live.

Take some time out every day to practice the meditation on twin hearts and the practice of inner reflection and firm resolution and Congratulations, you are on your way to Self Realization!

May all of us be filled with immense joy and peace and all the good things in our lives!



The Importance of the Environment in the Progress of Consciousness

Akhanda Jyoti May 1981 Page 16

An ambience, an environment not only affects a child in the womb of a mother but affects a human being in an incredible manner. Profound thinkers of India also had understood this principle or this truth. Moreover, for the high level of progress of us they gave a special insistence to be in Satsang of persons who have good Sanskars. The greatest significance of Satsang is mentioned because the Tejas of those persons with whom we are in company creates such a subtle special persona that due to which our consciousness without any efforts gets affected and it advances in the direction of the spiritual progress.

Each and every person might have various different capabilities from the physical bodily standpoint and there might be different possibilities for those capabilities. However, each and every person has special possibilities in the field of Spirituality. These possibilities become realities when that person gets conducive circumstances to these possibilities.

When water becomes steam then there is a possibility in the energy of this steam of operating large and huge machines. However, everywhere water does not get converted in to the energy of steam. For this, we need to make a suitable arrangement. For reaching the high level in the Spiritual Development also there is a necessity of keeping in contact – company of Souls of high stature.

This contact – company like the special characteristic of a magnet makes nearby persons similar like them. Therefore, we should be constantly endeavoring to be in the company of such personalities so that by keeping the company of them our Spiritual Development can take place. We should obtain the opportunity to be in such type of ambience and environment, which can make high level of development of our consciousness.

Satsang – A true company. To be in the company of great persons, realized Souls

Sanskars – The values, virtues that become the part of a being of a person

Tejas – Brilliance and Shining Aura

"When water becomes steam then there is a possibility in the energy of this steam of operating large and huge machines"

11 Major Chakras, Pranic Healers work on

Master Choa Kok Sui

Do You Know?

Often, when we're faced with issues such as depression, addictions, anger, break-ups, etc we expel a lot of negative emotion into our environment. This can be seen as dark muddy clouds around the home or space. As well, unhealthy emotions can get stuck within our mattresses or furniture.















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.

Basic Chakra 	<p>This chakra is located at the base of the spine or the coccyx area. The basic chakra controls, energizes and strengthens the whole visible physical body. It controls and energizes the muscular and skeletal systems, the spine, the production and the quality of the blood produced, the adrenal glands, the tissues of the body and of the internal organs. It also affects and energizes the sexual organs.</p> <p>The basic chakra affects the body heat, the general vitality, and the growth of infants and children. Malfunctioning of this chakra manifests as arthritis, spinal ailments, blood ailments, cancer, bone cancer, leukemia, allergy, growth problem, low vitality, and slow healing of wounds and broken bones. Persons with highly activated basic chakra tend to be robust and healthy, while persons with less active basic chakra tend to be fragile and weak. Old people usually have depleted or very depleted basic chakra.</p> <p>This is why their body is weak and become smaller, their spines tend to curve, and they tend to develop arthritis. The basic chakra is like the root of a tree. If the root is weak, the tree is weak. If the basic chakra is very weak, the body is also very weak. Another term for the basic chakra is 'root chakra'.</p>
Sex Chakra 	<p>This chakra is located on the pubic area. It controls and energizes the sexual organs and the bladder. Malfunctioning of this chakra manifests as sex-related problems.</p> <p>The ajna chakra, throat chakra and basic chakra have strong influence on the sex chakra. Malfunctioning of any of these chakras may result in malfunctioning of the sex chakra.</p>
Meng Mein Chakra 	<p>This chakra is located at the back of the navel. It serves as a 'pumping station' in the spine that is responsible for the upward flow of subtle pranic energies coming from the basic chakra. It controls and energizes the kidneys, and adrenal glands.</p> <p>It also controls the blood pressure. Malfunctioning of this chakra manifests as kidney problems, low vitality, and high blood pressure and back problems.</p>
Navel Chakra 	<p>This chakra is located on the navel. It controls and energizes the small intestine, large intestine, and appendix. It affects the general vitality of a person.</p> <p>Malfunctioning of the navel chakra manifests as constipation, appendicitis difficulty in giving birth, low vitality and other diseases related to the intestines.</p>
Spleen Chakra 	<p>The front spleen chakra is located on the left part of the abdomen between the front solar plexus chakra and the navel chakra. It is located at the middle part of the left bottom rib. It is the major entry point for air prana or air vitality globule; therefore, it plays a vital part in man's general well being. It energizes the other major chakras and the entire body by distributing the digested prana to them. The back spleen chakra is located at the back of the front spleen chakra. The front and back spleen chakra has similar functions.</p>
Solar Plexus Chakra 	<p>The one located at the solar plexus area or the hollow area between the ribs is called the front solar plexus chakra, and the one at the back is called the back solar plexus chakra. The term 'solar plexus chakra' shall mean both the front and back solar plexus chakras. This chakra controls and energizes the diaphragm, pancreas, liver, stomach, and to a certain degree energizes the large and small intestines, appendix, lungs, heart and other parts of the body. This chakra also affects the quality of the blood because it controls and energizes the liver, which detoxifies the blood.</p> <p>The solar plexus chakra is the energy clearinghouse center. Subtle energies from the lower chakras and from the higher chakras pass through it. The whole body can be energized through the solar plexus chakra. On rare occasions, over energizing this chakra without first thoroughly cleansing may result in pranic congestion, thereby, partially paralyzing the diaphragm, resulting in difficulty in breathing. Congested prana should be removed immediately. The solar plexus chakra also controls the heating and cooling system of the body. Malfunctioning of this chakra may manifest as diabetes, ulcer, hepatitis, heart ailments and other illnesses related to the organs mentioned.</p>
Front Heart Chakra 	<p>The front heart chakra is located at the center of the chest. It energizes and controls the heart, the thymus gland and the circulatory system. Malfunctioning of the front heart chakra manifests as heart and circulatory illnesses.</p> <p>The solar plexus chakra is quite sensitive to emotion, tension and stress, and has strong influence on the physical heart and the front heart chakra. Malfunctioning of the solar plexus chakra may cause the front heart chakra and the physical heart to also malfunction. The front heart chakra is closely connected to the front solar plexus chakra by several big bioplasmic channels, and is also energized by the front solar plexus chakra to a certain degree. Patients with heart problems usually have malfunctioning solar plexus chakra.</p>

Back Heart Chakra 	<p>The back heart chakra is located at the back of the heart. It primarily controls and energizes the lungs and to a lesser degree the heart and the thymus gland. Malfunctioning of the back heart chakra manifests as lung problems such as asthma, tuberculosis and others.</p> <p>Energizing of the heart is done through the back heart chakra. Energizing the front heart chakra immediately energizes the physical heart. However the vital energy or prana tends to localize, or does not spread easily to other parts of the body which may result in serious heart pranic congestion. It is not therefore advisable to intensely energize the front heart chakra for a prolonged period of time. Experienced pranic healers energize through the back heart chakra, which does not have localized effect on the physical heart. Excess prana can easily flow to the lungs and other parts of the body. The whole body could be energized through the back heart chakra</p>
Throat Chakra 	<p>This chakra is located at the center of the throat. It controls and energizes the throat, the thyroid glands, parathyroid glands and the lymphatic system. To a certain degree it also influences the sex chakra.</p> <p>Malfunctioning of the throat chakra manifests as throat-related illnesses like goitre, sore throat, loss of voice, asthma, etc.</p>
Ajna Chakra 	<p>This chakra is located at the area between the eyebrows. It controls and energizes the pituitary gland, the endocrine glands, and energizes the brain to a certain extent. It is also called the master chakra because it directs and controls the other major chakras and their corresponding endocrine glands and vital organs. It also affects the eyes and the nose.</p> <p>Malfunctioning of this chakra manifests as diseases related to the endocrine glands like diabetes which requires not only treating the solar plexus chakra which controls the pancreas, but also the ajna chakra. Energizing this chakra also causes the whole body to be energized. The mechanism is different from the crown and the forehead chakra. Instead of the usual funneling effect, energizing the ajna chakra causes the other chakras to light up in certain rapid sequence, thereby energizing the whole body. That is why in charismatic healing or invocative healing, the healers touch either the crown or the forehead or the ajna chakra of the patients with their fingers or palms. The sudden intense rushing in of prana in the head area causes some patients to lose consciousness.</p>
Forehead Chakra 	<p>This is located at the center of the forehead. It controls and energizes the pineal gland and the nervous system.</p> <p>Malfunctioning of the forehead chakra may manifest as loss of memory, paralysis and epilepsy. Energizing this chakra has a funneling effect like the crown chakra causing the whole body to be flooded with prana.</p>
Crown Chakra 	<p>It is located at the crown of the head. It controls and energizes the pineal gland, the brain and the entire body. It is one of the major entry points of prana. Energizing the crown chakra has the effect of Energizing the whole body. It is similar to pouring water on a funnel causing the whole body to be flooded with prana. So, some healers proceed to energize the crown chakra even though the affected part is somewhere else. Malfunctioning of the crown chakra may manifest as diseases related to the pineal gland and brain. These may manifest as physical or psychological illnesses.</p> <p>The whole body can be energized through the crown, forehead, ajna, back heart, solar plexus, navel, spleen, basic, hand, and foot chakras. An affected part can be energized directly or through the nearest chakra. Some healers may energize through a farther chakra, like the ajna or the crown chakra to treat a heart or abdominal problem. Therefore, one can deduce that there are so many possible healing techniques to treat one type of ailment. But the basic principles are the same: cleansing and energizing.</p>

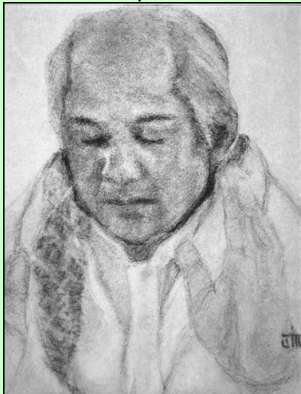
Experiences with Pranic Healing

Ramakrishnan Nagasamy

Healing for terrible pain in the abdomen during pregnancy

Atma Namaste!

A close friend's wife was pregnant. She was undergoing a bad time due to terrible pain in the abdomen area during the pregnancy. As my friend explained to me, she was undergoing excruciating pain and unable to even sleep in the night. I asked him if I can perform distance healing as they stay quite far away from where I stay. He responded that he would love to see the



pain go away. Promptly I started to heal. I invoked and applied general Pranic healing therapy removing the pain and assigned healing angels to heal the lady. I must have given 2 or 3 sessions and friend's wife started to feel better. Her pain and nausea vanished. I continued the protocol for a total of 5 sessions. She recovered quickly.

After a week my friend called me to say how thankful he was. His wife also talked to me. She thanked me. Only I knew that I just did what Pranic Healing taught me.

I just thanked God and Grand master for the science and smiled - For I know I didn't do anything on my own. I was just behaving as a good instrument. The Healing Angels did the job well.

"Practice Discernment" -GMCKS

Excerpts from "Existence of God is Self-Evident"

Divine Justice can be balanced by Divine Mercy. It is in forgiving that one is forgiven. "It is in pardoning that we are pardoned," said St. Francis of Assisi. By showing mercy, one can receive mercy. "Blessed are the merciful for Mercy shall be shown to them." (Matthew 5:7) If a person does not show mercy by forgiving, how can one harvest forgiveness, thereby partially erasing one's negative karma? The Law of Forgiveness and the Law of Mercy supersede the Law of Karma.

Who Am I? Why Am I here?

Deepak Chopra

In Vedic mythology Agni is the god of fire, representing our own inner fire or the sacred light within. On a metaphorical level, Agni burns away whatever is unessential and reveals our true path or purpose. In our current economic downturn, Agni's transformative power is evident and many people are looking deeper, compelled by crisis to ask the fundamental questions *Who am I?* and *Why am I here?*

While change can feel chaotic or unfairly arbitrary, we can learn to see it as a friend rather than a foe. Every event leads to only one of two possible outcomes: Either it is positive, or it brings up something we need to learn to create more good in our lives. Here is a simple process that can help you connect to your own soul purpose:



1. Think back on those situations and projects where you excelled and had fun at the same time. What were you doing and why did it make you feel good? What gifts do you have that can serve others?
2. Keep a daily journal for ten days, asking yourself the questions above after meditation and then writing down everything that comes to you. Your passion is the force of evolution that drives your life energy, so don't suppress it by telling yourself that you can't do it or that it is impractical.
3. After ten days you will have some good ideas to work with. Now list one or two action steps that you can immediately take for each idea. Start with the smallest manageable step, such as making a phone call, signing up for a course, or getting the name of a mentor or someone who may be able to help you. The important thing is to identify that current of energy in you and then give it an outlet. Once it starts to flow, it builds its own momentum and creates its own path forward. That is the river of your life – your purpose. From there you just jump in and enjoy the ride.

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Upcoming Events:

~ Basic Class
~ Advanced Class
~ 27-31 Jan - Arhatic Yoga Retreat @ Delhi
~ 03-07 Feb Arhatic Yoga Retreat Chennai

Please check with Foundation for more details