

# Ybrant Prana

Feb 2011  
Volume 4 Issue 02

[www.ramakrishnans.com](http://www.ramakrishnans.com)

## Pranic Healing

*Manifest your greatness*

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*"In the wisdom of uncertainty lies the freedom from our past, from the known, which is the prison of past conditioning"*

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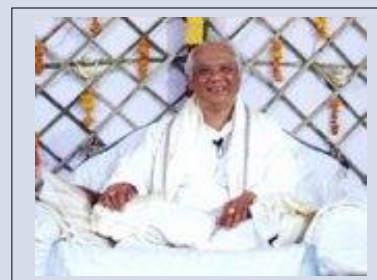


### Editorial

#### *Ybrant Prana Team*

Dear Ones, we are in the season of retreats. There are several Arhatic Yoga Retreats happening all around in the country in Delhi, Chennai, Mysore, and Calicut. These retreats bring discipline, earnestness and vigor in our Spiritual practices. The enhanced energies help heal physically, emotionally and mentally. Hopefully, you would have joined anyone of those and received the spiritual fuel to fuel your practices, for the entire year.

May you and your family be blessed with all the good things in life!



### The Law of Detachment

#### *Deepak Chopra*

In detachment lies the wisdom of uncertainty . . . in the wisdom of uncertainty lies the freedom from our past, from the known, which is the prison of past conditioning. And in our willingness to step into the unknown, the field of all possibilities, we surrender ourselves to the creative mind that orchestrates the dance of the universe. I will put the Law of Detachment into effect by making a commitment to take the following steps:

1. Today I will commit myself to detachment. I will allow myself and those around me the freedom to be as they are. I will not rigidly impose my idea of how things should be. I will not force solutions on problems, thereby creating new problems. I will participate in everything with detached involvement.
2. Today I will factor in uncertainty as an essential ingredient of my experience. In my willingness to accept uncertainty, solutions will spontaneously emerge out of the problem, out of the confusion, order and chaos. The more uncertain things seem to be, the more secure I will feel, because uncertainty is my path to freedom. Through the wisdom of uncertainty, I will find my security.
3. I will step into the field of all possibilities and anticipate the excitement that can occur when I remain open to infinity of choices. When I step into the field of all possibilities, I will experience all the fun, adventure, magic and mystery of life

*“Heal the sick by laying on of hands”. Why the particular emphasis on hands? And why hands and not hand?”*

### Do You Know?

*When you are very hurt or depressed and feel emotionally low touch your heart before you say thing to make your words loving.*



**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

## Bio Circuits

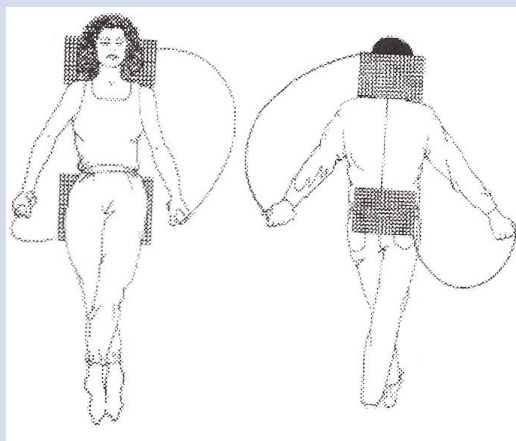
### **Dr. A. Saradamba**

In the year 1915, during WWI, 27 years old Leon Ernest Eeman had an aircraft accident and his body was severely damaged and he was labeled 'disabled'.

Not able to accept the label, he decided to become fit and well as before. Eeman recalled admonition in the New Testament, "Heal the sick by laying on of hands". Why the particular emphasis on hands? Eeman pondered – could hands radiate? And why hands and not hand? Eeman concluded that the plural suggested human beings were bipolar organisms.

With elaborate observations Eeman concluded thus: human beings radiate energy, and this energy radiates more powerfully or accumulates more readily at specific areas of the body. These locations can be linked together to create a circuit that enhances recuperative processes and produces a flow of energy. This energy is the energy of life. It alone is the power that heals. In addition, this energy can be transferred, or conducted between individuals. This may occur naturally when lovers embrace, or intentionally, when healers use their hands.

On the basis of these observations, Eeman created a closed circuit, using copper as the conductor. Eeman called this device 'the relaxation circuit'. By using wires to link the hands to the base and top of the spine, he produced the same results as those occur when the hands and feet are instructively linked – warmth, relaxation, and increased energy. He found that the recuperative flow of energy is greatly increased when the head and base of the spine, two of the body's power centres are accessed by the right and left hands.



With this relaxation circuit, he not only cured himself but took patients regularly with good results.

Here is a simple relaxation circuit. Base of the spine is connected to the right hand and back of the head is connected to the left hand. Left leg should be crossed over the right leg.

To make a circuit you need 2 copper meshes or screens each measuring around 12" to 15" by 8" to 10". Each is connected by a copper cylinder that is used for holding in the hand. This is called the 'optimal relaxation circuit'.

Improve the circuit by connecting this basic circuit in many different ways. He made it possible to give homeopathic medicine through the circuit. He also made many circuits and connected one to the other and it is called cooperative healing.

Later, Mr. Lindman further experimented by replacing the copper mesh & copper wires with silk and silk is found to be equally effective.

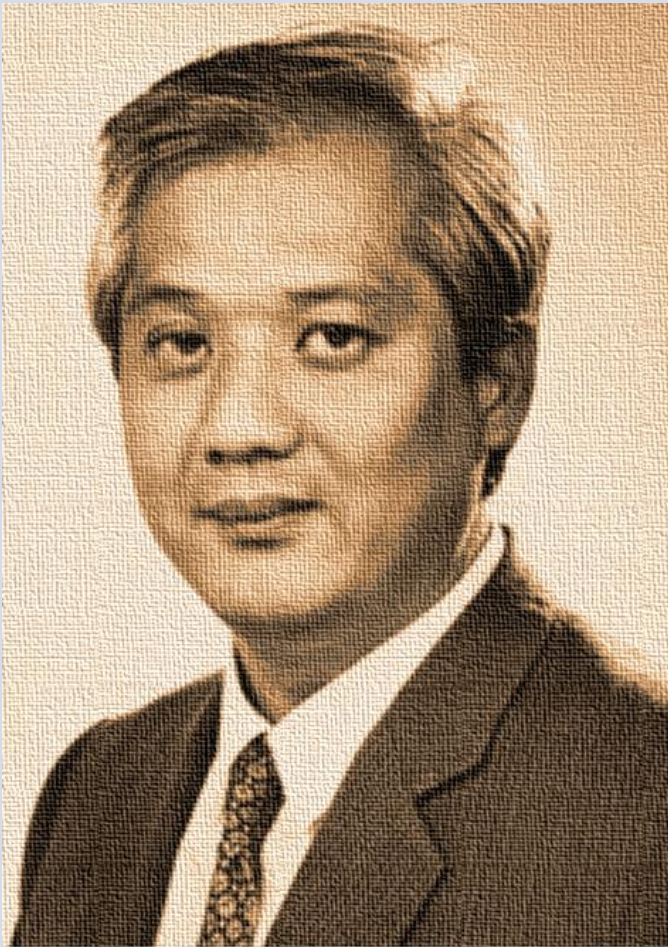
#### **Applications:**

- 1) Before bed for a good sleep
- 2) After work – 15 to 30 minutes in the circuit re-generates and energizes.
- 3) Cat napping – In between work, it refreshes with short naps
- 4) After flying – it restores & harmonizes the energy
- 5) Inner exploration – to boost conscious personal growth.
- 6) Stress release

## Experiences with Pranic Healing

### Tracey

I came to Kathryn with Cellulitis, it is a bacterial infection of the deepest layer of your skin caused when the skin on the lower extremities opens and some sort of bacteria is introduced into the area, this is common with Diabetics. The lower part of my left shin was inflamed, swollen, bumpy, and itchy. I have had this ailment several times before and it took 3 to 4 weeks to show improvement. After the first Pranic Healing treatment, the redness and swelling went away 75%. After the second Pranic Healing treatment the next day, the infected skin started to peel and fresh new skin emerged. I am so thankful to Kathryn and Pranic Healing for such a wonderful healing.



### *Eric B. Robins, M.D. Board Certified Urologist Los Angeles, California*

Perhaps my most dramatic case was that of J.M. He wasn't my patient nor was he referred to me, but I had seen his name up on the roster of our surgical ward for so long that I decided to introduce myself. He had a surgery to remove his gall bladder months before this, and unfortunately had suffered some significant complications, including an injury to his common bile duct. After this injury, he required several more explorations. As frequently happens with complex cases, once things start going really wrong with the body, they seem to escalate. The patient developed multiple enterocutaneous fistulae (This means that intestinal fluid was leaking out through the skin of his abdominal wall); yeast sepsis (a very serious condition that is fatal nearly 70% of the time, in which yeast grows in the blood); and a pulmonary embolism (a blood clot in the lungs, fatal nearly 60% of the time). He also had daily fever spikes for the past six weeks, and months of constant nausea and vomiting. No one thought that he was going to live past Christmas. It seemed to me in simplistic terms that the patient's energy level was low, his batteries were depleted, and he could no longer heal himself. Most of what was going wrong was a symptom of this. I began to apply Pranic Healing daily. Within two days, his fever and nausea disappeared. Within one week, his pulse rate decreased from the 150 range to the 120 range. He eventually got strong enough to tolerate a final surgery to repair his fistulae, and went on to make a full recovery. Occasionally, he stops by after work to visit me and shoot the bull.

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***"When a person goes through a lot of suffering, he develops Compassion. Compassion means that you do something to alleviate the suffering of another"***

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## Excerpts from "Existence of God is Self-Evident"

By the latest scientific computation using a radio telescope system that measures celestial distances 500 times more accurately than the Hubble Space Telescope, astronomers plotted the motion of the Milky Way and found that our sun and its family of planets were orbiting the galaxy at about 135 miles per second. That means it takes the solar system about 226 million years to orbit the Milky Way and puts the most precise value ever determined on one of the fundamental motions of the Earth and its sun, said James Moran of Harvard-Smithsonian Center for Astrophysics in Cambridge Massachusetts.

## Setting Goals and Getting Them

*Manu Tayal*

As I was browsing through a soft skills course, I came across a small piece of article by Richard Hadlee, one of the greatest cricketers from New Zealand. He shares his philosophy of setting goals and how he remained motivated to achieve them:

"I wrote the following on a piece of cardboard, which I attached to the inside of the lid of my cricket coffer (gear-bag). I still have the original somewhat "dog-eared" piece of cardboard, which reminded me every time I opened the lid, of my philosophy.

- Desire is positive
- Your mind is your brain – its better than a computer
- Attitude is a state of mind, get your mind right
- Simulate – put yourself in a position when you last achieved
- Visualize – dream about the event
- Confidence breeds success
- Know your ability, worth or value
- You must want to do it
- Convert your mental thinking into physical action by doing it
- Enjoy what you are doing
- Record and replay the good things that have happened – erase the bad
- Remember, you never get tired, only pleasantly weary
- Beat your opponent – do the job better
- Set your own goals but sure be happy with your performance even if someone else does it better



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This is what Grand Master indicated in his various teachings.

For example, in Kriyashakti, we learn the power of visualization and the techniques to materialize them. He also tells us that "thinking and saying good" is not enough. There must be "will to do good" – there must be balance between Ajna and Basic chakra.

He also teaches us to learn the lessons from what we do wrong, then replace the bad with good and make a firm resolution to do good.

In one of the Golden Lotus Sutras, he says that "Competition is another form of warfare. It is just more civilized." Competition keeps us alive, on our toes, always, to do better than we did in the past.

His latest work Sphinx talks about setting goals, determining our purpose and defining the targets. It inspires us to *Think*. In order to achieve the Aim or the Purpose, we must *Think ahead!* We must plan.

Consider the components – who, what, where, when and how? Think.

When we think, we "Know" and Knowing is Power. It gives us the confidence to face the daily situations with much more courage and clarity.

So, my dear friend, Think and achieve success in everything that you take up in life.

At the same time, keep the love aspect alive. Bless people around you with success, with prosperity and abundance. Remember to shower good blessings around you. We all have an important role to play in healing the world around us. And it is in healing others we are healed.

It is in giving that we receive. That is the Law.

Is that easy? Think my dear friend, THINK!

### Upcoming Events:

~ **11-13 Feb** – Advance Pranic Healing and Pranic Psychotherapy by Mr. Bhagwan (in Telugu)

~ **18-20 Feb** – Arhatic Yoga Prep I & II by Acharya Sasidhar

Please check with Foundation for more classes