



# Ybrant Prana

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## Pranic Healing

*Manifest your greatness*

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*" Just like, even though you know the fact that, light has removed the darkness, if you keep your eyes closed, you will not be able to see anything"*

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### Editorial

#### *Ybrant Prana Team*

Last month we had many Arhatic Yoga retreats all over the country. February has been full of energy and enthusiasm. During this time, the entire country was literally witnessing the "Power of Pranic Healing". The energy generated through the many programs has yielded positivity all around the country and we can firmly say that Pranic Healing is being well recognized in India as a whole. We hope all the Arhatic Yogis attended at least one of the retreats and benefited from them.

This month, we celebrate GMCKS' Mahasamadhi, a day significant in the lives of all Pranic Healers. Please make sure you attend the event at a nearest place to you and savor the bliss!



### Ego – The root cause of conflicts and fights

#### *Akhand Jyoti - March 1979 Page 29*

The base of ego is; to consider ourselves more important than others and to fight with their ego to prove it. Being important is one thing and considering ourselves important and trying to prove it, is another. An effort to prove such thing itself shows that we are assessing ourselves higher than what we actually are. We must think that, if there is anybody who is worth giving importance, it is God. And God does not seem to do anything to prove that. When the most important power of this entire universe is not trying to prove Himself, why should we consider ourselves more important than others and keep fighting with them to be recognized? There are millions of people out there like us.

Ego can be removed, if we try to understand the situation, recognize our ego and accept it. However, only recognizing and accepting the ego is not enough. Just like, even though you know the fact that, light has removed the darkness, if you keep your eyes closed, you will not be able to see anything. Even light will not help you. What is required is to open the eyes! We have to adopt same kind of attitude towards ego to get rid of it. Then we will be able to create atmosphere of love and peace, friendship and unity everywhere around us

*"To know the dates of manifestation of karma is beyond our ability as it is entered into the computer which processes the group, national, global, and Cosmic karma - together with our individual karma related to the rest."*

### Do You Know?

*If one meditates on the day before, the day of Full Moon and the next day, very powerful energies down pour on the practitioner accelerating his / her development.*



**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

## Karma and the Law of dates

*Torkom Saraydarian, Karma & Reincarnation, p.168*

Whenever we create karma, it is under the law of dates that decides when karma will manifest. Not every action meets immediately its reaction, or not every cause immediately meets with effects. The law of dates inherent in karma decides the time. Sometimes karma is met five lives later or is met in three months or instantaneously. To know the dates of manifestation of karma is beyond our ability as it is entered into the computer which processes the group, national, global, and Cosmic karma - together with our individual karma related to the rest.

There is the opinion that our karma is final and nothing can change it. This is a superstition. We can change our karma. We can improve it, even totally erase it by actions that are sacrificial, heroic, all-inclusive. Even in a dire situation a bad karma can appear as a feathered friend if you lead a sacrificial and intelligent life.

We must consider our karma as a chemical compound. It is possible to change its chemistry using chemicals that change it, dissolve it, or render it totally beneficial.

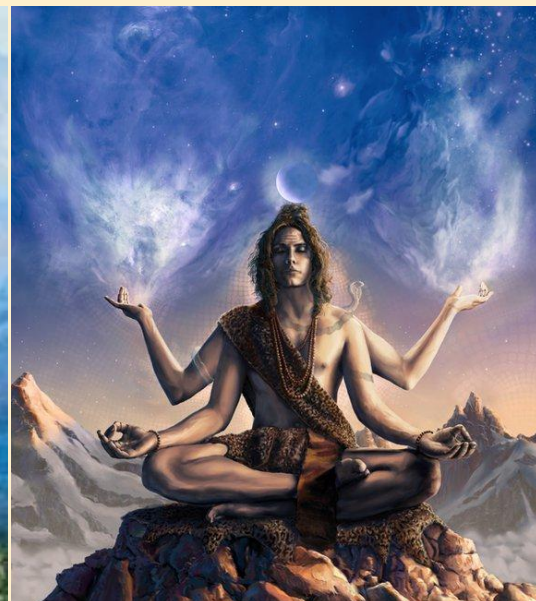
Chemicals are not only physical elements. They are also heroic actions, sacrifice, devotion, dedication, lofty thoughts, unconditional love, spatial ideas, and supreme striving. Such chemicals have power to change the compounds of our karma.

~Francis Gegg

## Maha Shivaratri

### *From Different Sources*

The festival of Mahashivaratri has tremendous significance in Hinduism. According to sacred scriptures, ritual worship of Lord Shiva on Shivratri festival that falls on the 14th day of the dark fortnight in the month of Phalgun pleases Lord Shiva the most. This fact is said to have been declared by Lord Shiva himself, when his consort Parvati asked him as to which ritual performed by his devotees pleases him the most. According to another aspect in Hindu mythology, Shivaratri or 'Shiva's Great Night' symbolizes the wedding day of Lord Shiva and Parvati. Many however, believe, Shivaratri is the night when Lord Shiva performed the Tandava Nritya - the dance of primordial creation, preservation and destruction.



## Experiences with Pranic Healing

### *The case of obsessive eating*

C.B, a 23 year old female, complained of obsessive eating. The patient reported that once she gets the urge to eat something she will stop only after she has finished the whole of it. If she knew there was some junk food in the kitchen, she would go and eat it. She was also in the habit of eating while watching TV and reading books. She had no realization that she was not hungry and she had to stop eating. She usually had the craving to eat junk food. After having eaten the whole thing, she would feel a bit guilty but this wouldn't help reduce the urge.

The patient reported that she had been suffering from the above mentioned problem since past 12yrs. It started a bit before she reached puberty and increased a lot after that. Since the past 8 yrs, there had been no change at all. Patient had taken diet control programs on and off. She had also joined the gymnasium but all of it made no difference in her craving for food. Pranic healing treatments started on 20 February 2001. Patient was asked to take salt water bath before she came for the Pranic healing session. During the session, she would do the Meditation on Twin Hearts (cassette), along with invoking before and after the session.

Pranic psychotherapy treatment sessions were given alternately. However, after the 1st 3 sessions there was gap of a month and 5 days. There-on 4 sessions were given and a gap of around 10 days. The breaks were unavoidable ones and were from the patients side. Improvement was found from the 1st session itself - the realization to stop eating. Slowly over the sessions, the urge reduced as the patient reported that she ate only if she felt like and that too at times only. However after the break of a month, she had reported a relapse which was recovered very soon by the next 2 sessions. The day her elementals were cleared she reported feeling very light and her will to control the urge also increased. Patient also reported that besides the reduction in her urge to eat the junk food, the pimples on her face had also reduced. She did not feel lazy anymore and also visited the temple more often than she did earlier.

After 3 months from the last session, the patient reported that she had been very successfully following a very strict diet and this has been possible due to Pranic healing. Due to it, she is now able to control her urge which itself comes up very less times. Follow up after 8 months; patient reported not having any urge problem and being able to continue with her gym and diet easily.

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**"With sharanagati, you can move mountains." Mountains symbolize "mountains of obstacles!" ~GMCKS**

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## Location of Incarnated Buddha Nature

The 12th chakra looks like a point of white light in an ordinary person. When the person becomes spiritually evolved, the point of white light transforms into a golden star or a golden seed, then into a golden ball or golden bud with flame. In Christian terminology, this is called the Pentecostal fire (Acts 2:1-4). In Kabbalah, the 12th chakra is called Ain Soph Aur which means "Infinite Light." This is why some of the highly developed Buddhist or Taoist monks are shown with the golden ball of flame one foot above the head.

~ Grand Master Choa Kok Sui

### **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



## Mastery

It is a blight upon the life of mankind that so little control of the emotions is taught from the cradle to the grave. Attention to this particular point is the greatest need in the Western World today. It is easy to give way to discordant thoughts, feelings, and activities because the mass of mankind are submerged, as it were, by environment and association entirely created by themselves. The individual, through his control of the outer consciousness, must make the effort to rise out of this condition by his own free will in order to transcend these limitations permanently, and no one can hope to rid his life and world of misery, discord, and destruction until he leashes his own thought and feeling. In this way, he refuses to let the Life flowing through his mind and body becomes qualified by the discord resulting from every little disturbing occurrence in the world about him. At first such discipline does require determined, continuous effort; for the thoughts and feelings of ninety-five percent of humanity run as uncontrolled and free as a little tramp dog. However, no matter how much effort it takes to bring these two activities under control, it is worth any amount of time, energy, and effort, and no real, permanent dominion of one's Life and world can take place without it. The first step to the control of yourself is the stilling of all outer activity of both mind and body. Fifteen to thirty minutes at night before retiring and in the morning before beginning the day's work, using the following exercise will do wonders for anyone who will make the necessary effort.

For the second step: make certain of being undisturbed, and after becoming very still, picture and feel your body enveloped in a Dazzling White Light. The first five minutes while holding this picture, recognize and feel intensely the connection between the outer self and your Mighty God Within, focusing your attention upon the heart center and visualizing it as a Golden Sun. The next step is the acknowledgement: "I now joyously accept the fullness of the Mighty God Presence - the Pure Christ." Feel the great brilliancy of the Light and intensify It in every cell of your body for at least ten minutes or longer. Then close the meditation by the command: I AM a Child of the Light - I love the Light - I serve the Light - I live in the Light - I AM protected, illumined, supplied, sustained by the Light, and I bless the Light. Remember always: "One becomes that upon which he meditates", and since all things have come forth from the Light, Light is the Supreme Perfection and Control of all things. Contemplation and adoration of the Light compels illumination to take place in the mind - health, strength and order to come into the body - and peace, harmony, and success to manifest in the affairs of every individual who will really do it and seeks to maintain it. If you practice this exercise faithfully and feel it in every atom of your mind and body with deep, deep intensity, you will receive abundant proof of the Tremendous Activity, Power, and Perfection that abides and is forever active within the Light.



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***Intro Lecture on Pranic Healing @ Nizamabad to an audience of 3000+ (850 students, and 2500+ parents, Teachers and Staff)***

### Upcoming Events:

~ **Mar 19** – GMCKS Mahasamadhi Celebrations

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Please check with Foundation for more details