



Ybrant Prana

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Pranic Healing
Manifest your greatness

INSIDE THIS ISSUE

- 1 The Value of Dying Daily
- 2 Basis of Prosperity and Progress
- 2 The Wisdom of Yoga
- 3 Experiences with Pranic Healing
- 3 Excerpts from MPH
- 3 FAQs
- 4 Aum - Its Aesthetics, Mysticism, and Philosophy

"Connecting to the fact that life is short and no one knows when it will end is a great personal practice to stay engaged on your priorities."

Editorial

Ybrant Prana Team

May is the month of Wesak. The beautiful Taurus Full Moon is a very auspicious full moon of the year as Lord Gautam Buddha was born, attained Buddha hood, and also left the physical body. It is told that he promised to return to the physical plane with his blessings every year on this very full moon. As we move closer to this celestial moment, we should cleanse ourselves and be ready to receive the blessings and energies and share it with earth. We should do the Meditation on Twin Hearts everyday till the Wesak day and join the whole world in Wesak Time. May every person, every being be blessed with the opportunity to meditate during the Wesak.



The Value of Dying Daily

Robin Sharma

I don't want to be the richest person in the graveyard. To me, a life well-lived is mostly about being surrounded by people I love, staying healthy and happy (and no one's happy all the time except in the movies) and having an impact on the world around us. So how can you stay focused on the things that are most important to you? Die daily.

I wrote about this in 'The Monk Who Sold His Ferrari' but the point of wisdom is simply this: connecting to the fact that life is short and no one knows when it will end is a great personal practice to stay engaged on your priorities. Waking up each morning and asking yourself "how would I show up today if this day was my last" is not some cheesy motivational exercise. It's a profound way to bring some urgency and commitment into your days.

Most of us let life act on us – we are asleep at the wheel of our own lives. And the days slip into weeks, the weeks into months and the months into years. Before we know it, we are laying on our deathbeds wondering where all the time went.

Die daily. Give yourself to life. Take some risks. Open your heart a little wider. Speak your truth. Show your respect for the gift of life that's been given to you. Shine brightly today. And then, wake up tomorrow and reach even higher. At the end, people will remember you as one of the great ones.

The Basis of Prosperity & Progress is inside, not outside

Akhand Jyoti November 1979

"A person's trustworthiness increases by developing goodness in his/her qualities & Karma"

Do You Know?

Pranic Healing Grand Master Choa Kok Sui and Sensei of Reiki Dr Mikao Usui share the same birthday – just that they were born 87 years apart.



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

What efforts we put in order to achieve comforts and resources, what efforts we put for making others favorable to us, in those efforts we put forward mainly pressure or only appeal. On the basis of this we get something. However, what we get is not as much as we would have expected. If someone gives us something, something to get rid of the helplessness due to the compulsion of the pressure, then the level of what they give is of low value.

It is not sufficient to look at what is the achievement and how much is the achievement. It is essential to understand from which source we have got the achievement and what is the level of that achievement. It might be of a low level. The achievement of low level type may be much larger from the point of view of volume but at the end, the result of the same will be with suffering and with a misfortune only. In this way by appealing – insistence and showing our neediness and weakness – what we get has the mixture of the amount of contempt attributed as incapable, weak and having a misfortune. What we get out of favor in turn definitely reduces the glory of self respect and self reliance too.

The real necessity of comforts and resources is very little. For living happily what is necessary can be made available with ease and with much less labor. If we require more than that, then the right way to get that is to increase the proportion of our capabilities as well as our labor with diligence. A person's trustworthiness increases by developing goodness in his/her qualities & Karma and on the value of this wealth, he/she starts getting support and cooperation filled with righteous feelings and attitudes of others effortlessly. In every human being and in every substance, there exists one paramount power which works and supports automatically according to the inspiration, rules and regulation of the Mother Nature to make this goodness excel greatly.

To increase our level and labor with diligence is what is meant above. We can get not only the materialistic resources and comforts but even the Spiritual paranormal talents by following this well ascertained path.

The Wisdom of Yoga – Letting go of the struggle

Deepak Chopra

The Law of Least Effort teaches us how to accomplish more by doing less. While most people use a lot of energy resisting the present moment, struggling to change circumstances, and forcing outcomes, the Law of Least Effort is about redirecting our energy so that our lives flow with effortless ease. It invokes the principles of impeccability, meaning that we do not waste our valuable life energy in endeavors that create unnecessary friction.

Yoga is an ideal way to experience the Law of Least Effort. We get the greatest benefits when we relax into a pose rather than forcing or straining. When we move into a flexibility pose, we can stretch to the point of resistance and breathe into the pose instead of trying to muscle through. As we surrender the need for the pose to look a certain way, we will find ourselves naturally extending our reach and increasing our flexibility. In yoga as in life, the more we're able to accept where we are right now, the more balance and energy we'll experience.

Here are a few more ways to awaken the Law of Least Effort in your life:

- **I awaken acceptance by appreciating all the gifts I have in my life right now.** Today I will take a moment to consider the people, circumstances, and things that are enriching my life, teaching me valuable lessons, and expanding my awareness.

- **Accept responsibility for the choices and actions I have taken in the past and those I have available to me in the present.** Responsibility – the ability to respond – does not mean indulging in blame. I recognize that every challenge is an opportunity for me to heal, transform, and awaken.

- **I establish myself in a state of defenselessness.** I choose to not use my vital energy defending my point of view or attempting to convert another's. I remain flexible and open while following the path of least effort.

Experiences with Pranic Healing

Elizabeth Sedeño, Chicago, IL

This summer my body experienced pains and discomfort on the entire right side of the body. In fact, the pain in the pelvic area was so strong that I couldn't even walk!

I also had a burning sensation in the liver area. This was aggravated every time I inhaled.

I tried taking a salt bath and did self-healing meditations and received temporary results.

After two weeks of misery, I decided to go to the Emergency Room. Ultrasound diagnosis detected a cyst in my right ovary. I also was told that my liver was so enlarged that it was rubbing against my rib cage.

I was sent to a gynecologist who recommended surgery for the removal of the cyst, but she postponed the surgery until a liver specialist could determine the cause of the inflammation of the liver.

She was concerned that an anesthesia might further damage my liver. Blood tests revealed "elevated liver enzymes" and "a high anti-nuclear anti-body level". The earliest appointment to see the liver specialist was six weeks later.

In the meantime, I received long distance Pranic Healing treatments from several friends as well as a healing from MCO in late September. A few days later, I was very happy to receive a message from GMCKS saying; "healing is done". Nearly immediately, the pain miraculously disappeared!

I recall this day of healing very well. I was home and suddenly felt sleepy. I took a nap and when I awakened I was pain free! Later that evening I checked my email and understood what had happened.

In mid October, when I finally saw the liver specialist another ultrasound was taken. The ovarian cyst was gone and the liver was normal! GMCKS's blessings not only healed my physical body instantly but also cleared and healed my emotional turmoil.

The following week I got a job transfer to a better position with lots of flexibility that enables me to adhere to my meditation schedule and work out at the health club. Today I am very happy with my life in general. I am so grateful for this powerful lesson concerning how the emotions affect the physical body. I am so grateful for the miraculous healing and blessings. There are no words for me to express my gratitude, respect and love for GMCKS's impact on my life. I thank God everyday for bringing him to us. May God bless his life in every way! We are truly blessed!

***"Thoughts have powers, Emotions have power,
Words have Power; Use all of these with Caution"***

Excerpt from Miracles through Pranic Healing

Water and Salt Bath, Rejuvenating yourself quickly

- a. Take a swim in sea water for 20 minutes. This will substantially clean the energy body. If this is not possible, taking a bath with water and salt will do: After cleansing yourself with soap and water, rub your entire body gently with fine salt. Then wash it off after about one or two minutes.
- b. To energize the body, just rest under a shaded area to absorb Pranic energy from the surroundings through Pranic breathing.
- c. Do this every day for the first two weeks, then later thrice a week for several months or for as long as necessary.

Frequently Asked Questions

Q: What all can we do with the technique of Scanning?

Ans: Scanning is a technique unique to Pranic Healing, devised by GMCKS. In Pranic Healing, scanning is primarily used for knowing the conditions of chakras – whether they are normal, congested or depleted. In addition to chakras, aura & physical organs are also scanned for any abnormality.

While in Basic Pranic healing, we learn scanning the size of chakras, in Advanced Pranic healing, we learn scanning the activation of chakras. Both have different importance and interpretation.

With scanning, we can also know if there are any holes or cracks in the aura or in the protective webs.

Scanning can also be used to scan someone's handwriting, book, energy of a place etc.

Some Pranic healers also use scanning to scan past or future conditions related to aura, chakras or even any other aspect of life.

However powerful tool this is, it must be used appropriately and in right context.

Aum - Its Aesthetics, Mysticism, and Philosophy

Nitin Kumar

In the *Chandogya Upanishad* it is said:

The essence of all beings is the earth.
The essence of the earth is water.
The essence of water is the plant.
The essence of the plant is man.
The essence of man is speech.
The essence of speech is the Rigveda.
The essence of Rigveda is the Samveda.
The essence of Samveda is OM.

Thus OM is the best of all essences, deserving the highest place. Visually, OM is represented by a stylized pictograph.



This mystic symbol is composed of three syllables combined into one, not like a physical mixture but more like a chemical combination. Indeed in Sanskrit the vowel "o" is constitutionally a diphthong compound of a + u; hence OM is representatively written as AUM.

The symbol of AUM consists of three curves (curves 1, 2, and 3), one semicircle (curve 4), and a dot.

The large lower curve 1 symbolizes the waking state (jagrat), in this state the consciousness is turned outwards through the gates of the senses. The larger size signifies that this is the most common ('majority') state of the human consciousness.

The upper curve 2 denotes the state of deep sleep (sushupti) or the unconscious state. This is a state



where the sleeper desires nothing nor beholds any dream.

The middle curve 3 (which lies between deep sleep and the waking state) signifies the dream state (swapna). In this state the consciousness of the individual is turned inwards, and the dreaming self beholds an enthralling view of the world behind the lids of the eyes.

These are the three states of an individual's consciousness, and since Indian mystic thought believes the entire manifested reality to spring from this consciousness, these three curves therefore represent the entire physical phenomenon.

The dot signifies the fourth state of consciousness, known in Sanskrit as *turiya*. In this state the consciousness looks neither outwards nor inwards, nor the two together. It signifies the coming to rest of all differentiated, relative existence. This utterly quiet, peaceful and blissful state is the ultimate aim of all spiritual activity. This Absolute (non-relative) state illuminates the other three states.

Finally, the semi circle symbolizes maya and separates the dot from the other three curves. Thus it is the illusion of maya that prevents us from the realization of this highest state of bliss. The semi circle is open at the top, and does not touch the dot. This means that this highest state is not affected by maya. Maya only affects the manifested phenomenon. This effect is that of preventing the seeker from reaching his ultimate goal, the realization of the One, all-pervading, unmanifest, Absolute principle. In this manner, the form of OM represents both the unmanifest and the manifest, the noumenon and the phenomenon.

As a sacred sound also, the pronunciation of the three-syllabled AUM is open to a rich logical analysis. The first alphabet A is regarded as the primal sound, independent of cultural contexts. It is produced at the back of the open mouth, and is therefore said to include, and to be included in, every other sound produced by the human vocal organs. Indeed A is the first letter of the Sanskrit alphabet.

To be continued...

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Upcoming Events:

~ **17 May** – Wesak Festival celebrations at Sri Satya Sai Nigamagam (4.00 pm to 5.30 pm)

~ **21-22 May** – Basic Pranic Healing at Foundation

Please check with Foundation for more details at +91-40-66625278
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