



Ybrant Prana

June 2011
Volume 4 Issue 06

<http://appranichealing.org/>

Pranic Healing

Manifest your greatness

INSIDE THIS ISSUE

- 1 The Absolute Sureness of Law of Karma
- 2 Priest and Jesus in Heaven
- 3 Experiences with Pranic Healing
- 3 Excerpts from MPH
- 3 FAQs
- 4 Aum - Its Aesthetics, Mysticism, and Philosophy

"By showing mercy and by forgiving, one can generate a lot of good karma"

Editorial

Ybrant Prana Team

We had a wonderful Wesak meditation in May and experienced the blissful shower of divine blessings. It comes at the right time of the year, almost midway through it, to re-energize and re-invigorate us for the remaining year. There has been a renewed interest in Pranic Healing among people, as more and more people are turning towards it for solving their problems – physical or otherwise. That's the beauty of this system designed by GMCKS – application in all walks of life. So, let's continue our work to realize Master's vision and uplift humanity. May all of us be filled with inner strength!



The Absolute Sureness of Law of Karma

Akhand Jyoti, rewritten by Manu Tayal based on GMCKS' teachings

When we experience the present day circumstances that are miserable with sufferings, we can look at the mistakes of the past for answers. Similarly, when we experience splendid and happy life, our earlier good deeds can be attributed for it. We have to bear with earlier inauspicious, bad past; repent for it, seek forgiveness and cleanse it. In the same way, we should experience satisfaction for earlier auspicious deeds and advance those righteous activities.

Now, what we need to know is that if we have our heads overcast with distress and sufferings, like a black shadow, then are there any means to ward off the same?

Persons who do not believe in the Karmaphal (fruits of Karma) too should pay attention on the makeup of human consciousness and understand that there is no partiality or prejudices for anybody here. The results of bad Karmas will not get averted even by worshipping – prayer. By visiting temples and viewing idols in the temples, by taking a bath at the pilgrimage places one can only change his/her feelings and outlooks. One can stop any bad Karma that one may do in future. One can stop the possibility of having a worse future than one might have it otherwise.

However, what we have done already, the results of the same will definitely come in front of us. After looking at the tradition set by scriptures and the makeup of the faculty of mind, we need to come to this conclusion that we need to repay and reimburse for the volley of damages that we have done to others and to ourselves. We should also gather the same courage for repentance as what we have adopted while we overruled the restraints when doing the bad Karmas. With the same courage and understanding, one must be ready to do good karma, so much so that the effects of bad karma become negligible. By showing mercy and by forgiving, one can generate a lot of good karma. This is the only remedy through which, we can get the resolution for those anguishing reactions of the bad Karmas, which are making our lives difficult, miserable by bringing in front of us physical diseases, mental agitations, fights, misfortunes and adversities. And doing these is the only smart thing to do.

How do we practice mercy and forgiving? Watch out for more in our next edition of Ybrant Prana...

Priest and Jesus in Heaven

Osho

*"On each earth such
Jesuses are born and their
devotees declare them the
only son of God"*

Do You Know?

*If you cut all the **unwanted cords**
before you go to sleep – from
your front and back solar plexus
chakra - You will have a better
sleep and you will wake up
fresher in the morning.*



**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

Bertrand Russell has written a story: A priest slept one night and dreamed he had died. He went to the gates of heaven, which were closed. He was rather surprised. He had expected the doors to be wide open and God Himself waiting on the steps to welcome him. Hadn't he served the poor and tended the ill? Hadn't he opened schools for poor children? Hadn't he served in the true Christian spirit? But the door was closed, and it was so enormous that he couldn't see where it started or where it ended.

He shouted aloud, but his voice couldn't penetrate the thick door. He banged with his hands. He banged his head against the door, but to no avail. It was just like an ant banging on your door! His ego turned to ashes. He had dreamt of a grand welcome. How much service, how much worship, how much charity he had performed; how many he had converted to Christianity, and here no one seemed to bother about him. Infinite years passed. He sat crouched near the door of heaven, which still had not opened. He had forgotten everything.

Then one day the door opened slightly and a man with a thousand eyes, each eye like the orb of the sun, looked around and spotted him – just as you would spot a tiny object with a magnifying glass. The priest cringed even more, for he thought it was God. He addressed him: "Oh God, how your eyes frighten me, for each is like a sun. I cannot bear to look into them." The man laughed and said, "I am not God. I am merely a guard. What are you doing here?" He lost all courage. This was only a guard! If the guard is like this, what would it be to face God? At last he said, "I have come from earth, where my church is well known. I am a believer in Jesus. I am his devotee..." His courage sank further and further. The guard said, "Jesus? Earth? Which earth are you talking about? Give the file number. There are infinite worlds. Which earth do you come from and which Jesus are you talking about? Each earth has its own Jesus." Imagine the state of the poor priest. He said, "I speak of that Jesus who is the only son of God." The guard said "You seem to be mad!

On each earth such Jesuses are born and their devotees declare them the only son of God. Anyway, we shall find out. First tell me the number." The poor man said, "We know of no number. We don't think in terms of numbers. We always thought our earth was the only one of its kind." "All right," said the guard, "then give me the number of your sun. Which solar system do you come from?" "We know only one sun and no other," the poor man wailed. "Then it will be very difficult," said the guard. "But wait here while we make enquiries." And again infinite years passed. The guard did not return for it was not an ordinary enquiry. It would take ages more, if he ever did manage to identify him. By this time the poor man's ego was turned to ashes; his hopes of a grand reception remained a dream. He had planned everything: there would be bands playing, flowers everywhere and God would make him sit at His right hand. In this state of fear and agitation he awakened. He was covered with perspiration. It was only a dream – thank God! But from that day onwards he lost all courage.

Source: "The True Name, Vol 2 " - Osho

Impact of Food Quality on our Emotions

Arthur E Powel

" A physical body nourished on impure food will produce a correspondingly impure astral body, whilst a physical body fed on clean food and drink will help to purify the astral vehicle. "

Journey of the Man (Monad)

H.P.Blavatsky in 'The Voice of The Silence'

The Monad has to pass through its mineral, vegetable and animal forms before the light of the Logos is awakened in the animal man. Therefore, till then, the latter cannot be referred to as 'man', but has to be regarded as a Monad imprisoned in ever-changing forms.

Experiences with Pranic Healing

AA, Software Professional, Hyderabad, India

Hearing problem/Stress Relief

When I attended PH class I had a bad cold and as I had lime water it increased the sneezing and discomfort all the more. Ram performed healing, which made me feel good & relieved from cold & sneezing immediately. That day I slept very pleasantly without nostril blockages. In past I had to take antibiotics for cold & sinus each time I caught cold. But this time, I didn't have to take anything like that and I slept comfortably after the class due Pranic Healing given to me.

Earlier during my school days, I had a severe fever and lost my hearing in my right ear after that. As I had the sinus problem since a long time, my hearing in my right ear was all the more affected also. I consulted good doctors for my hearing problem. They gave up their effort, for helping me to recover complete hearing, rather they suggested for hearing aid machine. When I mentioned this to Ram, he immediately healed me for that too. It was a very surprising for me as I was able to hear a little (around 30%). Ram said that that after some sessions I will be healed more and will get back my hearing.

I had another long standing (almost 1 year) pain in my right hand. During the PH intro lecture at our office, healers healed me. I felt good but the pain was still there during the night. He also healed me for the pain. After the healing session at the end of the class, I don't have any pain now. Now I totally agree that PH will do miracles to improve one's health and mental peace.

"Mastery of the virtues is mastery of the balance, in life everything must be balanced"

Excerpt from Miracles through Pranic Healing

Energizing with Prana: Hand Chakras Technique

Prana is drawn in through one of the hand chakras and projected through the other hand chakra. Attention or concentration should be focused on the hand chakras (on the centers of the palms) and on the part to be treated, with more emphasis on the hand chakras. Focusing too much on the part being treated than on the two hand chakras is a common mistake done by beginners. This would tend to reduce the flow of prana coming in and going out.

Frequently Asked Questions

Q: Can a person suffering from cancer do MTH?

Ans: Yes, a person suffering from cancer can practice MTH. This helps a lot in the healing process. Cancer is usually a manifestation of a lot of negative emotions towards oneself or a particular person and has emotional origins. The severe negative emotions trigger cancer cells due to a reduced immune system. All these problems in the system of a person are corrected by practicing MTH which is the meditation on Love and peace. The downpour of divine healing energy during the meditation helps the practitioner to be healed of all sorts of emotional and physical problems, including cancer.

Q: What is the shape of ground prana?

Ans: Generally ground prana is seen as globules (small and large). They are round in shape like soap bubbles or even rain dew. They are emitted by the ground constantly. To be able to see the ground prana, you can pick a time about the time when the sun hasn't risen but there is sufficient amount of light. You can stare the ground with the intention to see ground prana. They are shining but not as shining as the air or sun prana. The ground prana is very useful in healing bone and muscles as these are grosser functions in the body controlled by the basic chakra.

Aum - Its Aesthetics, Mysticism, and Philosophy, contd...

Nitin Kumar

The open mouth of A moves toward the closure of M. Between is U, formed of the openness of A but shaped by the closing lips. Here it must be recalled that as interpreted in relation to the three curves, the three syllables making up AUM are susceptible to the same metaphorical decipherment. The dream state (symbolized by U), lies between the waking state (A) and the state of deep sleep (M). Indeed a dream is but the compound of the consciousness of waking life shaped by the unconsciousness of sleep.

AUM thus also encompasses within itself the complete alphabet, since its utterance proceeds from the back



of the mouth (A), travelling in between (U), and finally reaching the lips (M). Now all alphabets can be classified under various heads depending upon the area of the mouth from which they are uttered. The two ends between which the complete alphabet oscillates are the back of the mouth to

the lips; both embraced in the simple act of uttering of AUM.

The last part of the sound AUM (the M) known as ma or makar, when pronounced makes the lips close. This is like locking the door to the outside world and instead reaching deep inside our own selves, in search for the Ultimate truth.

But over and above the threefold nature of OM as a sacred sound is the invisible fourth dimension which cannot be distinguished by our sense organs restricted as they are to material observations. This fourth state is the unutterable, soundless silence that follows the uttering of OM. A quieting down of all the differentiated manifestations, i.e. a peaceful-blissful and non-dual state. Indeed this is the state symbolized by the dot in the traditional iconography of AUM.

The threefold symbolism of OM is comprehensible to the most 'ordinary' of us humans, realizable both on the intuitive and objective level. This is responsible for its

widespread popularity and acceptance. That this symbolism extends over the entire spectrum of the manifested universe makes it a veritable fount of spirituality. Some of these symbolic equivalents are:

- **Colors:** Red, White, and Black.
- **Seasons:** Spring, Summer, and Winter.
- **Periods:** Morning, Midday, and Evening.
- **States:** Waking-consciousness (jagriti), Dream (svapna), and deep-sleep (sushupti).
- **Spheres:** Earthly, Heavenly, and Intermediary.
- **Poetic Meters:** Gayatri (24 syllables), Trishtubh (44 syllables), and Jagati (48 syllables).
- **Veda:** Rigveda (knowledge of the meters), Yajurveda (knowledge of contents), Samaveda (knowledge of extension).
- **Elemental Deity:** Fire (Agni), Sun (Aditya), Wind (Vayu).
- **Manifestation of Speech:** Voice (vak), Mind (manas), Breath (prana).
- **Priestly Function:** Making offering, Performing ritual, and Singing.
- **Tendencies:** Revolving, Cohesive, and Disintegrating.
- **Quality:** Energy (rajas), Purity (sattva), and Ignorance (tamas).
- **Ritual fire:** Of the home, of the Ancestors, and of Invocation.
- **Goddess:** Amba, Ambika, and Ambalika.
- **Gods:** Of the elements (Vasus), of the sky (Adityas), of the sphere-of-space (Rudras).
- **Deity:** Brahma, Vishnu, Shiva.
- **Action:** Creation, Preservation, and Destruction.
- **Power:** of Action (kriya), of Knowledge (jnana), and of Will (iccha).
- **Man:** Body, Soul, and Spirit.
- **Time:** Past, Present, and Future.
- **Stages of Existence:** Birth, Life, and Death.
- **Phases of the Moon:** Waxing, Full, and Waning.
- **Godhead:** Father, Mother, and Son.
- **Alchemy:** Sulphur, Quicksilver, and Salt.
- **Buddhism:** the Buddha, Dharma, and Sangha (three jewels of Buddhism).
- **Qabalism:** Male, Female, and the Uniting intelligence.
- **Japanese Thought:** Mirror, Sword, and Jewel.
- **Divine Attributes:** Truth, Courage, and Compassion.

According to Indian spiritual sciences, God first created sound, and from these sound frequencies came the phenomenal world. Our total existence is constituted of these primal sounds, which give rise to mantras when

organized by a desire to communicate, manifest, invoke or materialize. Matter itself is said to have proceeded from sound and OM is said to be the most sacred of all sounds. It is the syllable which preceded the universe and from which the gods were created. It is the "root" syllable (*mula mantra*), the cosmic vibration that holds together the atoms of the world and heavens. Indeed the Upanishads say that AUM is god in the form of sound. Thus OM is the first part of the most important mantras in both Buddhism and Hinduism, e.g. *Om Namoh Shivai* and *Om Mani Padme Hum*.

In a further development of the mystic conception of AUM, the Mandukya Upanishad states:

AUM is a bow,
The arrow is the self,
And Brahman (Absolute reality) is said to be the Mark.
Another ancient text equates AUM with an arrow, laid upon the bow of the human body (the breath), which after penetrating the darkness of ignorance finds its mark, namely the lighted domain of True Knowledge. Just as a spider climbs up its thread and gains freedom, so the yogis climb towards liberation by the syllable OM.

The omnific and omniparous quality of OM makes it omnipresential, and in-omissible from any spiritual practice. As an omnipotent symbol, the yogi who penetrates its mystery is indeed truly omnicompetent and omnipercipient, and as an omniscient source, it is a virtual omnibus of sacred and mystical inspirations.



Editors and Contributors:

Manu Tayal
Ramakrishnan Nagasamy
Sreenivas Murthy

To *contribute* to this newsletter or
to send *feedback* -

Contact:

rnagasamy@gmail.com
tayalmanu@gmail.com

Upcoming Events:

~ Advanced Pranic Healing & Pranic Psychotherapy at
Foundation, Ameerpet

Please check with Foundation for more details at +91-40-66625278
or yvphf@appranichealing.org