

# Ybrant Prana

Monthly Newsletter from YVPHFAP

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# Pranic Healing

*Manifest your greatness*

<http://appranichealing.org>



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## Editorial

Greetings of Love and Light! We bring you the 4<sup>th</sup> Anniversary issue of Ybrant Prana and we are extremely delighted about it. We are thankful to all our readers for the continued support and suggestions over the years and we owe our success to all you wonderful people.

In this special issue, we bring a never heard or read before account of Dr. Saradamba, the founding trustee and Chairperson of the YVPHFAP, about her tryst with Pranic Healing and GMCKS.

We are also introducing a new section on Spiritual Leaders wherein we would put a brief biography of the leader. Learn about them and get inspired!

Next two months are 'action-packed' months – a lot of courses being organized by the foundation. So, brace up, plan your weekends and benefit from learning these priceless courses. Also, inspire others to explore the world of energies and become the instrument of change around you.

May the "light" always shine on you and your loved ones!!! May your life be filled with grace of God, Guru and all the Great Ones. So Be It!

## Sri Sri Ravishankar

Ravi Shankar, usually known as Sri Sri Ravi Shankar, born Ravi Shankar Ratnam, born 13 May 1956 at Papanasam Tamil Nadu, India). He is a spiritual leader and founder of the Art of Living Foundation (founded 1982), which aims at relieving both individual stress and societal problems and violence, and which is an NGO with UNESCO consultative status. He is also frequently referred to simply as "Sri Sri" (honorific) or as Guruji or Gurudev.

He also established in 1997 a Geneva-based charity, along with the 14th Dalai Lama, the International Association for Human Values, an NGO that engages in relief work and rural development and aims to foster shared global values...Contd on page 2...

## To Persevere and Let Go

'Try, try until you succeed' is something we've all been taught in schools. Success is 99% perspiration and 1% inspiration. , we're told, to highlight the importance of hard work.

## Sri Sri Ravishankar

### A short biography

Sri Sri was born to Smt. Vishalakshi Ratnam and R. S. Venkat Ratnam, then in the automobile business. He was named "Ravi" (a common Indian name meaning "sun") because his birth was on a Sunday, and "Shankar" after the 8th century Hindu saint Adi Shankara, with whom he shares the birthday. He received a Bachelor of Science degree at the age of 21 from St. Joseph's College, Bangalore University.

After graduation, Sri Sri traveled with Maharishi Mahesh Yogi, being invited by Maharishi to give talks on Vedic science, arrange conferences on the Vedas and science, and set up Ayurveda centers. He was earlier addressed as "Pandit Ravi Shankar" (or "Punditji") but in the early 1990s changed his name to "Sri Sri Ravi Shankar" after the renowned sitarist Ravi Shankar objected that the guru was using the name he had made famous.

The 1980s saw Sri Sri initiate a series of practical and experiential courses in spirituality around the globe. He says that his rhythmic breathing exercise sudarshanakriya came to him in 1982 "like a poem, an inspiration", after a ten-day period of silence on the banks of the Bhadra River in Shimoga, state of Karnataka, adding, "I learned it and started teaching it". Sri Sri says that every emotion has a corresponding rhythm in the breath and regulating breath could help relieve personal suffering. After realizing Sudarshan Kriya, Sri Sri started sharing it with others through the Art of Living course, first held in Shimoga.

Sri Sri inspired his father and several other prominent citizens of Bangalore to found Ved Vignana Maha Vidya Peeth, an educational and charitable trust, in 1981. Under the auspices of this trust, he opened a school south of Bangalore for local rural children, which now provides free education for 2,000 such children. In 1983, Sri Sri held the first AOL course in Europe in Switzerland. In 1986, he travelled to Apple Valley, California in the USA to conduct the first course to be held in North America.

Sri Sri teaches that spirituality is that which enhances such human values as love, compassion and enthusiasm. It is not limited to any one religion or culture. Hence, it is

open to all people. He feels the spiritual bond we share as part of the human family is more prominent than nationality, gender, religion, profession, or other identities that separates us. According to him, science and spirituality are linked and compatible, both springing from the urge to know. The question, "Who am I?" leads to spirituality. The question, "What is this?" leads to science. Emphasizing that joy is only available in the present moment, his stated vision is to create a world free of stress and violence. His programs are said to offer practical tools to help accomplish this. He sees breath as the link between body and mind, and a tool to relax the mind, emphasizing the importance of both meditation/spiritual practice and service to others. In his view, "Truth is spherical rather than linear; so it has to be contradictory." In 1992 he started prison programs to rehabilitate prison inmates and help them reintegrate into the mainstream. 1997 saw the beginning of the International Association for Human Values, a humanitarian organization, and its 5H program, which aims to bring sustainable development to rural areas and revive human values. After the 2001 attack on the WTC towers in New York City, the AOL Foundation offered free courses in stress reduction to New Yorkers. The group also ran a relief program in Kosovo for the war-ravaged population and for public health, university and UN personnel. The organization also started an operation in occupied Iraq in 2003 aimed at relieving the stress of the Iraqi population, particularly the rising population of traumatized widows. A similar program was implemented in Afghanistan from 2003 to 2006 teaching war victims as well as UN and NGO personnel.

In 2007, Sri Sri visited Iraq at the invitation of Prime Minister Nouri al Maliki and also met with Sunni, Shia and Kurdish leaders. He visited Pakistan in 2004 and met with political and religious leaders there as a part of his efforts to promote global peace. He is also involved in interfaith dialogue, and currently sits on the Board of World Religious Leaders for the Elijah Interfaith Institute. There is also a prison stress management and rehabilitation techniques program, known as Prison SMART (Stress Management and Rehabilitation Training), which assists many prisoners and prison staff worldwide.



### Frequent Asked Questions

**Q:** Why is Indigo color not used in healing with colors?

**A:** Through clairvoyant observation, the indigo prana is normally not seen in any of the chakras and in any part of the bioplasmic body. This is why only 6 colors – Violet, Blue, Green, Yellow, Orange and Red, are used for healing.

**Q:** Why should one have to release the excess energy and bless the world and others following the mediation?

**A:** Tremendous amount of divine energy results from the Meditation on Twin Hearts. Most practitioners do not consider that their bodies can only handle a certain level of energy. Releasing and blessing out excess energy avoids congestion.

**Q:** Why and how should one do ground and rooting technique after Meditation?

**A:** The grounding and rooting technique will prevent one to experience lightheadedness or post-meditation "spaced-out" feeling.

Project roots of light from the soles of the feet and the base of the spine to the earth about 10 feet or 3 meters deep.

## To Persevere and Let Go

### The Speaking Tree, Times of India

Perseverance and letting go are both positive qualities that we all possess. However, despite their being life-enhancing qualities, these are often complementary and even antagonistic to each other; and need to be employed in sequence, and at the right time, rather than in isolation for us to achieve success, peace and harmony.

‘Try, try until you succeed’ is something we’ve all been taught in schools. Success is 99% perspiration and 1% inspiration. , we’re told, to highlight the importance of hard work.

And work we must, for that is the very nature of life. Karma Yoga, as outlined in the Bhagavad Gita by Krishna speaks highly of work as a form of worship. Swami Vivekananda persuaded his followers to work ceaselessly till the goal is reached. Success is determined by a combination of factors. Hard work is only one of them. Besides hard work, we also need talent, inspiration, creativity, luck and destiny. If only hard work would lead to success, we would only have to toil to achieve our goals. While most of us work hard, true success and joy come only to some, while most others have to remain content with whatever they get.

This brings us to the relationship between perseverance and letting go. Perseverance is the quality of sticking to one’s job and to one’s goals, come what may. Letting go, on the other hand, is exactly the opposite. It consists of putting one’s faith and trust in a higher power, whether we call it God or destiny, waiting patiently for results. While these two qualities may seem to be opposites, they are in fact, not so; they are complementary to each other. Every venture, dream and project needs divine grace for its successful completion.

Those who decline to believe in the power of the unknown are likely to continue struggling and will have to depend solely on their own efforts. They could meet with limited success, often hitting roadblocks which seem insurmountable, or which drain away tremendous amounts of time, energy and money. The human mind and the ego are such that giving credit does not come easily. This is not only true where other



people are concerned, but our mind and ego often do not even want to acknowledge the Power that runs the universe, day in and day out, without exception.

Not wanting to give credit to God, destiny or fate, and wanting to corner all the praise is one reason why people find it difficult to let go and trust. Hard work and perseverance are absolutely necessary, doubtless. But somewhere along the course, after having exhausted all human possibilities, one must learn to sit back, be detached from the outcome of our efforts, and hand over our endeavors to a higher power. How and when to do this, is purely an intuitive or instinctive phenomenon. When we sincerely let go, not out of laziness, complacency and lethargy, but after having done our very best, it is then that the process of life shifts to another plane, with the unseen hand coming into play.

And the power or destiny works in myriad ways. A chance meeting, something overheard or read in the newspapers, the stirring of a memory, a different thought process, sudden release of funds that had dried up — something is likely to happen, which would put our work and project back on track. When success becomes palpable, it is important to remember and acknowledge and give thanks to existence, without proudly proclaiming that everything was achieved only by our own.

## MASTER SAYS -

The Teacher is like a mini-sun, always radiating light. As a Teacher radiates Light, it makes the Teachings simple and clear. Mysterious subjects become easy to understand due to the transmission of the teachings to the students. Transmission is both received *internally* and *externally*.

## Do You Know?

A substantial amount of air prana is absorbed directly by the front and back spleen chakra. Air prana is broken down into different color pranas and distributed to the other chakras.

Ground prana is absorbed through sole chakras then goes to basic chakra. A portion of ground prana is directed upward to the spine and other chakras while a larger portion is directed to perineum minor chakra, to the navel chakra, then to the spleen chakra where it is broken down and distributed to other chakras.

## Excerpt from Golden Lotus Sutras

### On Life and Crisis

Power comes from Self-restriction. Steam in an open space would just simply scatter in different directions. Steam contained in an engine can move a whole train. Success comes from One-pointedness and Constancy of Aim and Effort.

Another term for one-pointedness and constancy is Self-restriction.

~ Excerpt from Experiencing Being, Golden Lotus Sutras on Life





### Upcoming Events

~ 9<sup>th</sup> - 10<sup>th</sup> Jul - Basic Class at Foundation (English)

~ 8<sup>th</sup> - 10<sup>th</sup> July - Advanced Class at Foundation (English)

~ 22<sup>nd</sup> - 24<sup>th</sup> July - Arhatic Yoga Prep at Foundation, by Acharya Sasidhar

~ 16<sup>th</sup> - 17<sup>th</sup> July - Basic class at Inner Wellness Circle, Gachibowli (English)

## In conversation with Dr. A. Saradamba (Chairperson, YVPHFAP)

### A Ybrant Prana Exclusive

As we enter 4<sup>th</sup> year of Ybrant Prana, we bring you an all exclusive interview of Dr. Saradamba, a direct disciple of Grand Master and founding trustee of Yoga Vidya Pranik Healing Foundation of AP. We spoke at length with her. Presenting here, a few excerpts from the interview.

**Q:** You were the pioneer in spreading Pranik Healing in AP and still continue to work with vigor. How has been your journey?

**Dr. Saradamba (DS):** My journey started many years ago and I have enjoyed every minutes of it. All these years have been most satisfying in my life

**Q:** Why did you want to meet MCKS?

**DS:** Professionally, I was practicing Radionics, where subtle energies are use from 1980s and was always fascinated with energies. By 1990, I read all the works of Dr. Wilhelm Reich a psychiatrist and a student of Sigmund Freud. He had done extensive research on Orgone energy and I was very enthralled with his works. I visited his American College of Orgonomy. In 1990, I met Dr. Reich's student, another Psychiatrist Dr. John Pierrakos in New York. He promised me to train me in the art of Healing free of charge if I could stay on in New York but it was not possible for me. He told me about his student, a famous healer, Ms Barbara Ann Brennen. Her book "Hands of Light" really shook me up. I read her book repeatedly and I wanted to become like her as she was functioning from a much higher and enchanting level of existence while healing. In 1991, I met an acupuncturist from USA who mentioned about Master Choa Kok Sui of Philippines and gave me His address. I wrote to him and Master replied promptly. He mentioned that He was to visit Trivandrum. I went to Trivandrum and on 11th December 1991, I was trained, by Master himself, in Basic Pranik healing. Thereafter Master taught me Advanced Pranik Healing and Pranik Psychotherapy. In June 1992, I was in Manila,

Philippines and Master taught me Crystal Healing, Psychic self-defense, Spiritual Business management, Arhatic Preparatory Level and Level 1 and Kriya Shakti

**Q:** What was the first time you met Master? And what did you feel about the meeting? Could you please tell us about your first experience with him?

**DS:** I first met him in December 1991. His works amazed me as all that I had been pursuing about subtle energies, the occult etc. came together and became clearer. I also realized that the Orgone energy and Prana are not different. They are same. Since I was never a religious or ritualistic person, my scientific mind found Master Choa the right Guide and Guru.

**Q:** When his first visit to Hyderabad and what was the occasion for his visit?

**DS:** Master's first visit to Hyderabad was in the year 1994 and He interacted with the Healers who were trained by other trainers. It was a brief visit and a wonderful experience for those who met the Guru for the first time, in person

**Q:** When did you decide to form the AP Pranik healing Foundation?

**DS:** As the Secretary of Radionics Association of India, in 1992, I introduced Pranik Healing to the members of Radionics and later to others. We formed Pranik Healing Foundation of AP in 1995 with 6 Trustees. Although all the Trustees worked very hard in spreading Pranik Healing in AP, we believe it was possible because we followed His instructions and because His energy was guiding us.

I feel grateful to Master for having given me this opportunity to spread His work. At every step His guidance is obvious

**Q:** What has been your best moment/experience in all these years with Pranik Healing?

**DS:** I have had many experiences which are worth mentioning but some of them just stand out.

During my first visit to Manila in 1992, one lady came to Master with the complaint of Infertility. Master turned to me and said, "Sara, tell me what is wrong with her?" I was perplexed. As a physician we do many tests to decide the cause of her infertility. When I turned to her, I could see her urogenital system as though it was all made of glass and instantly, I could see that her left fallopian tube was blocked. When I said so, Master in a fraction of a second flicked His hand and the block disappeared. It was fascinating. Later, I was told that that lady conceived and became a mother.

Master's second visit to Hyderabad was in 1995 and a day after He left Hyderabad, I was paying my respects to him with folded hands. He appeared as brilliant resplendent diamond-like (Electric Violet) in the form of Lord Narayana. Although I can't differentiate various forms of Lord Vishnu, instantly and automatically, I chanted "Namo Narayanaya ". This experience lasted for 20 minutes.

Over the years, I had various different experiences from time to time and my perception about reality has changed drastically. Certain higher truths were revealed automatically - direct experience. Many doubts and questions I carried with me for decades were answered suddenly.

**Q:** What drives you do the kind of work you have been doing to spread Master's work? And what are the latest initiatives you are working on? Could you please briefly tell us about the same?

**DS:** Being a medical professional, I felt it my duty to make this beautiful futuristic subject acceptable to medical field.

As a first step, I tried setting up clinical research with the help of clinicians in various departments but so far, nothing has materialized.

So, I turned to Research in Horticulture. Our first "Observation Trial" was very encouraging. Quality and quantity of Tomato and Capsicum increased. Most interestingly, Vitamin C, Lycopenes and Carotenes increased substantially. Based on this initial 'Trial', Scientific Research is going on with Chillies, Tomato, Brinjal and Amaranthus. The total information will be supplied at the appropriate time.

In the mean time, *GMCKS' Research Institute of Pranic Healing and Life Sciences* has been established in Hyderabad.

**Q:** What message you would like to give to youth today, how should they channelize their efforts in spreading Master's work and also improve their spiritual practices?

**DS:** Pranic healing and Arhatic Yoga make you appreciate yourself as a higher being. When you regularly heal and meditate, you are shown the 'inner' world - the world that is filled with limitless beauty, light and enchantment. Angels are constantly with you. Deities, saints show themselves to you all the time. It is like 'Alice in the Wonderland'. You feel LOVED. Your perceptions about yourself and about the world around you will change.

To enjoy all this, you need to work hard. Heal, meditate, have reverence to Master, teach, help spreading Pranic healing, follow character building etc. Great things don't come easy. Maintain your integrity and honesty with yourself and others. We may not get a great Guru like Master Choa Kok Sui in another life time. Follow his teachings and you will be his disciple again and again.



**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

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