

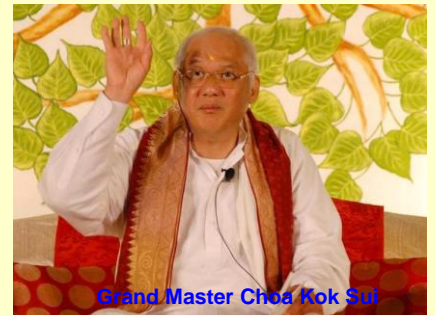


Editors

Manu Tayal
Ruchi & Sanjil
Ramakrishnan N

Contributors

Meditation on the Twin Hearts is very simple meditation which aims at establishing planetary peace and harmony. It is very powerful, bringing tremendous change at different levels of the practitioner. This meditation is a higher form of distant healing; we are part of Earth's energy body. Similarly we are part of earth's nature. Unless the nature of earth changes, we can't change/transform. The Earth is under going changes at different level including the physical. We can do our bit in the entire process to be smooth by blessing the earth with golden energies. In turn we are setting up the platform for our own growth. As we sow so we reap. MTH involves powerful activities like Rooting – transferring/sending the Soul Energy into the earth, there by allowing it to heal at different levels. ~Ramakrishnan N



Grand Master Choa Kok Sui

Good Karma Prosperity Tip (Part – 2...concluding part)

...If you are never able to buy things you want or if you are stingy with money, you believe deeply that deprivation is "good for the Soul", Try depriving yourself of air...and see how good that is for you. This is a sign that you need to heal blocks at your Heart Chakra.

If you often say "I'm broke" or "money just slips through my fingers" or "I just cannot afford it", you are telling the universe that you just do not deserve prosperity because you cannot even ask for it. You never have to ask for air...you just expect it...so you get it. This is a sign that need to heal blocks at your Throat Chakra.

If you are constantly worried about running out of money, you are afraid of being abandoned....just as you were once in past lives.

And yet you never worry about air...when it goes, you immediately find out that it is far more important and essential than money. This is a sign that you need to heal blocks at your Third Eye Chakra.

If you feel ashamed when you look at your bank balance (may be its too high or too low) or if you get something just for yourself only because you want it, you believe that scarcity and lack are the natural human condition. Air is still here...and so will money be. This is sign that you need to heal blocks at your Crown Chakra.

Money is available to you...it is part of your Divine birthright of abundance...if you do not have all that you desire...what you need to do is become more available to it. So it becomes up to you to take the action to heal those blocks or learn to live your financial situation...the choice is Yours. ~ Adapted from Pranam Magazine

THE "BOOK OF LIFE"

The living, moving "Book" is governed and guarded by mighty Intelligences, in Hinduism the Lipika or recorders, in Christianity, generically speaking, the "recording angel" who keeps the "Book of Life." From these self-written records these great Intelligences plan the leading outline of a man's life, what nation he shall enter, what family he should join, and the major, inescapable events of the coming life. The Muslim scriptures say: "The fate of every man is hung around his neck at birth."

This is the real horoscope, known to the ancient Chaldeans, but not yet fully recovered by the modern astrologer. We must not picture any kind of kismet, or pre-determined fate, in the karma of life. It is always a moving, flowing current, capable of being altered or re-directed at any moment though this is generally done only by the developed man. Ancient Indians describe three main types of karma. First the "ready-money" form, little events flowing from little causes, generated day by day as we live. Then the events coming from past lives, showing as unexpected major happenings. Lastly the "piled-up" form, awaiting suitable expression from the long past. Most men live upon the surface, but a man who ceases to do this, albeit unconsciously, and begins to live upon a deeper level, sometimes releases this form of karma, and this may bring apparent added trouble and disaster just when he is doing his best. Thus the good seem to suffer and the wicked to flourish like "the green bay tree," because nature does not ask child-souls to learn lessons too hard for them as yet. "God will not suffer you to be tempted above what ye are able." (I. Cor. X, verse 13). But one day the more difficult lessons will come and the heavier payment be exacted. "Be sure your sins will find you out." (Num. 32- verse 23). ~THE CREATIVE POWER by CLARA M.CODD Theosophical Society publication

Physical Purification: When you start meditating, you have to keep your body clean. Why do you have to purify your body? Matthew 9:17 in the Bible states, "You do not put new wine in an old wine bag." Why? The old wine bag is already stretched. Therefore if you put new wine, which is still fermenting, the gas pressure will increase and the bag will burst. The wine bag is likened to the body. The wine corresponds to the descent of spiritual energy. You must make your body like a new wine bag to prepare it to receive higher energy. Unless you purify your body, it will get sick. You will have kundalini syndrome that may manifest as insomnia, chronic fatigue, skin rashes, hypertension, overheating of the body and other symptoms.

- Excerpt from Achieving Oneness with the Higher Soul, by Master Choa Kok Sui

Ybrant Prana

Volume 1: No 3, Sep 2008

Master says: On Anger and Criticism: If you seek revenge; you will not have Inner Peace.

- Excerpt from Experiencing Being, Golden Lotus Sutras on Life, by Master Choa Kok Sui

Excerpt from **Miracles thru Pranic Healing:**

The Mechanism behind Psychosomatic Diseases: Anger and intense worry devitalize the whole energy body so that the body becomes susceptible to all kinds of diseases. Negative emotions cause disturbances in the energy body so that the whole physical body becomes sick. You may have experienced that after intense anger or an altercation, you felt physically exhausted or become sick. This is because both the energy and visible physical bodies had been drained of prana or life energy and become susceptible to infection.

Healing Steps for: intestinal worms

1. Invoke and scan before, during and after treatment. Apply general sweeping twice using LWG.
2. Localized thorough sweeping on the front and back solar plexus chakra, liver, navel chakra and the lower abdominal area. Energize the solar plexus chakra with LWR. Repeat thorough localized sweeping on the front and back solar plexus chakra.
3. Energize the navel chakra thoroughly with LG then LO. Repeat thorough localized sweeping on the navel chakra and the lower abdominal area.
4. Localized thorough sweeping on the basic chakra. Energize it with LWR.
5. Stabilize and release projected Pranic energy.
6. Repeat treatment 3 to 4 times per day for the first day or until the patient excretes the parasites.

After one week, repeat treatment 3 to 4 times a day for one to two days to check if there are more parasites that have been left behind. If there are any, repeat treatment again after one more week. Give the child and the parents instructions on proper personal and home hygiene and sanitation to prevent re-infection.

The patient must be given complete and proper nutrition, and practice correct personal hygiene and sanitation.

Experience with Pranic Healing – **Meditation on Twin Hearts:**

It was an enriching experience which gave me all the powers to help the whole world for few minutes. I could imagine the whole world revolving around and I could see people suffering, starving and expecting for help. On the other side I could see lord Shiva opening his eyes and looking around the world generously. There were few other angles too who blessed people and made people happy during that moment. This thought process of mine was for few moments but I expect the same from all the masters, angles and lord Shiva. I will try my level best to do MTH as frequent as possible and bless people from all the parts of the world to have a happy and prosperous life.

~ ADG

Highlights of the month:

- ~ 2-3: Basic Class by Acharya Sasidhar at Foundation
- ~15-17 Advanced Class
- ~ 3: Arhatic Yoga Prep-I by Mrs G Swarnamala
- ~ 15: Master's Birthday celebrations at Foundation
- ~ 23-24 Aug: Nurturing Program for Arhatic Yoga Practitioners
- ~ Twin heart practiced weekly at ADP Pvt Ltd, Hyderabad



News You Can Use (Sep)

- ~06-07 Basic Pranic Healing Class at Foundation
- ~07 Arhatic Prep I
- ~12-14 Advanced Pranic Healing Class at Foundation
- ~14 Full Moon Meditation at Foundation
- ~ 21, 28 Basic Pranic Healing Class at Gachchibowli
- ~ 27, 28 Basic Pranic Healing Class at Gachchibowli-23007175
- ~ 27-28 :Arhatic Prep-II

Do You Know?/Hints & Tips

If the patient is not so receptive, it is better to use ordinary white prana or ordinary color pranas instead of Divine energy. They are more effective with patients who are not so receptive since they are grosser than EV light.