

Pranic Healing

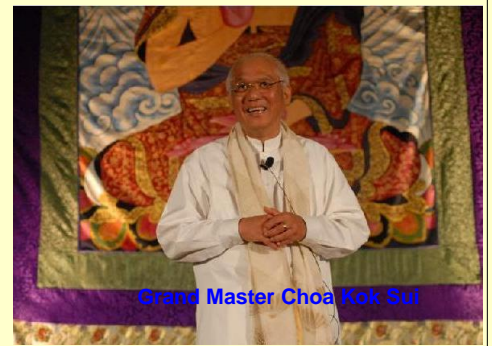
Manifest your greatness



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Meditation on the Twin Hearts: The power of the mediation also is enhanced by the deeper understanding of the mediation itself. It has elements from many higher practice levels of Arhatic yoga, Level 1, 2, 3 and higher. The mediation brings down Electric Violet Energy into the aura of the practitioner. This eliminates all unwanted thought/thought forms. To a great extent removes depression, worries, anxiety related energies. It also disintegrates any though elements or elemental lodged in the energy body of the practitioner. This meditation is a world service as it helps in manifesting heaven on earth. So it generates lot of good karma. When you become greater instrument of peace and love, you will need the good karma to keep you going peacefully and smoothly. We know of Yogis who have attained higher state of development just be doing Twin Heart Meditation as it involves elements from Arhatic yoga meditations. ~Ramakrishnan N



Grand Master Choa Kok Sui

FOOD FOR THOUGHT

HUNGER: THE SILENT EMERGENCY: It is estimated that over one billion people in the world suffer from hunger and malnutrition. That's roughly 100 times as many as those who actually die from these causes each year. Although India has successfully combated famines since independence, extremely high levels of malnutrition continue to exist. Children are the worst hit. The MCKS Foundation focuses its activities on all states of India, especially where the incidence of malnutrition is particularly high.

MCKS FOOD FOR THE HUNGRY FOUNDATION: Founded by Master Choa Kok Sui, the MCKS Trust renders funds conduct feeding programs for the impoverished. It also provides medical aid, hospital expenses and other health related expenses to the marginalized sectors of society.

OBJECTIVES OF THE TRUST:

- To extend help and relief to the distressed, specially the poor, destitute homeless and underprivileged.
- To promote physical health and well being through proper nutrition and regular meals
- To cooperate and coordinate with other charitable trusts, foundations, organizations, and groups, for the purpose of providing food for the hungry
- To maintain, manage and administer feeding centers and to encourage the establishment of such in strategic areas
- To organize, conduct and provide training programs, seminars, and workshops relating to nutrition and hygiene
- To provide self-sufficiency training programs for the poor so they can manage, maintain and sustain the feeding programs through their own efforts
- To undertake, directly finance, or assist pure, fundamental or basic research, applied researches, training and developmental work in the field of health.

~ Adapted from Prana World Magazine

(For all humanitarian activities, information and donations, contact your nearest Pranic Healing Foundation)

The twelve annual Festivals will constitute a revelation of Divinity

Meditation is a potent method of service to humanity when the mind is used as a channel for the reception of energies of light and love and will-to-good and their direction into human consciousness. And the moment of the full moon each month offers the greatest opportunity for meditation – particularly in group formation – to be used as a means of cooperation with the divine Plan or Intention for our world.

One may ask, what has the moon got to do with it? The energies of light and love and the will-to-good are always available to those who can contact them in meditation. But in all aspects of our planetary life there are cycles in the ebb and flow of spiritual energies with which groups, as well as individuals, can consciously cooperate. One of the major energy cycles coincides with the phases of moon, reaching its peak, its high tide, at the time of full moon. This is a time, therefore, when the channeling of energy through group meditation can be uniquely effective.

The moon itself has no influence on the work; but the fully-lighted orb of the moon indicates a free and unimpeded alignment between our planet and the sun, the solar centre, the energy source for all life on Earth. At such times we can make a definite approach to God, the Creator, the centre of life and intelligence. That this realization is part of humanity's ancient intuitive understanding is verified by the many religious festivals which are fixed by reference to the moon or a zodiacal constellation. The esoteric Laws of Cycles – the law which is symbolized by the waxing of the moon to full brightness followed by its waning – affirms that we can consciously cooperate with the flow of spiritual energies.

The soul's meditation is rhythmic and cyclic in its nature as is all else in the cosmos. The soul breathes and its form lives thereby. The rhythmic nature of the soul's meditation must not be overlooked in the life of the aspirant. There is an ebb and flow in all nature and in the tides of the ocean we have wonderful picture of an eternal law...the idea of cyclic response to soul impulses lies back of the activities of a morning meditation, a noonday recollection, and an evening review. A larger ebb and flow is also indicated in the two aspects of the full moon and the new moon.

~ Adapted from Prana World Magazine

Ybrant Prana

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Master says: Giving is a Science. Tithing is Spiritualized Materialism. If you want more profit, *give! Tithe!*

Excerpt from MPH:

Bioplasmic Waste Disposal Unit

The diseased energy has to be disposed properly so that the energy of the room will remain clean and in order to avoid contaminating yourself and the other patients from this dirty energy. The diseased energy, when removed from the patient's body, is still connected to the patient by energy or energetic threads. The Hawaiian shamans (healers) or kahunas call the energy thread as invisible aka thread. In esoteric parlance, this is called etheric thread. Unless the diseased energy is disposed properly, there is the possibility that it may go back to the patient.

To make a bioplasmic waste disposal unit, simply put about a liter of water into a bowl and add a handful of salt into the water. It has been clairvoyantly observed that water is capable of absorbing dirty energy and salt breaks down the dirty energy. After every sweeping or cleansing, you should flick your hands toward the disposal unit.

Healing Steps for Down's syndrome:

1. Say the I Am the Soul Affirmation then practice the Meditation on Twin Hearts.
 2. Invoke and scan before, during and after treatment.
 3. Touch your heart with the pads of the fingers of your passive hand. Smile and project loving kindness to the patient for several minutes. Maintain this posture and attitude during healing treatment. Energizing is done gradually and very gently.
 4. Gentle general sweeping using LEV.
 5. Localized gentle thorough sweeping on the sex, navel, basic, leags and arms and their minor chakras. Energize the chakras gradually and gently with very LWR. Rescan. 6. Localized gentle thorough sweeping on the front and back solar plexus chakra using LEV. Energize the solar plexus gently and gradually with very LEV. 7. Localized thorough sweeping on the front and back of the lungs. Energize through the back of the lungs very gently with very LWG, very LWO then with very LWR. Point your fingers away from the patient's head when energizing with O.
 8. Localized thorough sweeping on the front and back heart chakra. Energize the heart through the back heart chakra with very LEV. 9. Localized thorough sweeping on the throat, chakra, jaw minor chakra, ajna chakra, forehead chakra, crown chakra and back head chakra using LEV. Energize the chakras with very LEV. Simultaneously gently will these chakras to become bigger, about the same size as the solar plexus chakra. Rescan. 10. Apply distributive sweeping in front from the crown down to the sex chakra then from the sex up to the crown. This is one cycle. Apply 7 cycles, ending on a downward motion to the sex chakra.
 11. Apply distributive sweeping on the back from the basic chakra up to the crown chakra then from the crown chakra down to the basic chakra. This is one cycle. Do 7 cycles, ending with an upward motion to the crown.
 12. Rescan the basic, perineum and sex chakras. If they are depleted once more, energize them with LWR.
 13. Stabilize and release projected pranic energy.
 14. Give the child a lot of gentle hugging, gentle light body massage and regularly whisper gentle sweet words of love, support and encouragement.
 15. Rescan once a day. If your scanning reveals that the chakras have become imbalanced or weak, reapply treatment. This may take several months or years of regular treatment.
 16. Encourage the other adult members of the family to practice the Meditation on Twin Hearts. This healing meditation will generate more loving, harmonious and peaceful energy that promotes more love, harmony, joy, kindness, understanding, prosperity, abundance and good health. Stabilize and release projected pranic energy.
- Repeat treatment 2 to 3 times a week.

Experience with Pranic Healing:

Earlier, when I didn't learn Pranic healing, daily my feet swelled in the evening after sitting on chair from morning till evening and also during a long journey in train or bus when I had to sit for a long period. My father had the same problem then I thought it's due to heredity but from the day I learnt Pranic Healing I never got this problem. Earlier it was very difficult for me to wear any footwear in the evening due to swelling. But now it's fine.

Even on the first day of Pranic Healing when I saw chairs in the classroom then I thought that if I have to sit here till evening then again I'll have the problem but in the evening I didn't have any problem and I was really amazed to see that.

~ PD, Software Engineer, Hyderabad

Highlights of the month (Sep):

6, 7 - Basic class
12-14 - Advanced class
7th- Arhatic Prep I
21th Arhatic Prep I

News You Can Use (Oct):

4th & 5th - Basic Pranic Healing
5th - Arhatic Yoga Prep I
11th & 12th - Basic Pranic Healing
11th & 12th - Arhatic Yoga Levels 1 & 2 (Acharya Hector)
14th - Full Moon Meditation
17th, 18th & 19th - Advance & Psychotherapy
19th - Free Healing Camp
24th, 25th & 26th - Ashram Weekend
(With Acharya Sasidhar, Ms.Swarnamala, Srinivas)

FAQs

Q: How can one tithe if he or she is not earning?

A: Your parents may give you some pocket money tithe 10% of it. if you don't get any pocket, you can borrow from someone and tithe. You will have to return the money when your start earning. Another way is to start earning by doing healing at a healing center or any of the foundations or doing some simple jobs. You will get some money in return and you tithe part of that money

Do You Know?/Hints & Tips

When confronted with a crisis, silently ask yourself, "What is exactly the problem? Are the information validated? What is the worst thing that can happen? Can I do something about this?" If not, be patient and wait for the right time, then take action.