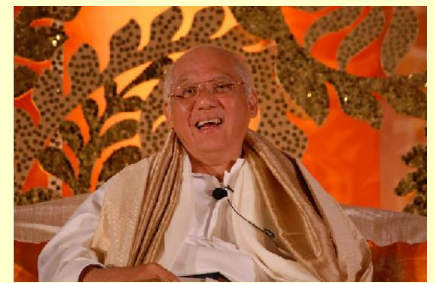




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Meditation on the Twin Hearts: The power of any meditation or japa depends on the spiritual development practitioner. More you practice the more powerful the meditation becomes. Same is the case with Twin Heart Meditation. Power of the meditation also is enhanced by the deeper understanding of the meditation itself. As mentioned earlier it has elements from many higher practice levels of Arhatic yoga, Level 1, 2, 3 and higher. The more developed you and your energy and other bodies are more powerful is your meditation. The greater is your ability to bring down the divine energies in blessing the earth. This results in your meditation becoming deeper, more sublime and effective. After longer practice of Meditation, you can acquire a golden body (this also has several levels).



Grand Master Choa Kok Sui

What is a Golden Body?

Divine Light manifests in abundance in your body before you start to develop what is called the golden body or Suddha Deham (in Tamil) is manifested. It manifests like a rising sun, chakra by chakra, centre by centre. As it rises the "Rod of Light" is established. This takes the consciousness into the Higher Realms, above the veils. The Rod of Light securely anchors the Light into the Soul and eventually will join with the Suddha Deham. The Rod of Light penetrates different spiritual levels. The light body is like a protective sheath around the physical body. It penetrates the physical body into the organs, tissue and blood, it forms a golden body around all 5 the bodies. It heals the etheric body and it restores the blueprint of the body. It brings great peace and serenity. Once the divine light body has manifested it starts a process of turning all the sheaths and eventually the physical body into light. The physical body will acquire a natural fragrance of flowers. This body can move through walls. You can live in this body without eating food. Manifestation of the light body into the physical goes through a process until it penetrates the physical body. The physical becomes almost translucent and the light is visible through the skin. The Suddha Deham at first appears as a garment of light. It sits around the body and its etheric sheaths. It manifests through the different realms/bodies, i.e. etheric, emotional/astral, mental and spiritual bodies. The body appears to become translucent and has a soft glow to it – once it has manifested in the physical. It is a melding of the Divine Mind with the Body. The three light bodies are enclosed/contained within each other.

Suddha Deham starts to make changes at the molecular and thus affecting the physical cell and the whole physical body as such. By God's Will this whole process can happen in an instant. Changes in physical body due to these effects are as you absorb Divine light your body evolves to a spiritual body. Your mind and heart purifies and you become a clear vessel for the Light. The physical body is patterned on the blueprint of the Divine Light. In order for the body to manifest the Jothi, the molecular and DNA has to undergo certain changes. This is not always a smooth process. Some will experience physical distress and others mild discomfort (this is not the kundalini syndrome of yogic practitioners).

Some of the physical symptoms are: 1) Flu-like conditions 2) Persistent headaches 3) Unusual distention of the stomach area 4) Random aches in joints and legs 6) Back ache. Huge, super refined etheric auras are observed. The Etheric body starts to generate Golden Prana on its own (refer to Arhatic Yoga Instructors in your area for details on the Arhatic yoga practices). If you put your heart, mind, body and soul to such practices and you are karmically entitled to develop a golden body, you will be manifesting a golden body within the 15 years or at least in same incarnation.

~adapted from different sources

8 Tremendously Important Ways That Gratitude Can Change Your Life

"If the only prayer you said in your whole life was, "thank you," that would suffice." - Meister Eckhart

It's amazing how one simple, easy, positive action can change so much in a person's life.

One of the things that has had the biggest effect on my life is the realization of the power of gratitude. Simply giving thanks.

It has affected everything. It has made me a more positive person. A more productive person. A better husband and father and son and brother (at least, I like to think so). A happier person. I'm not perfect, but gratitude has made me better.

Can it change your life as well? I can guarantee it. You might not get the exact same benefits as I have, but there's no doubt in my mind that the simple act of gratitude on a regular basis will change anyone's life, positively and immediately. How many other changes can claim to be that quick, that easy, and that profound?

Let's take a look at some of the ways you can incorporate gratitude into your life, and how it will change your life. These are just some examples, based on my experience and the experiences of others I've talked with, and not all will apply to your life. But pick and choose the ones you think will work for you.

1. Have a morning gratitude session. Take one minute in the morning (make it a daily ritual) to think of the people who have done something nice for you, to think of all the things in your life you're grateful for. You won't get to everything in one minute, but it's enough. And it will instantly make your day better, and help you start your day off right. Can you think of a better use of one minute?

2. When you're having a hard day ... make a gratitude list. We all have those bad days sometimes. We are stressed out from work. We get yelled at by someone. We lose a loved one. We hurt a loved one. We lose a contract or do poorly on a project. One of the things that can make a bad day much better is making a list of all the things you're thankful for. There are always things to be thankful for — loved ones, health, having a job, having a roof over your head and clothes on your back, life itself.

To be contd...

~ Courtesy <http://zenhabits.net>

Ybrant Prana

Volume 1: No 5, Nov 2008

Master says: Be Aware. As your Energy Level becomes stronger, what you say may penetrate more deeply and may hurt others!

Excerpt from MPH:

Stabilizing the Projected Prana

You can perform this procedure to prove to yourself the validity of these principles and techniques:

1. Use the hand chakras technique, project "white" prana on top of the table for about one minute and simultaneously visualize and form it into a ball without willing it to remain.
2. Project, visualize and form a blue pranic ball for about one minute without willing it to remain. This is the second pranic ball.
3. Project and form a white ball for about one minute and will or mentally instruct the pranic ball to remain for an hour. This is the third pranic ball. Make sure the locations of these balls are properly marked.
4. Scan the three pranic balls to make sure they are properly formed.
5. Wait for about 20 minutes and scan the three pranic balls again. You may find that the first pranic ball is already gone or greatly reduced while the second and third pranic balls are still quite intact.

Healing Steps for Chronic Sinusitis:

1. Scan inner aura and upper chakras
 2. Do General sweeping 2-3 times
 3. Thorough cleansing of Front and back solar plexus chakras and on the liver. Energize the Front and back SP. This step is very important.
 4. Apply localized sweeping thoroughly on area above eyebrows and cheekbones
 5. Treat forehead and ajna chakras, with more focus on Ajna
 6. Also treat nostril mini chakras. These mini chakras are located at the lower side of the nostrils
 7. Clean and energize Basic and Navel chakra. This is to stimulate the body's defense mechanism and to strengthen the body
 8. Clean and energize temple minor chakras
 9. Repeat the treatment 2-3 times a week or more as necessary.
- In general, Chronic Sinusitis can be cured through repeated Pranic treatment.

Experience with Pranic Healing:

My Family is really getting benefited by Pranic Healing. As advised by you I have carried out healing for the boils on the eyelids of my daughter. Earlier it used to take 5 -10 days to completely cure these boils, that too with a lot of sufferings. But this time I applied Pranic healing immediately after the boils started to erupt. To my great surprise and relief, the boils disappeared in two days without causing any trouble to her. This happened two times now.

Another experience is with my wife. Quite frequently she get the migraine attack. Few days back she got an attack. Normally with severe headache and subsequent vomiting she used to get relief only after full night sleep. This time I reached home after first vomiting and immediately I applied Pranic healing. The miracle happened in this case also. She got relieved after one hour and took dinner as usual. In the last 17 years this is the first time that she could relieve so fast and become normal before getting full night sleep.

I feel that I am blessed by God by learning the art of Pranic healing.

~ PSN, Ahmedabad, Gujarat

Highlights of the month (Oct08):

Basic Pranic Healing on 2nd & 4th in Ahmedabad, Gujarat by
Instructor from Hyderabad
Basic Pranic Healing on 4th & 5th and 11th & 12th in Foundation
5th - Arhatic Yoga Prep I
11th & 12th - Arhatic Yoga Levels 1 & 2 (Acharya Hector)
14th - Full Moon Meditation
17th, 18th & 19th - Advance & Psychotherapy
19th - Free Healing Camp

News You Can Use (Nov08):

30th – Spiritual Business Management
All weekends of Nov – Basic Course

FAQs

Q: Why do we feel good after the rain?

Water has the ability to absorb energy (fresh as well as used up). If there is no pollution in that area and there is fresh prana in the air, the rain drops absorb and bring it down to the earth. It also drains away the used up prana from the lower layers of atmosphere and cleansing the Aura of living beings close to the earth surface in a positive way thus removing stress and negativity. So we feel good after rain.

Do You Know?/Hints & Tips

Can you fix yourself without a mirror? Somebody who dislikes you is like a "mirror". He can help you grow spiritually.