



Editors & Contributors

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Meditation on the Twin Hearts: This meditation is a simple but powerful meditation. Any person whose body is over 13 or 14 years of age can practice. During the meditation many students have experience of being showered with silvery violet light. Then they see a lot of golden energy around them. The silvery violet light is actually call the Electric Violet and when it enters the etheric body of a practitioner it partially or largely gets converted to golden light. This is a good indication that practitioner is relatively clean on all many levels. EV light cleanses most of unwanted thoughts and helps the MTH practitioner to achieve greater stillness. The golden light will stay in the etheric & physical body and it leads to developing the golden body.

~ Ramakrishnan



Grand Master Choa Kok Sui

Where Were You Before This Birthday ?

One time, the Master was asked by a friend: "Where did your greatness, remarkable healing talent and unusual abilities come from? What is the secret behind your global recognition, and continuous prosperity? What made you deserve the love and respect of thousands of students worldwide?"

"Hmmm...." the Master smiled. He responded in his usual manner: "that is a very good question, my friend." He then pondered with his eyes fixed upward.

After a short silence, he quietly explained to his friend. "Our life does not start with this lifetime. Only in the eyes of an ordinary man, does existence start and end in one lifetime.

So, for the ordinary man, a person is born in one lifetime. That is why we celebrate a birthday. In the eyes of a wise man, we are a soul that is born or incarnates many, many times. Our souls have lived before. That is why the scriptures talk of young souls and old souls.

In every lifetime, one undertakes responsibilities. And in this lifetime, my role and life purpose is to start a healing school, to make it grow and mature.

From a little seed, the Pranic Healing work has become a global work--- and this you have seen.

In the eyes of the AKASHA, my life work in this lifetime is a culmination of many lifetimes of work and development.

I did prepare during many lifetimes. Many friends came to join me. One of them is you. The companions I have, the disciples I have kept and nurtured during this lifetime, have been my friends, disciples and companions several lifetimes before this.

Thus, when I saw them, I had this knowing that I have known them before.

Thus, when they saw me, they had that same knowing that they have been with me before. For we have been together several lifetimes before this one."

- A student's conversation with GMCKS.

(These are not the exact words of MCKS, but contain the partial essence of what MCKS said.)

Adapted from <http://allgratitude.com>

8 Tremendously Important Ways That Gratitude Can Change Your Life, continued...

3. Instead of getting mad at someone, show gratitude. That's a major switching of attitudes — actually a complete flip. And so this isn't always easy to do. But I can promise you that it's a great thing to do. If you get mad at your co-worker, for example, because of something he or she did ... bite your tongue and don't react in anger. Instead, take some deep breaths, calm down, and try to think of reasons you're grateful for that person. Has that person done anything nice for you? Has that person ever done a good job? Find something, anything, even if it's difficult. Focus on those things that make you grateful. It will slowly change your mood. And if you get in a good enough mood, show your gratitude to that person. It will improve your mood, your relationship, and help make things better. After showing gratitude, you can ask for a favor — can he please refrain from shredding your important documents in the future? And in the context of your gratitude, such a favor isn't such a hard thing for the co-worker to grant.

4. Instead of criticizing your significant other, show gratitude. This is basically the same as the above tactic, but I wanted to point out how gratitude can transform a marriage or relationship. If you constantly criticize your spouse, your marriage will slowly deteriorate — I promise you. It's important to be able to talk out problems, but no one likes to be criticized all the time. Instead, when you find yourself feeling the urge to criticize, stop and take a deep breath. Calm down, and think about all the reasons you're grateful for your spouse. Then share that gratitude, as soon as possible. Your relationship will become stronger. Your spouse will learn from your example — especially if you do this all the time. Your love will grow, and all will be right in the world.

5. Instead of complaining about your kids, be grateful for them. Many parents (myself included) get frustrated with their children. They are too slow to do things, they have a bad attitude, they can't clean up after themselves, and they pick their nose too much. Unfortunately, sometimes parents will communicate that frustration to their children too often, and the kids will begin to feel bad about themselves. Many parents have done this, and while it's not perfect, it's a part of parenthood. But there's a better way: follow the method above of calming down when you're frustrated, and thinking of reasons you're grateful to your child. Share these reasons with your child. And then take the opportunity to teach them, instead of criticizing them.

To be contd...

~ Courtesy <http://zenhabits.net>

Master says: "Sometimes when you are insulted, the pain causes you to improve and therefore you develop."

Excerpt from **Achieving Oneness with the Higher Soul:**

The Three Permanent Seeds

An architect or an engineer designs the plan of a building and loads this in a computer data storage device like a diskette. The diskette contains the pattern or design of the whole building. Even though the raw materials, the money, and the workers may be available, there will be no building without the design. In an inner sense, the building comes from the design, and the design comes from the architect or engineer.

Where does an apple tree come from? From an apple seed. The seed contains the design for the tree and the fruit. Similarly, a person has inner seeds, which are called *Bindus* in Sanskrit. Theosophists call these seeds permanent atoms. There are three inner seeds:

1. Physical Permanent Seed (Seed of Life)
2. Emotional Permanent Seed
3. Mental Permanent Seed (Seed of Consciousness)

On REIKI

The word REIKI is derived from Rei and Ki of Japanese. Rei is the higher intelligence that guides creation and functioning of the universe. It is the wisdom that permeates everything both animate and inanimate at all levels of creation and functioning – from the nucleus of an atom to the stars and galaxies of the universe. Because of its infinite nature, Rei is also called God and has many names in many cultures.

Ki is the non-physical energy that animates all living things. Ki is present in everything that has a life – plants, animals and humans. When Ki is high, we feel energetic and confident. When Ki is low or blocked we feel down and weak. We get Ki from the air we breathe, the warmth of the sun, the food we eat and even from sleep. Ki is the equivalent of the Chi of China, the Prana of India and also is known as bioplasma and life force.

Reiki is a gentle non-invasive method of hands on-healing that provides balance to the physical, emotional, spiritual and mental issues in our life.

In practicing Reiki healing one can also develop personal and spiritual growth. The Reiki attunement is a powerful healing and spiritual experience. Reiki attunements open up the energy path ways so that more life force energy can flow through the body. Some people may have mystical experiences, healing, visions, colours and body sensations, some feel nothing at all. Attunements may increase one's psychic ability.

Everyone's Reiki attunement is unique. Once attuned to the energy, you can never lose it, it is with you for life.

There are three levels of attunement in Reiki. During the attunement process, a series of Reiki energies in the form of symbols are sealed into the person's energy field, energy channels are opened up for the Reiki energy to flow through.

After one is attuned to a level of Reiki or has a Reiki treatment, a 21 day cleansing process may take place. In the case of Reiki I, the physical and etheric levels of the person are the areas that are being worked on and changed. As that change takes place, it is common for many things to happen on the physical level of one's being like aches and pains, a cold, flu like symptoms, sore throat etc.)

Attunement to Reiki II works with healing the mental and emotional levels of one's being. At this level, one is taught how to use symbols which include: the Power symbol, the Mental/Emotional symbol, and the distant healing symbol, etc.

A Reiki healing treatment is simple to perform. The practitioner is taught hand positions in which they place his/her hands above the person's energy centers, with the intent that healing occur, the energy then begins flowing, accelerating the body's own natural healing ability. The energy has an intelligence of its own and knows where the healing energy has to go and how much is needed. It never does any harm. The Reiki practitioner is a channel for the healing energy.

Dr Sangeetha Srikanth, Qatar

Experience with Pranic Healing:

Whenever I had tonsillitis it was not getting cured by Pranic Healing. I don't know why but when I learnt Advanced Pranic Healing and treated myself even then it was cured partially but not completely.

Then I was much disappointed because due to this I had cough and fever also and I had to go office also and had to sit in very strong A.C. at that time in some sessions. Then I just prayed to GOD and asked Him to assign a healing angel to me as I was not able to heal myself. After that within a single day I was completely cured. No tonsillitis, no fever and also no cough

That was the first time when I felt that now GOD listens to me so quickly. I was really amazed to feel that.

~ PD, Software Engineer, MNC, Hyderabad, 16th Oct 2008

Highlights of the month (Nov08):

9: Time Management & Work Ethics at Foundation
28: Nurturing Program (Spiritual Empowerment)
29: Nurturing Program (Inner Secrets of Heart Chakra)
30th – Spiritual Business Management
All weekends of Nov – Basic Course at foundation and Gachchibowli

News You Can Use (Dec08):

6th/7th – Basic Course in Times Foundation
20th/21st - Basic Course in Foundation
More information on other courses will be shared as and when they are planned

FAQs

Q: I always feel very happy when I am with my pet cat. Why do we feel good when we are with our pets?

A: Whenever we share something with others we will feel very happy. Animals like cats and dogs absorb Prana very instinctively. So in that process we are sharing our Prana with them. So we feel happy with them. Also they don't put demands on us. They accept us as we are and love unconditionally. Please maintain etheric and physical cleanliness after interacting with animals (particularly cats and dogs). They usually never go near a dead body of a person whom they loved so much or for that matter if you put on a energy shield they will not come near you at all.

Do You Know?/Hints & Tips

When you are very hurt or depressed and feel emotionally low touch your heart before you say thing to make your words loving.