



Editors

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Contributors

Pranic Healing can be used to heal physical ailments, emotional, mental, relationship, prosperity problems. It provides the tools to help you grow. Twin Hearts Meditation is one of the most important of them. When you grow spiritually, the positive and particularly negative karma manifests at much faster rate. This will put you off course in your spiritual practices. By using the techniques and tools taught in the Basic Pranic Healing you will be able to overcome difficulties and continue your spiritual practices. [Meditation on the Twin Hearts](#) is a super excellent way to generate good karma and also enough Pranic energy to heal your problems. This is a very powerful meditation. If you come across a chance to learn and practice it, it means you have good karmic balance and grace of your guru to be entitled to learn it. ~Ramakrishnan N



Grand Master Choa Kok Sui

Good Karma Prosperity Tip (Part - 1)

Was Mom right? Is Money so hard to come by?

Money is lot like air...like it or not, you cannot live without it and you are highly dependent on it. And there is no use complaining about air when it is the only thing to breathe...or money when so much of your time is spent on either "earning it" or "spending it". So given that money is "everywhere you want to be"...it is a great idea to take a good hard look in the money mirror ...for when you do, you will see that your relationship with money can tell you a lot about yourself. It will show your negative attitudes towards money "inherited" from your family which you were attracted to in the first place because of unresolved karma from past lives. For example:

If you never have enough money, it is because you believe money is "the root of all evil" or that you are not worthy enough to receive it. And yet you never question if there is enough air or doubt your right to breathe it...air and money are both energy that you need to live. This is the sign that you need to heal blocks at your Root Chakra (Basic or Muladhara Chakra)

If you sincerely believe that you need to be rescued financially by winning the lottery or by inheriting money from a rich relative, you really believe that you are not the creative force in your universe. Yet you do not worry about if you will have enough air to breathe tomorrow or sit around waiting for that big windfall of air to arrive. This is a sign that you need to heal blocks at your Sacral Chakra.

If you think other people are going to cheat you out of money, you are afraid of karmic retribution for when you cheated others. And yet no one can cheat you out of air...it is there for all. This is a sign that you need to heal blocks at your Solar Plexus Chakra...

~ Adapted from Pranam Magazine

Meditator – Service

A meditator unconsciously, unknowingly, becomes very self-centered. He thinks of Himself – his meditations, his joy, his silence, his peace, his experiences ecstasy, his truth and God. And the problem is, the more you become self-conscious, the less is the possibility of meditation. This is the dilemma every meditator has to face.

Meditation happens only when there is no self. Consciousness is okay, but self consciousness is not okay at all. Consciousness has no self in it and self consciousness has no conscious in it. Self Consciousness is just ego. Consciousness is egolessness.

There is a specific device invented by Buddha to destroy this dilemma. It is compassion, mercifulness. Each of his sanyasis has to take an oath. "I will not enter into Nirvana unless I have helped all the beings of the world to enter into Nirvana." This is the importance of service for sadhaka.

~ Paul Brunton

(Editor's Note: You may learn and practice GMCKS's Meditation on Twin Hearts, which is also in the same lines as what Buddha invented)

Humor is one of the greatest and quickest devices for reducing stress. Humor works because laughter produces helpful chemicals in the brain. Humor also gets your brain thinking and working in a different way - it distracts you from having a stressed mindset. Distraction is a simple effective de-stressor - it takes your thoughts away from the stress, and thereby diffuses the stressful feelings

~ contributed by Manu Tayal

Master says: Guru can show the way but you have to walk the path. You must transform yourself.

Excerpt from MPH:

Sweeping produces the following results

1. Sweeping automatically seals holes in the outer aura through which prana leaks out. Without sealing the holes in the outer aura, the healing process is very slow even if the patient is energized with prana because the prana would just simply leak out. This is one of the contributing factors why sometimes there is regression or the disease comes back in a few minutes or hours after the patient has been healed.
2. Absorption of prana by the patient is greatly facilitated, also used to distribute excess prana in a treated area to other parts of the body after it has been energized to avoid possible congestion.
3. Sweeping is used to energize by directing excess prana from the surrounding areas of the body or from a chakra or chakras to the affected part that is low in prana. For instance, a mild form of arthritis of the fingers was cured in minutes just by cleansing the fingers and sweeping or directing the excess prana from the hand chakra to the affected fingers.
4. Radical reaction is reduced or avoided by simply sweeping the patient thoroughly

Healing Steps for Broken Bones:

1. Invoke and scan before, during and after treatment. Scan the affected part and affected minor chakras
2. Apply localized sweeping thoroughly on the injured area. Energize it for about 20 to 30 minutes. Clean and energize the nearest minor chakras. Emphasis should be on Energizing
3. Localized sweeping and energizing on the hand, elbow and armpit minor chakras if the broken bone is in the arm. On sole, knee and hip minor chakras if the broken bone is in the leg
4. Healing process can be accelerated by cleansing and energizing the Basic, sex, navel, and solar plexus chakras. The emphasis should be on Basic chakra because it controls and energizes the skeletal and muscular system.
5. Stabilize and release projected energy.

Experience with Pranic Healing:

A colleague at office Mr. SJ hit his knee against something hard and had swollen knee. He was unable to walk properly. He put an notice in the company bulletin board seeking info on good doctors. I suggested him to apply pranic healing along with conservative medicine. He came over to me with the basic pranic healing book and asked if that was the material. I told him to take the class to understand the science better. He took the class and started to do self healing. He had to stand a lot on a day or 2 and had to strain his injured knee. Suddenly it became very bad. He came back to me. I felt that there was some of ligament tear. As I had such an experience some 8 years back. I applied pranic healing protocol for sprain/strain/ligament tear. I had assigned healing angel for his quick healing. After the session was completed, he said he felt only slightly better. I did the protocol again for remove my own doubts. He was feeling better. We chatted for a while. Before leaving he said he felt very good. In 1 or 2 hours he pain had vanished and was able to move his knee freely. He was amazed. He said the recovery was miraculous. I applied pranic healing for the next 3 sessions

– NR

This is what SJ has to say about the healing done for him: "There was a slight once I got healed by you. After few minutes I felt much better. Now I am feeling even better... Now I don't feel even slight pain in the place where the doctors ruptured removing the excess fluid. So the energy that went in has started doing its job minute by minute. Thanks again" - SJ

Highlights of the month:

- ~ Wonderful session by Acharya Sasidhar on "The Power of a Spiritual Teacher"
- ~ Teacher's Training Course conducted at Foundation on 26-27 Jul
- ~ Free Healing Camp organized at Gachibowli on 26th July
- ~ Free Healing Camp organized at Foundation on 27th July

News You Can Use (Aug):

Upcoming classes/events in August:

- ~ 2-3: Basic Class at Foundation
- ~ 3: Arhatic Yoga Prep-I by Acharya Sasidhar
- ~ 9-10: Basic Class at Gachibowli
- ~ 15: Master's Birthday celebrations at Foundation
- ~ 15-17: Advanced Pranic Healing Class

Do You Know?/Hints & Tips

Place the a handful of salt you wish use for cleansing or for taking salt water bath in sunlight and in a clean area like terrace or balcony. This increases the potency and cleansing effect of the salt bath.