

From :
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Book-Post

To,

PRANA JAIPUR

A Publication of Yoga Vidya Pranic Healing Foundation Trust of Rajasthan

No. 29

JAIPUR

Feb - 2016

Preachings to be conducted at Jaipur by Atma N. J. Reddyje

(One of the senior most disciples of the guru and M.Tech. from IIT, Delhi)

- Healers Development Programme- 26th Feb & 27th Feb 2016 (10am - 5:30pm)
- Spiritual Practices & Deep Study - Sun. 28th Feb (10am - 5:30pm)

HEALERS DEVELOPMENT PROGRAMME – Basic

Eligibility : Yoga Prana Vidya Level III

Suggested Donation : Fresher : 4000

Reviewer : 1500

- * Want to improve your healing skills?
- * Learn some more advanced healing techniques.
- * Optimise your results through evaluation and supervision.
- * New colour combinations of healing energies for better outcome.

SPIRITUAL PRACTICES & DEEP STUDY

Eligibility : None; Open to all above 15 years of age

Suggested Donation: 3000

- * Does God really exists?
- * If God exists, why can't we see Him?
- * What does God constitute of ?
- * Highlights on simple yet profound truths connected with our existence in different dimensions, about life and death.

Venue: Foundation, 50, Dhuleshwar Garden, C-Scheme, Jaipur. Ph-2369505

For queries and registrations contact : Ankita Singhania : 8290135418; Ankita Mittal: 9950092870

NOTE : 1. First 25 registrations with full donation for 28th will get a surprise gift.
2. Lunch, Tea and Writing Kit will be provided for both preachings.

INTERACTION WITH THE FETUS IN MOTHER'S WOMB

On 3rd Jan. 2014 (we remember this date as later on this turned out to be our daughter-in-law Varnika's birthday) with blessings of the Guru had put in energy with a time frame of 90 days for finding a suitable match/life partner for our son Shashank . So as anticipated prior to end of 90 days in the 3rd week of March Shashank got engaged to Varnika with the marriage happening on 30th Oct. 2014; with great ease the right agencies aligning to do a great job within the allocated budget. The body suffered intensely in bargain of the same with an intravenous cannula fixed in the hand for being on injectable antibiotics each day for 6 days but we carried on with a smile all thru out for the happiness of the family; mind you this already stood communicated to the family few days prior to the marriage.

The children through my wife Dr. Shalja in 2015 shared the good news that soon we will be a grandpa in Dec. 2015. During the tenure of Varnika's pregnancy post 7 months on 3-4

occasions we interacted with the little one in the mother's womb. One of the occasions related to Varnika requesting us to do something as she was experiencing lot of discomfort due to lot of kicks by the little one inside the womb; we connected with him and lovingly conveyed his mother's request and the very next moment the kicks stopped.

Further based on our visualization inside the womb and little



At around 8 months gestation...This baby can hear and is beginning to recognize his mother's voice. The skin is pink and the baby is already beginning to get that cute, chunky appearance that newborns have. Can you believe you used to look like that?

At 34 wks :The eyes open during alert times and close during sleep.

At 36 wks : muscle tone has developed and fetus can turn and tilt his head.

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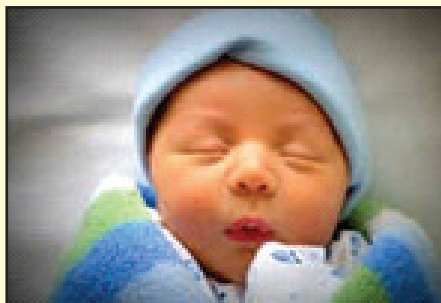
For free private circulation

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ahead in the future we downloaded few pictures from the internet which were closely resembling our junior (that's how we address him presently) by way of the visualized features. All these pictures we carried to the ashram on 11th Dec.2015 and post birth of junior on 14th Dec. we shared the downloaded

pictures with our Foundation group and compared with the post birth pictures received from my son. Now that junior is over one month old we are printing these pictures here for you to comprehend and understand that this experience is based on another dimension of heightened soul consciousness.

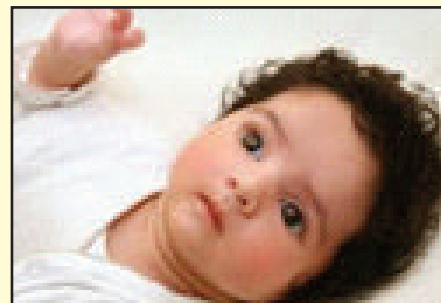
As per our visualization in the womb & future-approx. images downloaded from net prior to birth



Upper lip more fuller as we see



Big head, average wt. and less hair



Big eyes and good curly hairs come as the child grows



Post birth of our loving grandchild from Lt.to Rt.: 2days old; 7 days; post 1 month

Always remember that this Chela R is nothing but a small grain of dust under the great toe of the guru. The guru uses this Chela as a conductor of his energy for which this Chela feels indebted for being one of the chosen one in the plan of guru.

-Dr. Rahul Agarwal

Sacred Symbols of Initiation, and the Solstice

Excerpted from : December 21, 2015 Theosophy Watch

MANY witnesses believe that crop circle formations are a modern spiritual mythology, embedding symbol-encoded occult messages. These living symbols appear mysteriously every summer in the fields of Wiltshire, UK and elsewhere, an enigmatic presence open to many interpretations.

Some observers maintain that the symbolic formations are 'mandalas of hope' for our troubled world, as Theosophical writer David Pratt concludes in his article "Crop Circles and their Message." "The basic element of crop glyphs is the circle," Pratt believes, symbolize "unity, boundless space, and the universal creative spirit or god force. Crop circles with rings and satellites **sometimes resemble diagrams of the chemical elements, with their orbiting electrons.**"



"Many people believe that the summer crop circles in Wiltshire UK carry a symbolically encoded message

"Science has recently begun to prove what ancient myth and religion have always espoused," writes Lynn McTaggart in her ground-breaking book *The Field*, and admitting: **"...there may be such a thing as a life force."**

Referring to this hidden life energy, H. P. Blavatsky named it "Fohat"— the Tibetan term for the conscious, energetic or motion of the Supreme Spirit.

Blavatsky explained (SD 2:586), that when this force "crossed the Circle like two lines of flame, horizontally and vertically," (notice the similarity of design in above crop formation photo), it symbolized that:

"...the hosts of the Blessed Ones have never failed to send their representatives upon the planets they are made to watch over from the beginning."



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Giant Mystery

Leaving little to the imagination, a huge Celtic cross 640 feet wide with spiral internals appeared on August 15, 2008, in an Etchilhampton Hill wheat field near Devizes, Wiltshire, UK:

Sacred Symbols

Basic crop-circle designs, such as concentric rings linked with lines, are common in megalithic art. For example the one found at Knowth, Ireland (below) estimated to be 5,000 years old, is thought to be possibly a sundial or lunar calendar:



From the Great Mound at Knowth

At the Summer Solstice a crop formation was discovered on Waden Hill, Wiltshire, UK June 21, 2003. The design appeared nearly identical to the sundial carved in the megalithic stone at Knowth – **10 centuries earlier!**



The Sundial

Then, early in the 2007 season on April 15, a crop picture appeared at Oliver's Castle (close to Roundway) in bright yellow rape plants (see below). **The formation was a large round "outer disc", with seven curved "waves" passing through it, and also appeared to represent a sundial.**

Oliver's Castle Formation

Many glyphs encode the squaring of the circle, signifying the fusion of spirit and matter, David Pratt points out. "Sacred geometry has taken on a key role in the increasingly complex crop glyphs that have appeared since the early 1990s."

"Spiral evolution, it must be remembered,



is dual," Blavatsky writes in her article *Isis Unveiled* and the *Vishishtadwaita*, about the spiritual and metaphysical dynamics underpinning evolution:

"...the path of spirituality turns, corkscrew-like, within and around physical, semi-physical, and supra-physical evolution."

Since the late 1970s the number of crop formations have increased dramatically, especially in the southern English counties of Wiltshire and Hampshire, and the designs have become increasingly elaborate.

The Sacred Sites

Stonehenge, Woodhenge, Avebury, Stanton Drew are part of a much vaster sacred complex than any one of them separately. Perhaps this ancient spiritual landscape is the underlying inspiration that drives each year the enigmatic creations of the mysterious Circle Makers. A partial view of Salisbury Plain with Stonehenge in the distance, dwarfed by this magnificent crop formation in yellow flowered rape seed plants.



Overnight across from Stonehenge in oil seed rape, Wiltshire, UK, May 9, 2010.

"Footage of the second crop circle to appear in the UK, located at Stonehenge in Wiltshire," reports veteran crop circle photographer Steve Alexander. "The formation was found on the 9th May 2010 in oilseed rape."

"The formation was 500ft approx in length, and seemed to have been there at

least two days before I flew over it, as the crop had started to re-grow, and was not as sharp and defined as formations usually are early on."

New Swirled Order

Andrew's field report continued...

"The frost covered oilseed rape formation was just so immense that at eye level its very difficult to determine what the actual design may be. Streaming avenues taper from wide to narrow points meeting at the centre circle, and never seen in rape plants before — an intricate basket weave dominated the formation as we have all seen in wheat back in 2009.

Oil Seed Rape Flowers



"A good 80% of the formation's plants are now rising and resuming growth, only days after a force of unexplainable nature touched their bloom. Also it was a delight to see the usual tufts of standing stems with swirling stems bent around the base — a term I coined last year as a bouquet." "This formation like many others, are precision and flawless creations by master craftsman."

Wisdom of the Egyptians (by Synesius)

"YOU must not think that the gods are without employment, or that their descent to this earth is perpetual. For they descend according to orderly periods of time, for the purpose of imparting a beneficent impulse in the republics of mankind.

"For there is indeed in the terrestrial abode the sacred tribe of heroes who pay attention to mankind, and who are able to give them assistance even in the smallest concerns. . .

"This heroic tribe is, as it were, a colony from the gods established here in order that this terrene abode may not be left destitute of a better nature."

Understanding Blocks in Manifesting Healing of Dr. Rahul

Diagnosis :

(a) 2004- Common Variable Immune Deficiency (**CVID**), a highly compromised immunity state, prone to sev. Infection risk on exposure to public places/ public transport/ eating out; with low platelet count of around 60,000 (N-1.50 to 3.00 lac) & TLC of around 2700 (N-4000 to 11000), restricting outdoor movements; with **Malabsorption Syndrome** (impacting the digestion & assimilation of food due to stunted villi in the gut) with recurrent severe diarrhoea practically 9-10 times in a year; with in between throat infection requiring heavy injectable antibiotics; with **calcium metabolism dysfunction** leading to severe Osteoporosis and severe sustained cramps on walking beyond a distance/climbing too many stairs(so take a wheel chair at the airport).

(b) 2005- Hodgkin's Disease (a malignant condition of the lymphatic system) with weight loss of 16 kg in initial 16 months for which 12 cycles of chemotherapy given – under remission .

Medical Cause:

Due to manifestation of genetic defect (as incorporated by lords of Karma)the command for conversion of plasma cells into IgG (Immunoglobulin G is responsible for ones immunity and normal growth of the cells or else any system of the body can have abnormal growth or autoimmune disorder to become malignant besides high risk of infections)) is lacking, so since 2004 at every 4 weeks infusion of IgG to supplement immunity(a content in the blood extracted from a pool of 10,000 donors for each batch to provide wide range of immunity so imported from abroad, as such big batch of donor in one go not available in India) have to be given to Dr. Rahul under hospitalization. Further the villi which number in millions as micro protrusion in small gut are stunted in Dr Rahul's case decreasing the absorptive surface area of small gut by over 60 % as compared to normal.

Limitation of medical consultation:

Zero experience of the concerned doctors in India for advising or addressing the needs of treatment in case of combination of CVID+ Hodgkins Disease & complications there of as never seen this presentation in their practice.

Present situation :

Dr. Rahul defies his medical ailments with continued weight loss & rib fracture on 3 occasion with sustained low B.P. of 80/50 since last 18 months-and travels outside Jaipur only for Guru's work under divine protection; with dips in haemoglobin below 10 gm% .The poor circulation results in severe leg pain & exhaustion.

Note: inspite of all these above ailments & complications the body is not able to dictate this soul, which rules supreme and disproves the contention of the treating doctor in 2004 who had predicted that Dr. Rahul will go into depression within one year due to the ailment restricting outdoor movements .

Healing efforts:

They are on since 2004 & still continue with no palpable effect inspite of all that needs to be done by Dr.Rahul in relation to tithing, forgiveness, meditation & service etc. beyond comprehension of the ordinary healer.Further the suffering is on the increase at physical level with each passing year as the body gets older but Dr Rahul's ability to wield the power of the Guru in different spheres as his channel and alignment with energies of HM DK has risen to greater heights in last few years (ponder on this).

Inference:

Based on the sharing below the healer needs to learn to say 'NO' & admit that the healing cannot be manifested on a case to case basis. As per Holy Master DK , alternative therapies over a period of time like magnet therapy, homeopathy ,ayurveda, etc. have gone into disrepute on account of not having learnt to say 'NO' as and when required.

Understanding Disease manifestation as per Holy Master DK

All disease is the result of inhibited soul life, and that is true of all forms in all kingdoms. The art of the healer consists in releasing the soul , so that its life can flow through the aggregate of organisms which constitute any particular form .

Cancer is a gift to modern man from the Atlantean humanity, which devastated the inhabitants of old Atlantis. This dire evil is deep-seated in **the emotional or desire nature**, and are grounded in the **astral body**. Cancer is primarily a disease of inhibition, just as the syphilitic diseases are those of

over-expression and overuse of one aspect of the mechanism of man.

- Cancer, in its turn, was based similarly on a previous shift of the life force from the physical body emotional nature, producing an over-development of the cellular life, through overstimulation. (pg. 59)
- **Similarly, as the race develops right emotional control we shall see the gradual disappearance of the phenomena of cancer.** I said *right* emotional control; inhibition and the suppression of the desire impulses by the force of the will is *not* right control.
- For aspirants, centres below the diaphragm are active and the heart and throat centres are slowly coming into activity, while in the case of disciples, the ajna centre, plus those centres below it in the body, are rapidly awakening. In the initiate, the head centre is coming into vibrant activity, thus swinging all the centres into real and coordinated rhythm. Each patient or human being, being on some ray, responds differently.
- It is important to understand that before real healing can take place the healer should know the **point in evolution reached by the patient, and should also know his ray type, both personality and egoic.** These determine the rate of general responsiveness of the physical body.
- When a healer works magnetically and radiates his soul force to the patient , that patient is enabled more easily to achieve the end desired –which may be complete healing, or it may be the **establishing of a state of mind which will enable the patient to live with himself and with his complaint ,unhandicapped by the Karmic limitations of the body. Or it may be enabling the patient to achieve (with joy and facility) the right liberation from the body and , through the portal of death , to pass to complete health.**
- When human accepts disease as a fact in nature, man will begin to work with the law of liberation , with right thought , leading to non-resistance. At present , by the power of his directed thought and

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his intense antagonism to disease, he only tends to energise the difficulty. When he reorients his thought to truth and the soul, physical plane ills will begin to disappear

- From one angle, disease is a process of liberation, therefore disease should be welcomed, and that the process of death should be cherished. Fortunately for humanity, the whole tendency of life is against disease.
- Nowhere in human thought is the darkness greater than in connection with the laws concerning disease and death. (pg. 22)
- Much of the failure of the healing methods at present employed consists in the inability of the healer to:
 - 1) **Gauge the extent of the trouble, where it may be located basically, and in what body it principally arises and lies.**
 - 2) Know where the patient stands upon the ladder of evolution, and where, therefore, he must look first for the source of the difficulty.
 - 3) Differentiate between the diseases which are due to inner personal conditions, or to inherited tendencies, or to group distribution. (Pg. 26)
 - 4) To know whether the disease should be handled:
 - a) Allopathically or homeopathically, for both can play their part at times, or through any of the other media of modern skill and science.
 - b) Through radiation or magnetisation, or both.
 - c) Through right inner psychological adjustment, aided by true insight on the part of the healing agent.
 - d) Through calling in the power of a man's own soul—a thing that is not possible except to advanced people.
 - e) Through definite occult means, such as forming a healing triangle with the guru.
- How desirable it is that the true healer should combine in himself, not only a measure of esoteric knowledge, but – until he is an initiate— something of psychology, something of the work of a magnetic healer, and also be a trained medical man or surgeon.
- Much of the healing now done is worse than useless, because the three above mentioned conditions are lacking. (Pg:40)

- The esoteric healer knows much about the inner forces and energies and has some understanding of the basic causes of the esoteric diseases, but his ignorance of man's mechanism is deplorable.

We might therefore conclude that:

- 1) Disease is a purificatory process, carried out in order to produce a purer expression, life aroma, influence and soul usefulness. When this is the case, a cure is possible.
 - 2) Disease can be a gradual and slow process of dying and of thus releasing the soul. A cure then will not be possible, though palliative and ameliorative measures are needed and should most certainly be used. The length of the life can be prolonged, but a permanent and final cure is a question. This the average mental healer fails to realise.
- The law of cause and effect, or of karma, governs all disease. This embrace individual group, national and total human karma.

The Diseases of Mystics

- Cancer may claim him as a victim, but he is more liable to succumb to heart complaints and to nervous trouble of some kind or another
- Disease is the result of the blocking of the free life and the inpouring energy of the soul.. This blockage is brought about by the mystic when he succumbs to his own thought forms, created constantly in response to his mounting aspiration. These become barrier between him and the free life of the soul and block inflow of the soul energy.
- He is not immune until after the 3rd Initiation.
- The disciple prior to 3rd initiation falls a victim to the terrific inflow of soul energy, the energy of the second aspect—coming to him from:
 - a. His own soul
 - b. His group or the ashram
 - c. His Master
 - d. The Hierarchy
- You will see how it is possible that the major diseases from which a disciple can suffer (which are unique and confined primarily to advanced humanity) will be the result of overstimulation or the inflow of energy to one particular centre, producing excessive and localised trouble.

Diseases of Disciples

- In category of the disciples all the ray types are equally subjected to problems of the awakened heart Centre. The seventh ray, however, is more susceptible to the problems, difficulties and diseases incident to the blood stream than are any of the other ray types. The reason is that this is the ray which has to do with the expression and manifestation of life upon the physical plane and with the organisation of the relation of spirit and matter into form. (pg. 128) (Dr. Rahul is a glaring example of this)
The anaemias, so prevalent today, are also due to excess of energy. The mystery of blood stream still remains to be solved.
- It is important to remember that when a man steps out of the general mass, and steps on the probationary path leading to discipleship, then the disease of the flesh and the in-harmony of his entire three fold system constitute a conscious problem which the aspirant need to tackle thru conscious creative building. (pg.193)
- Cancer in the present Aryan race is result of the activity of the lower concrete mind and of the stimulation of the etheric body which the mind can bring about. In cancer it will be found that the centre in the area wherein the cancer exists is overactive. This overstimulation can also be due to the suppression imposed by the mind.
- **So much emphasis has been laid upon the qualities and the characteristics which man will develop when the centres are all properly organized and directed, that the effects of the energy which they receive and distribute into the physical organism have been largely overlooked. (Ponder on this)**

On Group Illnesses

- One of the causes of cancer, which was not so prevalent in the earlier days of racial life—for then the HERD instinct was not so powerful as it is today. When there is a weakness in the etheric body this constant stream of energy pouring from the aggregate of bodily cells in the massed humanity may produce in certain types of people an overstimulation in some part of bodily structure and result is mostly cancer.

Physical healing by prana is very common but

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LORD SKANDA (Karttikeya)

Skanda, the second son of Siva, and the younger brother of Ganesha, is also known as Kumara, Karttikeya, Shanmukha, Subrahmanya, and many other names. His banner is the cock and vehicle the peacock which stands clutching a serpent in its talons. His Saktis or inseparable powers are Valli and Devasena (Deivayanai) whom he assumed in the course of the great history describing his multiformed life of a series of exploits both in the celestial and temporal realms. The devotees of Skanda form a large part of the population especially of Southern India, and constitute one of the important sections of the religion of the country. The advent of Skanda was the background of the occasion when Siva burnt Manmatha with His third eye, a penalty he inflicted on Kama or the god of love for disturbing him in his meditation. The story goes that the sparks which flashed forth from the third eye of Siva rushed through space, which Vayu and Agni carried and dropped into the river Ganga. Ganga, being unable to contain the divine energy, shoved it on to her banks, upon a shrub of reeds known as Sara. There is thus a combination of the ether, air, fire, water and earth principles in the depositing of the Tejasor energy of Siva in the world. The cumulative force which combined the forms of the five elements impregnated with the divine power of Siva (Divya-Tejas) manifested itself as a sixfold divinity with six faces (Shanmukha), including both the unmanifest and manifest elements in a single being. This is the child of Siva, of mysterious birth, mysterious bringing up, under mysterious circumstances, for a mysterious purpose which the gods alone knew. The third eye represents the principle of intelligence and Skanda, thus, as a revelation through the third eye of Siva, is said to stand for an incarnation of Divine Knowledge.

The principal weapon of Skanda is a spear (Vel), pointed at its end and tall in stature.

Devotees understand by it the need for one-pointedness of mind in slaying the demon of ignorance, which is expected to

be sharp and sure in its aim. The gods, under the advice of Brahma, connived the birth of Skanda through the instrumentality of Siva and his consort Parvati. The Asuras,—Surapadma, Simhamukha and Taraka,—who wrought havoc everywhere in creation, could be destroyed only by the son of Siva manifested as a special divine Power. Skanda became the General of the celestial forces (Senani) and He is worshipped as the martial god of Hinduism. The day on which He slew the Asura is celebrated on the sixth day of the bright half of the month of Karttika (October-November) according to one tradition, and the month of Margasirsha (November-December) according to another.

This is very true upon the spiritual path. Unless we demonstrate our sincerity and completely rid ourselves of the impurity, unspiritual and undivine, by means of practical effort and actual striving, we have not yet attained the fitness to ask for grace. We must exert; then we become deserving. Then we can desire to obtain the help of the higher powers. This is a law which the majority of seekers are prone to disregard because recognition and acceptance of this law is very uncomfortable and inconvenient. For, it implies that we have to strive and to make effort, and the lower nature will not easily sanction this, in a such as in the beginning of the spiritual practice, to a great extent, the personality of the seeker is under the habitual dominance of the lower nature, its old tendencies, old habits, inclinations, etc. There may be a desire or even sincerity; but it is all theoretical and the Tamoguna which is the prominent feature of the lower nature will not easily allow the aspirant to put forth right exertion. To bring out this law in a telling manner, we are told that the Devas again and again gave battle to the Asuras, not once but time and again; and it was after repeatedly being worsted in battle that they found that, in spite of their earnest and sincere practical efforts to overcome the evil forces, they were yet not crowned

with victory. Then it is that the celestial hosts turned to the Supreme Lord and prayed for His Grace. And, it is only when these conditions are fulfilled that the Lord will hear this prayer and bestow His Grace.

The Initiation

The Sadhana-Sakti or the awakening impulse to the Jiva slumbering in the powerful sleep of nescience or ignorance or Ajnana is imparted by means of the Diksha (initiation) given by the Guru.

By Diksha we do not necessarily mean the imparting of a particular Mantra secretly into the ear of the disciple or any actual Sakti-SancharaKriya or any outward act at all. It may merely be the Sat-Sankalpa of the Guru. It may be by a passing glance, a simple gaze, a touch or a single word, or a thought. The mysterious way in which this Sadhana-Sakti is made to enter into, indwell and work in the nature of the disciple, in the inwardness of the personality of the seeker, only the Guru knows and only the realised ones perceive.

Excerpted from: Lord Shanmukha And His Worship By SRI SWAMI SIVANANDA

Living for one Another

In a theatre when drama plays, you opt for front seats. When film is screened, you opt for rear seats. Your position in life is only relative not absolute. For making soap, oil is required. But to clean oil, soap is required. This is the irony of life. Only two category of people are happy in life : The Mad and The Child. Be Mad to achieve a goal. Be A child to enjoy what you achieved. Enjoy the life..!! Neither you can hug yourself nor u can cry on your own shoulder. Life is all about living for one another, so live with those who love you the most. Relations cannot be understood by the Language of Money; because, some investments never give profit but they make us rich..!

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it deals only with the effects and never touches causes. The disease can thus be abated but never cured. The power to heal mentally is on the increase and produces relatively permanent effects (Christ worked in this way) . But astral healing is rare and very seldom successful.(pg. 329)

Concluding Remarks :

Thus as per above sharing a correct evaluation of the patient has to be made to the best of abilities of the healer and only after careful analysis one need to accept or decline to heal so that the energy healing does not run into disrepute in the eyes of the public. Further it need to be understood by the healer which he rarely does as to the situation that the patient is going thru due to the devastating effects of the grave ailment thus making it practically impossible for the patient to follow his instructions.

Now even in Dr.Rahul's case even after over

10 yrs. his healers refuse to admit the truth ; for no patient would have persisted with the healer for so long(point to ponder). For all treatments there is a time goal and the same cannot be set for an infinite period where accountability rests with the healer/ doctor as the patient pays for the treatment that he undergoes.

Finally some lessons are learnt the hard way: One of our co-workers whom be strongly suggested way back in April 2015 to consult a surgeon as surgery was the only solution to her ailment, but she persisted with conservative treatment of her family doctor (not aware if he had also suggested for surgery). Our advise was based on our phenomenal experience in the related field of her ailment, having operated hundreds of such cases prior to diagnosis of our present ailment which restricts us to operate such infective cases now. Even during her ashram visit in Dec.2015, she would meditate

standing up, finding difficult to sit on a chair. In a very subtle manner we did remind her as to key to recovery from the effects of her ailment was surgery & surgery alone and healings could be done post surgery for faster healing of the wound.At the ashram out of love and compassion she got lot of healings enabling her to sit as pain subsided . To cut the long story short ,two days after her return from the ashram the pain again magnified and after a delay of 7 months , she heeded to our advise to consult a general surgeon , and immediate surgery under general anaesthesia was advised.

Finally always remember that Yoga Prana Vidya is not a replacement of conventional medicine but rather works complimentary to it- all energy gurus are very clear on this and stress it strongly for all healers to follow.

Key References.:Esoteric Healing by HolyMaster D.K through Alice A Bailey and as guided by him to compile this

- Dr. Rahul Agarwal

The Food You Should Never Eat



There are a myriad of unhealthy components to margarine and other b u t t e r impostors, including trans fats,

free radicals, emulsifiers and preservatives, hexane and other toxic solvents. Raw milk butter, when made from grass-fed cows, is rich in beneficial conjugated linoleic acid (CLA), which is known to help fight cancer and diabetes.



Vegetable oils are highly processed, and w h e n consumed in large amounts, they distort the important omega-6 to omega-3 ratio.

Vegetable oils can oxidize good cholesterol, turning it into bad cholesterol. When you cook with polyunsaturated vegetable oils (such as canola, corn, and soy oils), oxidized cholesterol is introduced into your system.

As the oil is heated and mixed with oxygen, it goes rancid. Rancid oil is oxidized oil and should NOT be consumed—it leads directly to vascular disease. Trans-fats are introduced when these oils are hydrogenated, which increases your risk of chronic diseases like breast cancer and heart disease.

Coconut oil is best for cooking as it is not very susceptible to heat damage. It's also one of the most unique and beneficial fats for your body. Olive oil is easily damaged by heat and is best reserved for drizzling cold over salad.

1. Microwave popcorn bags are lined with PFOA, and when they are heated the compound leaches onto the popcorn. T h e s e chemicals are part of an expanding group of



chemicals known to disrupt your endocrine system and affect your sex hormones. The EPA has ruled PFCs as "likely carcinogens," and has stated that PFOA "poses developmental and reproductive risks to humans."

BPA is a toxic chemical linked to reproductive abnormalities, neurological

effects, heightened risk of breast and prostate cancers, diabetes, heart disease and more. To avoid this hazardous chemical, avoid canned foods entirely and stick to fresh fruits and vegetables, or switch over to brands that use glass containers instead—especially for acidic foods like tomatoes.



Non-Organic Potatoes and Other Fresh Produce Known for High Pesticide Contamination

Your best bet is to buy only organic fruits and vegetables, as synthetic agricultural chemicals are not permissible under the USDA organic rules. That said, not all conventionally grown fruits and vegetables are subjected to the same amount of pesticide load.



Fruits and vegetables with the highest pesticide load, making them the most important to buy or grow organically, include apples, cucumbers, spinach, kale and potatoes.

THE BASIC REQUIREMENTS FOR HEALING

It has generally been surmised that the main prerequisite to the art of healing is faith. But this is not so. Faith has little to do with it. Healing is dependent upon certain vital and basic factors into which faith enters not at all. The effort of the patient to achieve faith is frequently a great detriment to his freedom from the difficulties which lie between him and complete healing. When Christ so frequently emphasised faith (or rather that quality which is translated as faith in our Western Scriptures). He referred in reality to acceptance of law, to a recognition above all of karma, and to a knowledge of divine destiny. This, if grasped, will bring about a new attitude both to God and to circumstances. The prerequisites which I would like to emphasize might be enumerated as follows:

1. A recognition of great Law of Cause and Effect, if possible, This is not always possible when dealing with the totally unenlightened.
2. Correct diagnosis of the disease by a competent physician, and later by a spiritual clairvoyant, when that capacity is developed by the initiate healer.
3. A belief in the law of immediate Karma, by that I mean an ability on the part of the patient or of the healer to know whether it is the destiny of this patient to be healed or else be helped to make the great transition.
4. A willingness to recognise that healing might be detrimental and basically undesirable from the standpoint of the soul. People are sometimes healed by the potency of the healer when it is not their destiny to resume active physical plane living.
5. The active cooperation of healer and patient – a cooperation based upon mutual understanding.
6. A determined acquiescence on the part of the patient to accept whatever may be demonstrated will of the soul. It might be called as an expression of divine indifference.
7. An effort upon the part of both healer and patient to express complete harmlessness, the value of this will

repay careful thought. This has basically a reference to the relation of both parties to their associates.

8. An effort on the part of patient (unless too ill) to adjust and put right those aspects of the nature and those characteristics which might militate against the right spiritual perception. This is one of the meanings hidden in the phrase, the "work of restitution", though not the most important meaning.
9. The deliberate eliminating of qualities, lines of thought and of desires which could hinder the inflow of spiritual force- a force which might integrate the soul more closely with the body in the three worlds and inaugurate a renewed life-expression, or which might integrate the soul with its emanating source and initiate renewed life on soul levels. This therefore, affects the relation of the patient to his soul.
10. The capacity of both healer and patient to integrate into the soul group with which they are subjectively affiliated, to integrate into the soul group with which they are subjectively affiliated, to integrate in other cases both personality and soul, and, if they are at a needed point of development, both to integrate more close into the Masters ashramic group.

These ten requirements may appear simple but are not so by any means.

One of the first things that any healing agent will have to do will be the drawing up of a simple outline of instructions which should govern the attitude of one to be healed. These instructions must be simple, because where real illness is present it is not possible for the patient to make the simplest physical effort in order to institute any changed attitude. This is often forgotten.

There are one or two things which I would like to make clear and which you must, in your turn, make clear to the patient:-

1. Cure is not guaranteed. Patients must realise that continuance of life in the physical body is not the highest possible goal. It may be so if the service to be rendered is of real import, if obligations remain still to

be carried out, and if other lessons must still be learned. Bodily exercise is not, however, the summum of existence. Freedom from the limitations of the physical body is of real beneficence. Patients must learn to recognise and accept Law of karma.

2. Fear is needless. One of the first objectives of the healing agent should be to aid the patient to achieve a happy, sane, expectant outlook upon his future- no matter what the future may bring.

It will be obvious too that there lies before you the opportunity to bring a new attitude to the whole problem of disease, and healing and to train humanity in a best and happiest sense of proportion where diseases and health are concerned.

Excerpted from :Esoteric Healing by HM DK thru Alice A Bailey



Jokes

Indian Women

एक हाथ में लिपस्टिक

दूसरे में मोबाइल

एक कान कुकर की सीटी पर

दूसरा वाट्सअप की नोटिफिकेशन पर

एक आँख टीवी पर

दूसरी पति की हरकतों पर



कौन कहता है नारी जीवन आसान है..?

पति : "आज सब्जी में नमक थोड़ा ज्यादा लग रहा है।"

पत्नी : "नमक ठीक है.. सब्जी कम पड़ गई, बोला था ज्यादा लाया करो।"

Point : Wife is always right!

पति : "आलू के परांठे में आलू तो नजर नहीं आ रहे हैं।"

पत्नी : चुपचाप खा लो!! कश्मीरी पुलाव में कश्मीर नजर आता है??"

Point : Bola the na, Wife is always right!



पति : एक लेखक ने लिखा है की पतियों को भी बोलने का हक होना चाहिए..

पत्नी हँसते हुए... देखो वो भी बेचारा लिख ही पाया, बोल नहीं सका.।।



ससुर- अरे दामाद जी अचानक कैसे आना हुआ वो भी परिवार के साथ।

दामाद - वो सोचा आजकल सब अपना पुरस्कार लौटा रहे है तो मैं भी..।

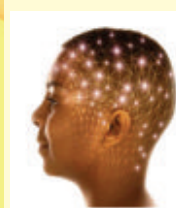


Astral Senses: How a Blind Man Sees (Posted on October 17, 2015 by Theosophy Watch)

MANY of us are so preoccupied with future expectations, things like New Year's resolutions, we often fail to see what's right in front of us. A famous attention experiment at Harvard, for example, showed that many people failed to see a 200 pound gorilla walking right through a small group of basketball players — and more than once! The Stroop Effect in psychology is a well-known scientific experiment about attention interference.

When the word 'red' is printed in blue ink instead of red ink, it has been shown for example, naming the color of the word takes longer. It is also more prone to errors. **The Stroop Test, widely used in clinical practice, has been one of the most cited tests in the history of experimental psychology.** You can take the test now online. And you can save the results, then compare with friends as a fascinating example of human psychic variability:

However interesting this phenom, it cannot



hold a candle to the lesser known effect involving astral senses, or synesthesia. For example, astral senses are demonstrated by a unique synesthete from Zurich, Switzerland named Elizabeth Sulser. Says one

of the researchers into her powers: **"Her particular combination of senses is so unique that she is the only person in the world documented to have it."** Musical notes prompt different shapes and colors to appear in Sulser's direct field of vision, while intervals induce various flavors on her tongue. Elizabeth has an extremely rare neurological condition - the involuntary fusion of sound, sight and taste.

Blind Man Sees

A clinically blind man who clearly saw what he should not have seen surprised science writer, Andrea Gawrylewski, reporting in The Scientist. As she described the experiment she had to wonder:

"How much can you see with a non-functioning visual cortex?"

"With lesions on both sides of his visual cortex," reports a paper published in Current Biology, "he was able to flawlessly navigate an obstacle course." Biologists and neurologists are still searching for the hardware (neurons) responsible for this seeming impossibility. Hopelessly searching, according to Theosophy, because the sense organs responsive for the effect are astral, and not discoverable on the physical brain plane.

"It remains to be determined which of the several extra-striate pathways," the article

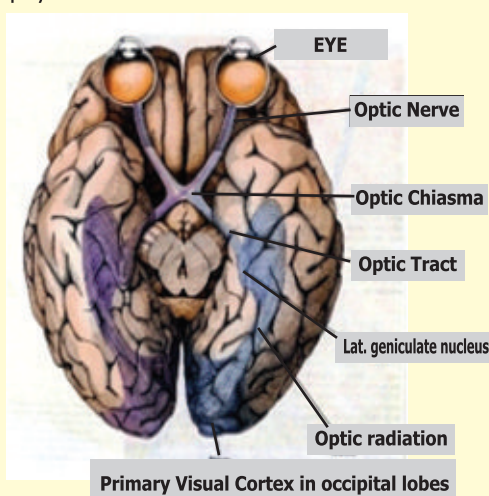
comments, "account for this patient's intact navigation skills."

"It is not fully understood how this is possible," according to the paper.

The event may be one of modern science's many stubborn puzzles. As noted Theosophy readily sees an answer, i.e. explaining the "extra-striate pathways" as "astral," an unaccepted sense in modern science.

Indeed, it is by virtue of this inner power, when developed to its fullest unerring potential, H. P. Blavatsky explained, is how the ancients achieved their Gnosis, or true spiritual insights.

Mainstream Science is still myopic to the emerging cognitive evidence that consciousness may not be dependent on the physical brain.



Real Senses

The real organs of sense are in what is called the astral body, W. Q. Judge says in The Ocean of Theosophy: "These [inner] organs of sight, touch, hearing and tasting..." are interior, and their outer organs are but mediators between the visible universe and the real perceiver within."

All the ancient occultists and yogis knew about the existence of this field, also called the invisible (to ordinary persons) "astral body." Among many other functions and divisions, this field is the substratum or design pattern for our bodies and their organs of sense. "The astral body has in it the real organs of the outer sense organs," W. Q. Judge writes, (Body and Astral Body), "and in it are the sight, hearing, power to smell, and the sense of touch." "It has a complete system of nerves and arteries of its own for the conveyance of the astral fluid which is to that body as our blood is to the physical. It is the real personal man."

The Astral Perispirit

"The astral perispirit is contained and confined within the physical body as ether in a bottle, or

magnetism in magnetized iron," wrote Mme. Blavatsky. "Its inherent activity causes the incessant physical operations of the animal organism and ultimately results in the destruction of the latter by overuse and its own escape."

Iron Will

Picture the analogy of a handful of iron filings scattered randomly on a piece of paper. Hold a magnet beneath the paper. Then, watch how the presence of the magnet causes the hundreds of little bits of iron to instantly arrange themselves in perfect symmetry, matching the pattern of the magnetic field.

In this simple grade school experiment you have the principle of how the human form, or any form in nature, is assembled in lock step uniformity with its bioelectric astral model — its subtle, invisible "pattern body."

Mango Tango

William Q. Judge, in his article Culture of Concentration, writes: **"This inner being [astral entity] is, so to say, inextricably entangled in the body, cell for cell and fibre for fibre."**

Using the analogy of a mango, Judge describes the astral entanglement as "the way the fibre of the mango fruit exists in the mango..." **"...we have the inside nut with thousands of fine fibres spreading out from it through the yellow pulp around...there is great difficulty in distinguishing the pulp from the fibre."** Now, this ethereal body has its own organs," Judge explains, "which are the essence or real basis of the senses described by men. The outer eye is only the instrument "by which the real power of sight experiences that which relates to sight; the ear has its inner master — the power of hearing, and so on with every organ."

There are cases, Judge says, "where certain parts of this inner body have by some means "developed beyond the rest... and we have one who can see or hear clairvoyantly or clairaudiently."

Presumably, such was the case of the **clinically blind man.** He may have possessed an inherent natural clairvoyant ability that manifested with the loss of his physical sight. His astral eyes, the matrix of the physical sight, took over the business of seeing.

Astral Colors

Astral effects suggest a most intriguing topic: "synesthesia. This involves "an experience by one sensory system while encountering stimuli through another sensory system. "For instance, some synesthetics experience colors when they hear sounds or music. Others see distinct colors when they see letters and numbers." (Greg Clayton)

Radiating Love To The Animal Kingdom

It's a nostalgia of sweetness, tranquility and happiness when one says "Ashram". I am sure quite a many will be able to relate to it when I say this. It had been a little more than a year and I had been missing this feeling. I had shifted to Chennai and with the limited number of leaves, I had no hopes of going in December 2015 as well. But sir (Dr.Rahul) had said that he would take me and I felt privileged that I would be helping him during his entire stay at the ashram. To top it all, the floods in Chennai had left the entire airport unoperational and I called Sir and said that I don't see a way of coming there unless miraculously they get the airport operational in that week without changing the timings as well. Sir said "Don't worry, you'll come". I said, "Sir further rains are expected as well", again I got a "Don't worry" needful has been done. As per him on account of Shalini's marriage in Jan 2016, he had chosen me to be there at ashram to help him out with his cooking ,etc (Sir cannot have food from Ashram kitchen)

The next day the sun shone bright and continued the entire week. The airport was operating again. My flight schedule hadn't changed either, I was meant to travel with Sir till the ashram and have the yummaloo-poori too on the way.

As invoked by sir the rain Gods were made to forego off their plan in the ashram again, the day Sir had to step out. But they forgot to take the seasonal frogs along with them. And I had to be a victim of their surprise visits in our washroom. I would stand staring at them wondering what to do. One evening I told Sir, he said "Don't be scared, overcome your fears and they are just so small." On realizing that I had no intention of overcoming this fear, Sir spoke to the frog, and after that each and every frog that came in was given different instructions as to what to do while I go inside. The frogs obeyed every time.

I couldn't help but remember the time when I had first witnessed this power where Sir connected to the animal kingdom which had made a frog in Bagru retreat take a U turn before Sir could even look at it completely. So inspired where we by what we saw that when a lizard came to our room the same night, instead of

screaming and trying to shoo it away, we decided to connect to it and make it leave. Even after almost an hour, all that the lizard did was encircle the entire bed resulting in the three of us leaving the room for the night and letting the lizard have the bed and the room for itself.

On sharing this with sir, he said that animals are extremely sensitive. When you show them love, they respond back with love. Apparently, the three of us were firing it with more fear than love that the poor thing was forced to behave insanely. And this love has to come naturally I noticed, because even though we all loved the peacock in the ashram, it would come to sir only when we were all away and eat from his hand. On our previous visit there was a pair but now only one of them seen, with probably the other one being killed by dogs in the ashram. One can't help but realize that our love had a sense of selfishness and admiration attached to the peacock, whereas with Sir, it was pure love. No other entrapment of emotions and thoughts.

When I shared with Shalini my blissful experiences with sir, she affirmed that on sir's next visit to ashram on 17th march 2016, she had already taken consent to be there to help out sir with the kitchen construction and address his food needs. On hearing my frog story she also shared that during her stay with sir at ashram in sept 2015 on two occasions she witnessed sir commanding the stray cat who would come over to our cottage for food to sit down, which she would immediately follow.

Even though we all benefit from meditations and practices etc., the lessons learnt by being around souls like Sir's affect us effortlessly and impact us deeply. We might not even realize and we would have picked up lot many things in trying to be like him or live, love and work like him. And all this is garnished with downpour of blessings and love, just by being around his gaze. So ashram this time for me was more of a rain of blessings and rainbow of happiness, though life physically they said, the floods had affected.

-Shruti Singh

Ashram Travel Update Sept. 2015

The excitement was natural, as again got a chance to travel with Sir (Dr.Rahul) in Sept.'15 to Ashram to supervise the roof casting of 1st floor of the new B Block and side by side an opportunity to serve Sir by way of attending to his cooking needs etc.

Sirje always reiterates that coming to ashram for Guru's work was not possible without a co-worker coming along to help out and this request always stood submitted to Guruje for removing all obstacles for a co-worker to come along. Thus we could understand why our crown and anthakarna would go big while helping out Sirje with cooking etc. during his stay at ashram. I was glad that my architecture skills could be put to good use to be able plan and get constructed a small kitchen in the cottage with kind consent of respected Reddy sir in Dec.2014, prior to which we had a makeshift kitchen on a table. Sirje and myself spent quite a bit of time sorting out issues related to B block construction with the builder and Atheesh , the backbone of our construction work. The casting of the 1st floor roof went smoothly with me alone on the roof due Sir's inability to climb more than a few steps (his calcium metabolism dysfunction brings about severe sustained cramps on physical strain beyond a limit) .It was quite a shocker for me when I came to know that Sir during his Dec.'15 visit to ashram for work supervision had climbed stairs right upto roof of 2nd floor of the B block to oversee the roof casting as I could not make it with him due to my marriage scheduled in Jan.2016. But I was well aware that he will work thru the energies for someone to be there with him to help out –Shruti proved to be the lucky one.

As per detailed discussions with Reddy sir the plans for the new kitchen were worked out, with Sirje holding detailed meetings with the three short listed vendors from Coimbatore and Bangalore for kitchen equipments supply so as to be able to cook for 400-500 persons in one go in the long run.

As per Sir even if one has zero experience for a bulk cooking kitchen set-up but if we are the chosen ones by the Guru for

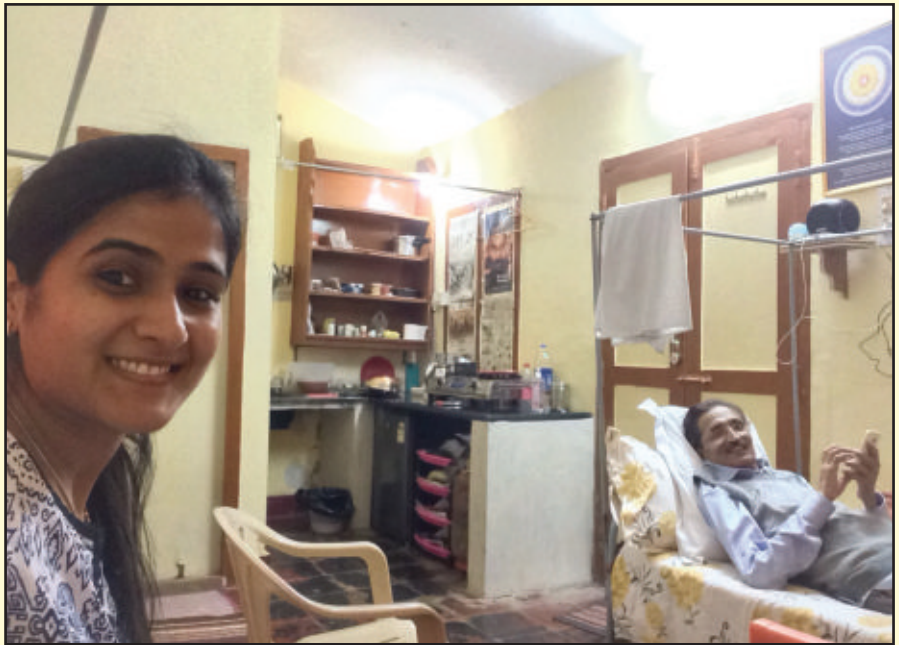
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this job WE CAN DO IT , seeking divine help instead of paying over Rs.50,000 to a professional for the drawings & advise on kitchen equipments which may not be to our liking & suitability . I had my reservations as a professional initially but seeing the way Sir went around in his discussions with the vendors of kitchen equipments and the repeated corrections in drawings made by him at Jaipur , initially with me and now with Neeraj , another co-worker who is also a qualified architect like me; there is no doubt that Sir's decision of not going for professional help proved to be the right decision . Its hard to understand as to why souls like Reddy sir and Rahul Sir never get tired working for the Guru. It's a great motivation, hard to match that Sir's ailments never restrict him in his commitment for the Guru . I had seen him travel to the ashram to finalize the contractor for 1st Block (Blue Pearl) in July 2014 all alone from Jaipur in such adverse bodily conditions; for 6 days prior to his travel he was in bed down with a bad infection taking heavy antibiotic injections thru i.v.drips . I suppose normally people like us would take another one week to resume normal activity . As usual another co-worker joined him from another city at very short notice for Sir had booked the flight tickets just 2 days prior to his travel with fever riding high then. Truly inspiring and blessed we are to have him as our mentor.

-Shalini

Ashram Visit Round up Sept. & Dec. 2015



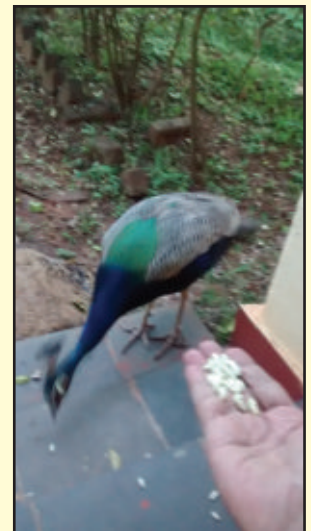
Selfie by Shalini - Inside view of Cottage No. 1



Shalini feeding the Cat



Roof Casting 1st Floor



Dr. Rahul with the Peacock



With Atheesh, Builder Rajanna on 2nd Floor Roof - Dec. 15



Roof Casting of 2nd Floor

CLASSES BY DR. RAHUL AT MYSORE AND HASSAN IN MARCH -2016

AT MYSORE

Date : Sun, 20th Mar, 2016 Time : 11am to 7pm

Topic: "THE SEVEN RAYS"

Building blocks for this presentation are excerpted from vast number of books of Holy Master DK through Alice. A. Bailey and as per guidance received from him. The teachings will cover:

- ★ What do the seven rays stand for
- ★ Why the need to care about them
- ★ Understanding our classification by 4 qualities-colour, sound, number and geometry
- ★ Rays in relation to disease
- ★ 5 rays as they govern us
- ★ Healing methods for different rays
- ★ Rays in relation to planet earth
- ★ How rays help build your rainbow bridge
- ★ Understanding cyclic manifestation of rays
- ★ India in its ray influence
- ★ Rays in relation to healer and patient & to top it – Meditation on 7 rays will be conducted (CDs will be given)

Eligibility : None (open to all above 16 yrs)

Nurturing Sessions on Mon. 21st Mar. 2016.

Time :10am to 2pm

1) "Roots of love as linked to the fruits of karma"

- * Insights on understanding different aspects of love
- * Inner secrets of heart chakra
- * Working out the karmic law and much more

2) "Transforming suffering into soul consciousness"

A brief recap from the webinar presentation done on 19th Mar. 2013, in which Dr. Rahul shares his amazing and inspiring spiritual journey (2004 – 2013) with add on beyond 2013 till date. This will help you understand the reasons for suffering and reshaping your present life's destiny.

Eligibility : None (open to all above 16 yrs)

For registration Contact :

Madhu Sudhir 9845025925

NOTE : All Donations will go to Ashram for the new kitchen

AT HASSAN

Date : Tues.22nd March '16. Time: 2 to 6pm

• Topic: "Understanding Service from Soul perspective"

- (Based on teachings of Holy Master DK, our Guru and self experience of Dr. Rahul)
- ★ Understanding motive of Service; Methods of Service; attitude for service.
- ★ Understanding Compassion
- ★ The Law of Sacrifice
- ★ The Law of Service - Governs all Soul activity
- ★ Misconceptions about Service
- ★ Characteristic of True Server
- ★ Service based on Ray Science & much more

Date: Wed.23rd Mar.'16 Time: 10am to 6pm

• Topic: "Evolution of the Higher Soul"

As per Dr. Rahul these teachings had been constructed with the guidance & blessings of Gururje and Holy Master DK with the key building blocks of the presentation coming from "The Treatise on Cosmic Fire" by Holy Master DK thru Alice A Bailey.

The presentation very aptly covers the following topics :

- ❖ How Causal Body is built
- ❖ Configuration & functions of egoic lotus
- ❖ Physical brain & egoic/soul energy
- ❖ Sutratma's expression in the 3 nerve channels
- ❖ Building of anthakarna
- ❖ 5 points of crisis in your life
- ❖ Soul groups in relation to earth
- ❖ Factors influencing incarnation of a disciple
- ❖ Monads in relation to opening of egoic lotus
- ❖ Understanding Evolution
- ❖ Soul and its life as governed by new laws
- ❖ Being part of New Gr. of World servers
- ❖ Soul consciousness v/s monadic consciousness

In the end a new Meditation-" Meditation on Parmatma" will be conducted (CD will be given)

Eligibility : None (open to all above 16 yrs)

For registration Contact :

Ramaya : 8147062216 Nagveni : 9141693969

Join for free meditation at Foundation (Nirvana)

- Every Monday 4pm (open to all above 16 yrs) at Foundation.
- Every Wed. at 4pm for meditation on atma practitioners.
- Every Fri. at 4pm for level 3 practitioners.
- Every Sat at 4pm for prana vidya arhat yoga practitioners.



Join for free Meditation at Sarswati Nagar, Jagatpura

- Every Tues. and Thur. at 4 pm (for timings etc. contact Shashank/ Foundation)



"Don't depend on death to liberate you from your imperfections. You are exactly the same after death as you were before. Nothing changes; you only give up the body. If you are a thief or a liar or a cheater before death, you don't become an angel merely by dying. If such were possible, then let us all go and jump in the ocean now and become angels at once! Whatever you have made of yourself thus far, so will you be hereafter. And when you reincarnate, you will bring that same nature with you. To change, you have to make the effort. This world is the place to do it." - PARAMAHANSA YOGANANDA