

6, July, 2013

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To: All Members of MCCI Ladies Forum

All Members

Dear All,

Re: Discussion Points at the Session on 'Women Empowerment through Pranic Healing' on July 5, 2013.

Please find attached the key discussion points at the session on 'Women Empowerment through Pranic Healing' by Ms Aneeta Saraf, Member, MCKS Pranic Healing Trust, West Bengal, held on July 5, 2013 at MCCI Conference Hall.

Thanking you,

Yours faithfully,

Muroti Chatterjee

(Assistant Director General)

Encl: As above



**‘Women Empowerment through Pranic Healing’ by Ms Aneeta Saraf, Member, MCKS Pranic Healing Trust, West Bengal , July 5, 2013 at 3 p.m. at MCCI**

MCCI Ladies Forum organized an exclusive session on **‘Women Empowerment through Pranic Healing’** by Ms Aneeta Saraf, Member, MCKS Pranic Healing Trust, West Bengal , July 5, 2013 at 3 p.m. at MCCI Conference Hall.

**MCKS – Grand Master Choa Kok Sui** devised the Pranic Healing technique which makes one balanced and complete in all aspects of our life –physically, emotionally, mentally and spiritually. MCKS has its branches in more than 140 countries.

Smt Saritaa Jalan welcomed Ms Aneeta Saraf to the session

The prime teachings :

- **‘Health’, ‘Relationship’, ‘Prosperity’ and ‘Spirituality’** are the four pillars holding the fort of our **‘life’**
- **Pranic Healing methods** equip us to improve the above **‘four’** pillars which will lead to **‘success’**

#### **On Health**

- **Human Body** has a **‘visible’** physical existence and an **‘invisible’** energetic existence. The latter is what is defined as **‘aura’**
- **Aura** is 2-5 inches thick invisible layer surrounding our physical self
- **As we bathe** our physical body, we need to **‘bathe’** our invisible self through **‘energy shower’**
- **Negative thoughts** make our aura **‘dirty’**
- **On an average**, we have 60,000 thoughts a day, 90% of which are **‘negative or breed anxiety’**
- **‘Dirty’** aura leads to loss of vitality, energy and is the cause of psychological strain which culminates in various diseases like –**‘diabetes’, ‘blood pressure’, ‘arthritis’, ‘asthma’, ‘migraine’, ‘cold ‘n’ flu’** and **‘heart ailments’**
- There are 7 chakras of human body which are pressure points of vital organs (a pic attached). Jealousy and Anger affect the **‘Sacral Chakra’** over the stomach and leads to stomach problem
- We need to breed always **‘positive thoughts’** which will clean all the chakras and clean our aura improving our **‘health’**

#### **On Relationship**

- **‘Loving’** and **‘Forgiving’** are the two laws /principles of any relationship

- Love is the most profound emotion which enables us to focus only on 'good traits' of a person overlooking the 'negative traits'
- We reap what we sow from God. Law of Karma is 'EXACT'
- If we sow 'love' God will give us 'love' and if we sow 'forgiveness', God will forgive our sins
- 'A difficult relationship' is a boon since it teaches us to be 'patient', 'tolerant' and 'forgiving' **ACTING LIKE A MIRROR OF OUR LIFE, ASSISTING US TO 'FIX' OUR DRAWBACKS AND BE A 'PERFECT PERSON'** as a mirror helps us to fix our dress and look perfect.
- We **MUST** adjust and accept and learn to stay on and improve the existing relationships since all are 'well thought and planned' by God. We need to remember, God has some reason to put us through the 'current rigmarole'. If we tend to escape, we will be all the more 'entangled' with the 'same or similar difficult relationship' till God feels that 'our learning' is complete. We need to take out all 'anger' and 'hatred' from our system, in this life completing our duties with 'love and forgiveness' towards the existing relationship. Otherwise, we will be linked to the 'same person' as Nanny, Mother or Father wiping their backsides in a different incarnation by God
- Love is the only lubricant which avoids any friction between two 'closely interacting persons'
- 'Forgiveness' neutralizes all our sins which we have committed through 'inflicting hurts' on others
- 'Internally, forgive all' as we 'forgive' our child. However, we need to keep reservations on 'external forgiveness' depending on the circumstances

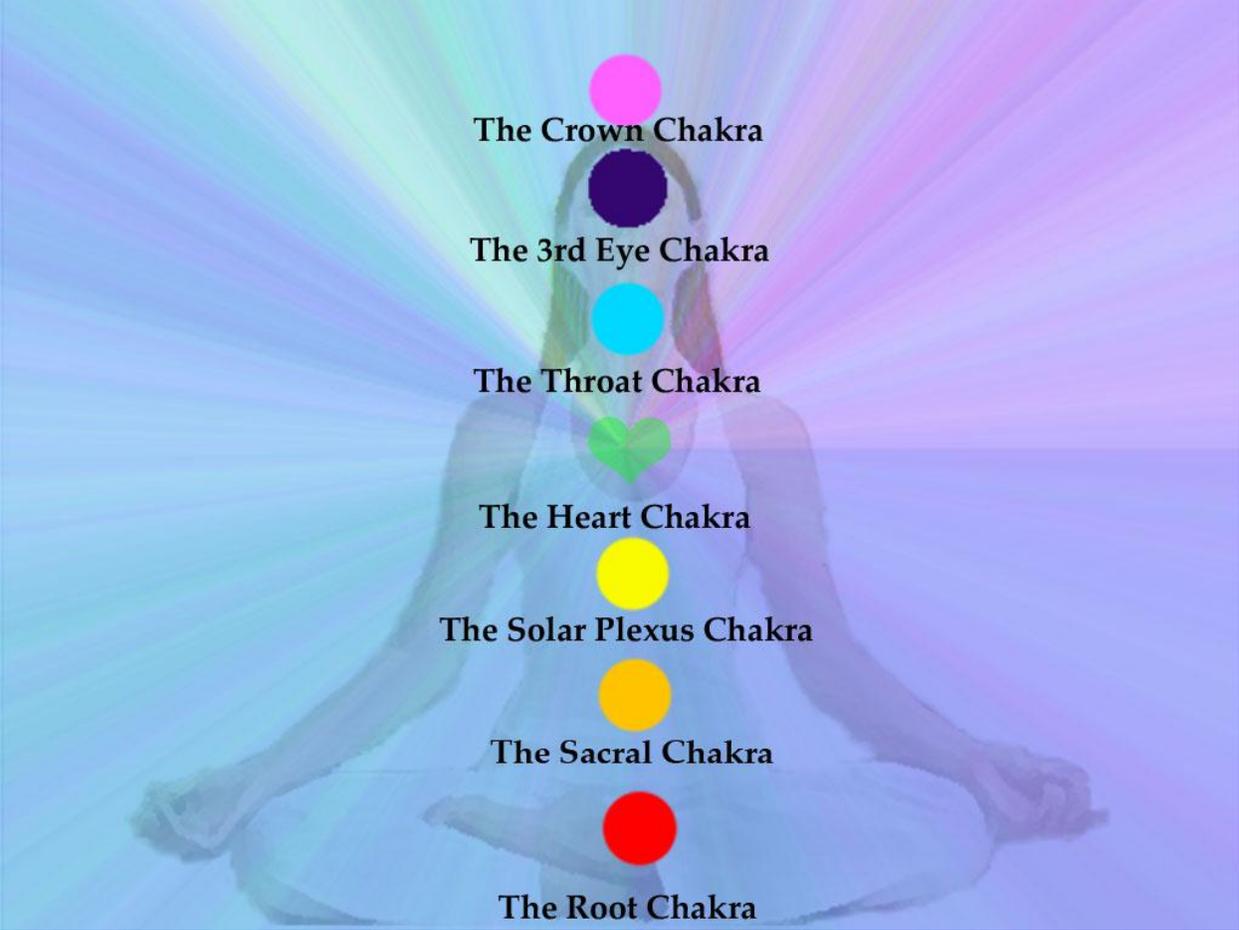
#### **On Prosperity**

- We need to be prosperous enough to fulfill our basic needs to concentrate on 'spirituality'
- 10% of our earnings should be given to 'the deprived' or who need them.

#### **On Sprituality**

- Being connected to God is very important. We are a instrument through which God is blessing 'all'
- We need to consider ourselves as a 'pencil of the 'writing God' through which God is sending letter to the universe
- God will not ask 'what Good things you did in life'. but will ask 'how much Love you had put in it'
- We need to open the 'Heart Chakra' and 'The Crown chakra' through 'positive thoughts' to spread God's blessings to all

**Muroti Chatterjee**  
(Asst. Director General)



**The Crown Chakra**

**The 3rd Eye Chakra**

**The Throat Chakra**

**The Heart Chakra**

**The Solar Plexus Chakra**

**The Sacral Chakra**

**The Root Chakra**