



JANUARY
2025

MINDSCAN®

ISSUE NO.
THIRTY

CENTER OF HEALING, INNER TRANSFORMATION AND LIFE EVOLUTION

RECEIVING, IS A SACRED ACT OF SURRENDER

DR PRAMEELA SREEMANGALAM

UPCOMING EVENTS

11. TONGLÉN COMPASSION MEDITATION 10TH,
11TH & 12TH JANUARY 2025 - 5PM TO 6.30PM

2. MASTER BROTHERS WORKSHOP - 11TH TO
12TH, JANUARY 2025 - 10AM TO 2PM IST

3. MPC - 17TH TO 19TH JANUARY 2025 - 10AM
TO 2PM IST

4. MUMBAI LIGHT FAIR AND MASTER
MAHAVATAR BABAJI DECK LAUNCH
DATE :: 24TH TO 26TH JANUARY 2025.
TIME 10.30AM TO 1.30PM
DECK LAUNCH 4.30PM TO 6.30PM IST.

5. READING WITH MASTERS - 23RD TO 26TH
JANUARY 2025. 5PM TO 6.30PM

CONTENT

1. PEARLS OF WISDOM

2. GODDESS OF THE MONTH

3. LET'S PARTICIPATE

4. OREO BOY WISDOM MESSAGE

5. HEALING

6. MIRACLES OF LIGHTS

7. HEAL AND GROW

8. SERVING THE LIGHTS

9. MINDSCAN DECKS

10. BOUQUETS

11. SPIRITUAL CHECK IN



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Pearls of Wisdom

Dear Divine Family,

Happy New Year!

As we embark on this new year, let's take a moment to reflect on the **importance of receiving**. In our journeys, we have often focused on giving, sharing, and serving others. **But have you ever considered the significance of receiving?**

2025, opens the door to a fresh new year, **a year of unlocking limitless possibilities and freedom.**

Receiving is a sacred act of surrender, allowing us to open ourselves to the abundance and blessings of the universe. **When we receive, we acknowledge that we are worthy of love, care, nourishment and open to all the infinite possibilities of dreams, hope and spiritual strength.** When we open ourself to receive:

- We are able to **cultivate self-worth, compassion and self-love.**
- We are **open to new experiences and opportunities.**
- We **allow others to share their love and generosity with us.**
- We create a **sense of balance and growth in our relationships.**
- We **dedicate our consciousness to infinite growth.**

Each of which is a support for our spiritual progression and growth. When we permit, **we realize that our life itself is such a precious and valuable gift.**

Take a moment to breathe and affirm,

"I am open to receiving the boundless gifts of love and lights into my life. I am an open vessel to embrace and be an embodiment of love and lights, which makes my purpose and vision clearer, aiding in the awakening of my consciousness and rise of divinity for Mother Earth. I open my consciousness to infinite growth and abundance!"

With boundless love and light,
Dr Prameela Sreemangalam
Founder Mind Scan®





Master of the Month

Master Apollo
Theme: Education and Progress

Message from the Master:

The Elohim of Wisdom, Apollo, **manifests abundance into your life** through knowledge, education, developing essential skills, encouraging and helping you by building strength and courage to start your ambitious projects that gift you with abundance.

Apollo's mission upon the earth at present is to **help educate people and encourage them to receive higher education**, thus eradicating and **reducing the poverty of consciousness of mankind**.

Education **gifts insights and is a door towards liberalism and an open mindset, a natural port of abundance**.

Education is wisdom that **improves the energy of self-awakening**, thus discouraging wars, social and communal fights that directly free the consciousness from destruction.

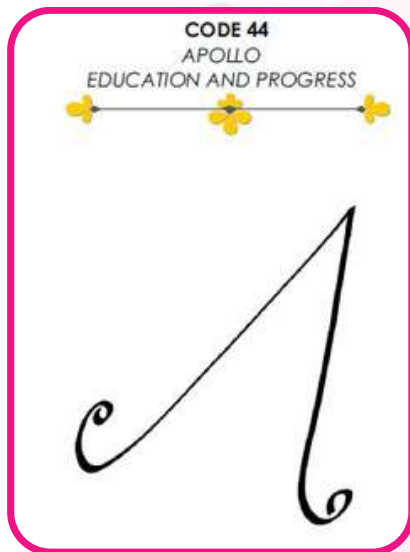
Where there is peace, there is abundance.

Coming from the 2nd ray, Apollo the Master, also **harnesses growth in all areas of your life**.

If at this time, you feel drawn towards a new form of education in a new line, which you have not pursued through studies earlier in the past and so also feel deeply connected with the new subjects which are related to the field of literary, academic, esoteric, occult, mysticism, healing, natural and alternative remedial studies, have no doubt - As you are being guided and welcomed into this path by Apollo God.

Note:

Infusing your senses with the Master's code will help you to gain more insights into the learning and will also gift you with the wisdom that everything is a gift to experience soulful abundance and life growth for the beings on the earth.



Observe the Card, Breathe in the Code Energy and absorb the energy at your heart

Affirm: Thank you, Elohim Apollo, for infusing wisdom into my thoughts and life. I am open to experiencing abundance through liberalism and all the new learning that you gift my path with. Thank you, thank you, thank you.





Let's Participate

GUIDED GROUP ACTIVITY: Receiving the Gifts of Life

Happy New Year!!! Let us begin the year with personal and collective growth and expansion.

★**Purpose:** This activity is designed to cultivate a mindset of openness to receive love, abundance, and spiritual growth, while acknowledging the interconnectedness with mother earth, society and friends!

★**Preparation:** (*This can be chosen to be an individual or group activity.*)

- Location: Your place of quietude and reflection. If in a group, form a circle to foster a sense of connection.
- Time Needed: 30 to 60 minutes
- Materials: Journals, pens and if in a group small token or symbolic gift (like crystal, plants or flowers) from each participant.

★**Activity Steps:**

1. Opening Intentions & Centering Breathwork

- Begin with a brief welcome and activating the hearts with the intent of *receiving gifts, allowing ourselves to embrace the gifts of love, light, and abundance that the universe and our community so generously offer.*
- Guide participants to close their eyes and focus on their breath.
- Inhale: Imagine drawing in light and warmth, representing gifts and blessings.
- Exhale: Release any resistance or self-doubts or self-consciousness about receiving.
- Repeat for a few cycles, encouraging participants to feel their hearts opening.

2. Guided Visualization:

- Gently guide the circle to visualize standing at the shore of a serene calming beach of golden Lights.
- Picture waves gently bringing treasures to the shore—pearls, flowers, or other symbols of love and abundance.
- Each wave brings a unique gift. These gifts represent the love of your friends, the support of society, and the infinite blessings of the universe. With each wave, feel your heart expand in gratitude and openness to receive.

3. Art of Receiving Love and Gifts:

- While receiving the gifts, allow the gift giver to share why they gifted the item; and as you receive share your thoughts about why you think you received the gift too. Share how it relates to you, your life and / or your growth.
- Encourage participants to share and journal about their experience of receiving and how they can integrate this openness into their daily lives.
- Embrace the beauty of receiving with grace and gratitude, to create an expansive, high vibrational 7th Dimensional Reality.

“With open hearts, we embrace the boundless gifts of love, light, and abundance, acknowledging the blessings of the universe and the connections we share.”



Written By:
Charu Dhingra
Divine Teacher
Mindscan °





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Oreo Boy Wisdom *Message*



Oreo Boy Wisdom- Sea Horse

The message is- *New Partnerships*

The wisdom spirit of the Sea Horse is **guiding you to look for newer associations, partnerships and meaningful relationships.**

When you begin to settle into a state of comfort because of the pleasures that you may derive from it, you do not realise that stagnation energy is setting within.

Choose to be in awareness and **release any need to operate from excuses that may be a limitation.**

Your higher function involves service through knowledge, science, metaphysics and technology. They are operational from the higher mental capabilities and wisdom. It gifts you with a wide range of vision. **Newer partnerships will be friendlier and grounding and a platform to grow and thrive.**

Affirm

I nurture and grow with realization.

Affirmation for connecting to the handsome Lord Oreo Boy.

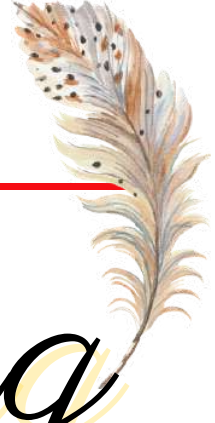
**OREO BOY, OREO BOY LOVE YOU OREO BOY
OREO BOY, OREO BOY LOVE YOU OREO BOY**





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Healing



Goddess Annai Deviyar Mataji
Theme: **Fountain Flow**

GUIDED ACTIVITY WITH GODDESS ANNAI DEVIYAR MATAJI

“Annai Naga Lakshmi Deviyar“ India’s revered Mother, is the sister of the ordained and honoured Master, “Maha Avatar Babaji“.

Babaji has inducted Mother in the role for harmony and balance to be accomplished for the earth.

Mataji Says -

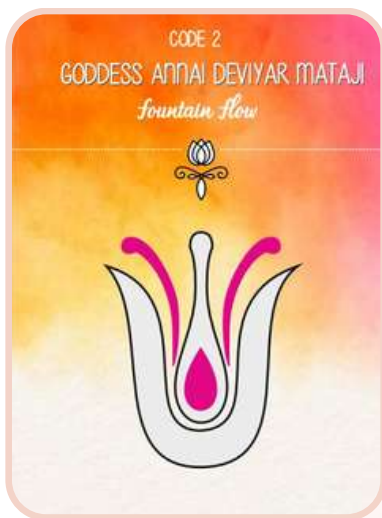
“Love is the foundation and spring for all spiritual significance“. Love towards self, others and Divine selflessly, opens the fountain of spiritual growth. It is possible that there may be times when you give genuine love and it will not be reciprocated or returned with a similar frequency. In love, someone may backstab your consciousness, which may be emotionally sensitive for you.

Fear not – as all accounts are in Divine Lights, here you will be uplifted, healed, secured and protected. Accounts in lights always accomplish resolutions, as healing from 'Source' is infinitely available.

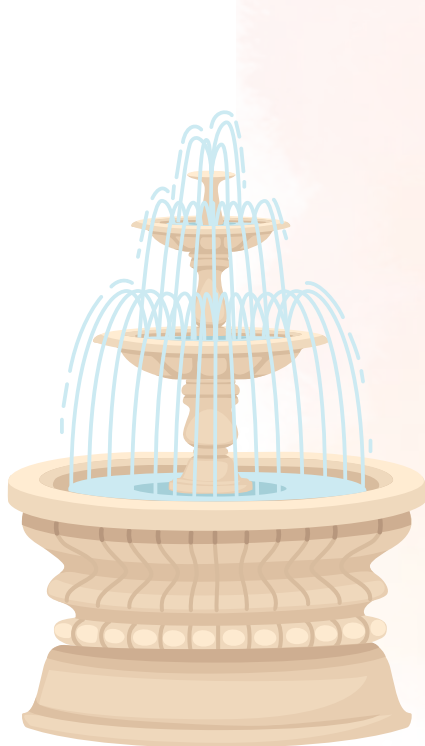
Mataji, an embodiment of universal motherhood, has access to the secret science process and she dispenses the gifts to her children.

Meditation Activity

1. Sit in Meditation. Relax yourself.
2. Be mindful of your breath as you breathe in and out.
3. Observe the code of the Mother Annai Deviyar Nagalaxmi Mataji at your heart chakra which is located at the center of your chest
4. When the **omnipresent, loving and healing energy of Mataji is invoked** into the heart and womb of a being, the Divine Mother’s lights and energies **unchain the mind and soul from the control and dogmas of ego and all selfish desires.**
5. Thus, **Mataji imparts peace, liberation, and freedom** to be a being facing hardships and difficulties resulting from sins, sorrows and despair.
6. Meditating and healing with mother imparts a being’s consciousness to **align and integrate with “Truth and Knowledge“ and “Universal Love“, gifting the attribute of 'Selfless Service '**
7. Thus, a being’s **awareness transforms into 'Divine and Truth-Consciousness' – here Supreme Shakthi is accomplished.**
8. Once the meditation is complete, open your eyes and drink some water
9. Continue to Meditate with Mother for 9 days.



**Observe and Breathe in the
Code at Heart Chakra**



Contributed by:
Madhuri Putrevu
Divine Teacher @Mindscan®





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Miracles of *Lights*

Today we share the story of Mr Nikhil Siddharth, a young working professional based in India. In his own words, the journey of success in the earth reality is paved through the journey of spirituality.

I, Nikhil Siddharth, am delighted to share my remarkable journey with Mind Scan, **which commenced in 2020 during my final year in University.** Under the guidance of my mother, I embarked on a **transformative path of self-healing and surrender. This spiritual foundation paved the way for my career success.**

After completing the MPC program offered by MindScan, I secured a job at Genpact and later got transferred to Bangalore. This **marked the beginning of an extraordinary spiritual journey that paved ways for my career.**

A significant turning point came when I joined HSBC. **Attending Mind Scan's Hyderabad Light Fair was a pivotal moment,** as I received the masters' blessings, **leading to a promotion to a higher role.** In September, I **attended the Unlocking Freedom retreat, where I sincerely followed the masters' guidance.** The results were astonishing – **I got placed in Deloitte with a good package, and the Masters also gifted me with a new home.**

Throughout this journey, I've come to **realize that being spiritual is the key to success in life. I've learned to prioritize my spiritual growth, and the results have been remarkable.** I'm forever grateful to Dr. Pam, Surendra Sir Sunitha M'am, and my mother Madhuri for their unwavering support and guidance.

Their contributions have been instrumental in **shaping my career, Spiritual and personal growth. I'm thrilled to have found a supportive community that has helped me unlock my potential and achieve my dreams.**



Spirituality is the Pathway
Collated by: Madhuri Putrevu .
Narrated by: Nikhil Siddharth
Edited by: Satyawathi Yadav
Divine Mentors and Teachers@ Mindscan °





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Heal and Grow

COMING TO YOU IN JANUARY 2025

1. Tonglen Compassion Meditation
10th, 11th & 12th January 2025 - 5pm to 6.30pm

2. Master Brothers Workshop - 11th to 12th, January 2025 - 10am to 2pm IST

3. MPC - 17th to 19th January 2025 - 10am to 2pm IST

4. Mumbai Light Fair and Master Mahavatar Babaji Deck Launch
Date :: 24th to 26th January 2025.
Time 10.30am to 1.30pm
Deck Launch 4.30pm to 6 30pm IST.

5. Reading With Masters - 23rd to 26th January 2025. 5pm to 6.30pm

Weekly Activity

Self Healing / Meditation and Earth Healing for practitioners

(Wednesday)

Community Meditation Gift (Friday)



The Master's Practitioner Course

A modality of healing through Spiritual Science Energy where a Learner/ Student is **transformed as a Practitioner gifted with tools to heal self, mankind and society.**

The program is a transformational course which **transforms the individual positively and function as an awakened being.** Being a channelled program, this program is very beneficial for individuals who are keen to **heal their health, mind and unprocessed memory energies.**

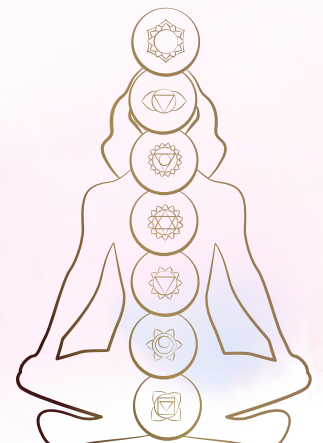
An individual undergoing the Masters' Practitioner program, receives a series of invocations and channelling of energy from the Divine plane consciousness and Ascended Masters' Rays which **empowers them with the energy to heal.**

Suitability -

- 1) All individuals who are Inclined/ Believers of Spirituality and Natural Science Healing.
- 2) Male/ Female adults who wants to heal themselves and their life.
- 3) Practitioners of Energy Healing/ Natural Modalities.
- 4) **Individuals interested in improving/ awakening their spiritual and creative growth in the field of learning, dancing, writing, drawing, etc.**
- 5) Individuals who are drawn towards the **knowledge and study of Ascended Masters and Awakened beings and their purposes with mankind.**
- 6) Individuals **looking to heal chronic ailments and long standing sufferings of soul, mind and life.**

Application of this therapy can benefit:-

- 1) In Physical Diseases/ Ailments
- 2) In Psychological Areas
- 3) In Spiritual Areas
- 4) In Ethereal Areas



Contributed by: Sunitha R &
Madhuri Putrevu
Divine Teachers @MINDSCAN



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Spreading the *Lights*

Happy New Year! We're in the fabulous month of January of the New Year. **This is the beginning of a new spiritual awakening.** In that spirit of awakening our Teachers, Mentors at Mindscan continue to serve the community selflessly through the many community meditation processes with the **aim of activating hearts and awakening minds.**

1. Meditation Gift (Fridays)

Mindscan®'s **weekly Friday Community Meditation Gift, is open to practitioners and seekers alike.** The community meditation is a guided meditation activity to **activate the hearts**, through the lights of Ascended Masters, aiding in their healing, spiritual growth and evolution. Reach out to us, to be a part of our community. **Special Note:** The First Friday of every month, this gift is carried out by the Founder Dr Prameela Sreemangalam.

2. Self-Healing, Meditation with Masters and Earth Healing (Wednesdays)

We here at Mindscan® invite members **inducted into the self-healing process** to join Our Divine Teachers to undergo a guided self-healing process and thereafter **contribute to Mother Earth Healing every Wednesday. A collective consciousness healing and ascension occurs. This session is a powerful high energy healing meditation leading us towards oneness and unity. Reminding us of the power of a spiritual community.** To learn the art of Self-Healing, participate in one of the many flagship programs of Mindscan, to be inducted into this powerful self-healing practice.

3. Master of The Week (Mondays)

Weekly, one of our Divine Mentors, sit in **inner surrender and grounding, before pulling out a card from the Master's deck for the entire Mindscan® family. Leading us either to heal parts of ourselves we weren't aware of, or simply as a guide for the collective for the rest of the week.** To receive these blessings, reach out to us if you're not already part of our community group.

4. MindScan's Base Whats App Groups

A **dedicated group to address questions and queries** of members and the community in the various bases across India and globally. Our Base Teachers and Mentors are there to specifically **hand hold each member on their spiritual journey, you may or may not have attended a Mind Scan program as yet, but are keen to begin your journey, feel free to reach out to us, and we will connect you with our base teachers.**



Compiled by:
Satyawathi Yadav
Meditation Mentor and Divine
Teacher @MindScan®





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Mindscan Book

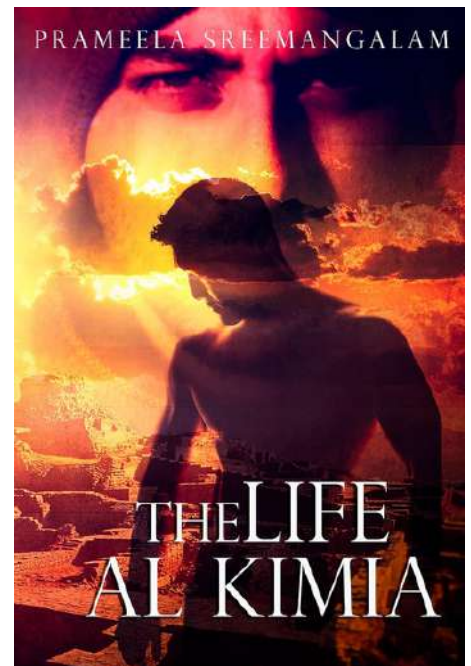
The Life Al Kimia

Have you **paid enough attention to the signs, that signal that life has a greater purpose?** That **life is limitless and not limiting?** Ever sat down feeling like **the soul is aware of a greater truth that lies behind the illusions of the masked facade of the 3D world.** Look no further, pick up Dr Prameela Sreemangalam's "**The Life Al Kimiya: A mystical travel.**"

Life unfolds for each one of us in it's own way. It shares the reflections that gets presented in the course of it's journey and **to understand it deeply, the integrity lies in the conscience connect of the intuit.** One who ignores the learning from these reflections remains pinned to the same sequences in life making it difficult for them to evolve and grow. Whereas, **the one who chooses to interpret, understand and follow the subtle guidance of reflections, goes ahead to create changes in the history of life and the world.**

This is the journey of Sikander, who once got chained into the lowest phase of his limiting life. The track that he followed then came out of a limiting vision which he perceived was limitless, of course due to the unknown. The ideo-synchronic unknown, temporarily resulted in a state of an unpleasant emotion with the likelihood of something unwelcome happening. And ingrained to his anxiousness, Sikander took a travel to settle, the then inbuilt debts, only to realize that it was his destiny's call! He came to the land to resolve his life's problems. The land became his progenitor, helping him to create a heaven for his life there.

The **hidden call had the unmeasured power to transform his destine and there in a new land, he overcomes the obstacles in his life to transcend beyond, into the depth of his untapped soul, where lay the key towards the eternal sanctity.** Sikander's journey teaches us that **Ones' mind is like a flowing river that flows through the will and awareness of the intuit and that connects one to it's Soul.**



Compiled by:
Satyawathi Yadav

Meditation Mentor & Divine Teacher @ Mindscan *





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Bouquets



Mindscan® works with light of the Ascended Masters and Goddesses and bring Transformation in Individuals Lives. Anyone who believes in spirituality, has faith in Divine and is in surrender is bound to see the transformational outcome. In the Journey of Serving Lights, Mindscan® has created and witnessed Miracles after Miracles .

Today, we share a beautiful testimonial from Ms Upasna Joshi, after attending Mindscan's **Body Consciousness Healing with Maha Avataar Babaji**

Greetings Everyone,

I am sharing a **blessed And Miraculous Healing** that took place, just after attending MindScan Body Consciousness Healing with Master Maha Avatar Babaji, channelled By Dr Pam Ma'am

For the past 15 years, I lived with hypothyroidism, **often having with fluctuating TSH levels.**

Before Joining Body Consciousness Healing, my TSH level was at 9 far beyond the healthy range of 0 to 5. **Exactly after two months I was guided to go for a blood test again, and when the reports came, , my levels have now stabilized at a perfect 2.5.**

This transformation feels nothing short of miraculous. Alongside the healing practices, that **I am practicing daily as Guidance, adopting mindful eating habits has brought further balance to my life.**

My heart overflows with gratitude for Babaji, Dr. Pam Ma'am, Sirji, Sunitha Ma'am for All the Blessings and the Lights.

Eternal Soulful Gratitude To the Supreme Divine and The Masters Of Lights Dr Pam Surendra Sir Ji and Sunitha Ma'am and MindScan Tree of LIGHTS.

ThankYou ThankYou ThankYou

thank you





Spiritual Health *Check-In*

In this edition of our newsletter, **we shift the focus from giving to receiving gifts, highlighting its importance.** Whether big or small, receiving gifts can deepen relationships, bring joy, and create lasting memories. **We explore how this thoughtful exchange can be a meaningful experience that strengthens connections and spreads happiness.**

1. What is the most memorable gift you've ever received, and how did it impact your relationship with the giver?
2. How can we show gratitude and appreciation when receiving a gift, especially if it's unexpected?
3. Do you prefer giving or receiving gifts, and why?
4. Do you think receiving a gift strengthens your relationships? How?
5. How has receiving a simple gift ever made you feel truly seen or understood by someone?

Your life is your greatest gift received from Divine! Stay humble and kind.





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Contact Us

MEET THE TEAM



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SPREADING THE LIGHTS ACROSS BOM|DEL|PNQ|BLR|HYD|AMD|COK|DXB|MRU|MYS|SGP|ZAF|CAN|LUH