



MAY
2025

MINDSCAN®

ISSUE NO.
THIRTY-FOUR

CENTER OF HEALING, INNER TRANSFORMATION AND LIFE EVOLUTION

WHEN OUR MIND SURRENDERS TO THIS ETERNAL
FLAME, THE SEEKER'S MIND ATTAINS FREEDOM.

DR PRAMEELA SREEMANGALAM

UPCOMING EVENTS

1. KARMA HEALING MEDITATION - 1ST TO 5TH MAY 2025- 5.00PM TO 6.00PM IST
2. LIFE AND SOUL HEALING WITH MASTER LADY NADA - 10TH TO 11TH MAY 2025- 10.00AM TO 2.00PM IST
3. GRATITUDE MEDITATION - 12TH TO 16TH MAY AND 19TH TO 23RD MAY 2025- 5.00PM TO 6.30PM IST
4. WOMB CONTRACT HEALING - 27TH TO 30TH MAY 2025- 5.00PM TO 6.30PM IST.
5. READING WITH MASTER SWAMI SAMARTH MAHARAJ - 23RD TO 25TH MAY- 5.00PM TO 6.30PM.
6. AHTP L1 & L2 L1 - 29TH 30TH MAY L2 - 31ST MAY & 1ST JUNE 2025- 10AM TO 2PM.

CONTENT

1. PEARLS OF WISDOM
2. MASTER OF THE MONTH
3. LET'S PARTICIPATE
4. OREO BOY WISDOM
5. HEALING
6. MIRACLES OF LIGHTS
7. HEAL AND GROW
8. SERVING THE LIGHTS
9. MOMENTS
10. MINDSCAN DECKS
11. SPIRITUAL CHECK-IN



Pearls of Wisdom

Dear Divine Family,

Has this thought ever come to your mind's awareness:

How do I journey into light?

What tools are available to me, in order to adapt and learn, in my daily routine that would support my journey to light?



The journey to light is a simple yet profound theme relevant to each of us, **helping us recognize and understand our existence in this life plan.** However, the life plan may have various unaddressed elements and phases that can limit or block our progression on this journey.

Even seemingly **simple things, like a positive thought or reflective talk, can reveal themselves as hindrances if they carry negative impressions that need to be addressed.** To strengthen our journey, the **guidance, support, and wisdom of Masters are invaluable, reflecting the eternal flames of truth, light, and life.**

When our mind surrenders to this eternal flame, the seeker's mind attains **freedom from the elements that have hindered their progression and journey into light.** This **act of surrender occurs when the mind aligns** with practices like meditation and inner reflection.

This month, focus on:

- Meditative Practices
- Reflective Journaling
- Practicing Light guided Affirmations
- Decision to Heal Self
- Creative Artwork engagement

Affirm: "I am walking on my journey to light, embracing growth, healing, and higher wisdom."

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





Master of the Month

Message from the Master:

Ahura Mazda is the Avestan name for the creator and sole God of Zoroastrianism, who works in the universal Divine order and **helps mankind to choose truth, light, and life.**

Being the 'Lord of Wisdom' and the deity of worship in Zoroastrianism, **he is all-wise, bounteous, non-deceiving, and the creator of everything good.**

He created the world, mankind, and all the good things in it through his holy spirit, 'Spenta Mainyu', and **being omniscient, he destroys all evil.**

A seeker who wants to attain freedom from the destructive and negative energies of life, which carry the lower energies of people, evil acts, and negative forces, this is **the code that would gift them with liberation.**

The **three flames of truth, light, and life from Ahura Mazda help them to manifest a better reality in life and also receive beautiful blessings from the Divine energy, helping one to elevate all the standards of one's life.**

Exercise: Healing with Master Ahura Mazda

As this card has come to you, explore the areas in your life that are affected by lower energies. It would be visible as:

- Decreased health energy
- Excessive tiredness
- Disrupted sleep pattern.
- Financial drains
- Work or business areas affected by low phase, progress delays
- Any recent or old health ailment that has lowered your productivity.

The pattern would have set in due to the psychic attacks that have not benefited you in living your life with the highest Divine growth.

Upon identifying and understanding, invoking the twin spirit code of Ahura Mazda shall empower you with the power to heal this situation.

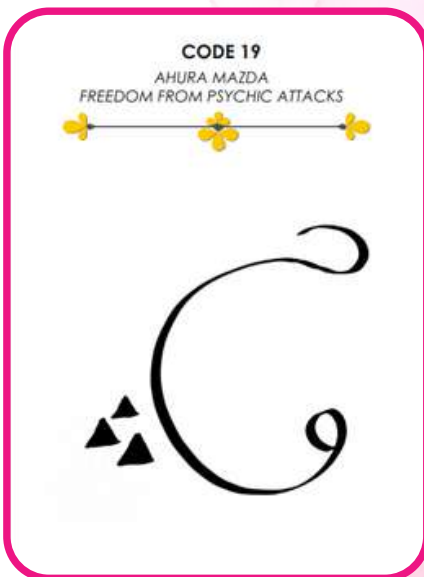
Heal from psychic attacks with the invocation of the Code of Master Ahura Mazda:

1. Light a lamp or candle.
2. Establish a meditative state of oneness with yourself.
3. Breathing inwards and as you find yourself relaxed, the pattern that has to be healed will be revealed to you through your senses.
4. Visualize the twin spirit codes of Ahura Mazda on your forehead area.
5. Absorb the energy of the code by breathing inwards and infusing it into your heart area.
6. Once invoked, offer gratitude to the God of truth, light, and life who came as a saviour to help you heal from this situation.
7. Open your eyes and drink a lot of natural energy drinks.

Note:

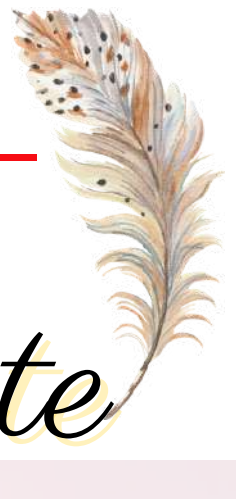
Once initiated, continue to practice the exercise once a day for another ten days. This would help in clearing up all the residues.

Master Ahura Mazda
Theme: Freedom from psychic attacks.



Observe the code, breathe in the light code energy.





Let's *Participate*

Journey to Lights.

The soul knows the sound of the Cosmos. The soul understands the words reverberating in the Universe. ***The soul hears the call within and without.***

Hence, when the soul begins its sacred “journey to Lights”, to its organic state of existence, it awakens, it thrives, it flourishes and blooms. It ***whirls in a joy and bliss so connatural***, that it for the first time registers its expansive essence.

Divinity lives through us, in the form of our pure soul. And so, ***let us connect with The Light today and everyday - our home, our natural state of existence, our very essence.***

★Activity-

1. ***Connecting with the All-pervading Golden Ball of Light***

- Breathing in and out, centre your soul and consciousness at your Heart area. The heart is your receptor and your cosmic connector. It is the very portal where The Light enters your energy, physical and all-conscious self.
- As you take 7-8 repetitions to integrate a sense of inner peace and connection; become familiar with the Golden Ball of Light just above your Crown area, at the top of your head.
- This is the Golden Ball of Light, that ***brings The Fire, the Purpose, The Protection and Divine's Love & Light*** within you, and through you to our surrounding, people, society, animals & plants, and to our Mother Earth.

2. ***Strength of The Light***

- Next as you breathe in, the Golden Light, ***experience it energizing your Heart Area.*** This is you connecting with the Light within your consciousness.
- Experience as it expands and connects you with the all-embracing and empowering Light.
- It pulses softly – like a heartbeat. ***This is the light of your soul. It only needed to be remembered. It doesn't need to be perfect. It only needs to be felt.***

3. ***Evolving with The Light***

- With each inhale, this light expands. It fills your chest. Then your arms. Your head. Your spine. Your hands. Your legs. ***Until your whole body is made of light – clear, kind, alive.***
- This light holds no judgment. It simply *is*. You don't need to do anything. ***Just breathe and allow your inner radiance to speak. And then gently reflect - “What message does your light carry for you today?”***

Affirm - I AM THE LIGHT. I AM THE LIGHT. I AM THE LIGHT.

And Reflect -

- What did your inner light feel like?
- What did it tell you?
- How might you carry this light into your day?





ISSUE 34: MAY'25



Oreo Boy Wisdom *Message*



Oreo Boy Wisdom-Kingfisher

The message is- *Opportunities*

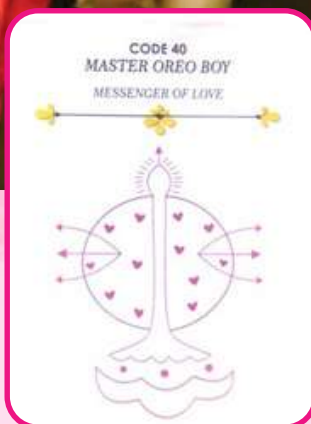
The The kingfisher is **bringing eternal peace and new opportunities in all your endeavours**. Wisdom guides you to always **operate in joy and oneness**.

Do not use the platform of your work/ service / study for ego gratification of winning and losing.

Rather, realize that **this platform is for creating and crafting excellence**. You are the driving force for the people to join together to create, socialize and **be in harmony**.

Affirm

I Am enjoying this celebration.



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**



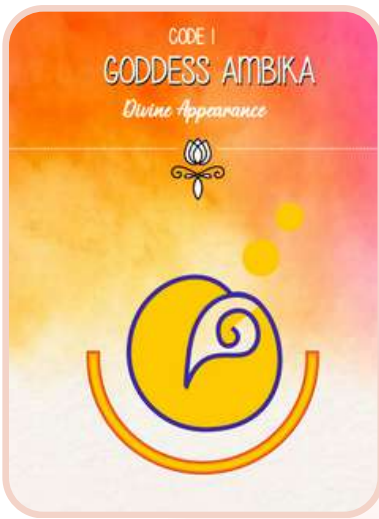
Master Lord Oreo Boy Deck (Lessons From Spirit Animals) by Dr Prameela Sreemangalam





Healing

Goddess Ambika
Theme: Divine Appearance



Observe and Breathe in the Code at Heart Chakra

MEDITATION WITH GODDESS AMBIKA

The Indian Goddess Ambika, an embodiment of Divine Love, strength and power, protects her children with love, **invokes prosperity and activates flow of goodness into their lives.**

The appearance of the Goddess Code is of the significance that the Divine Goddess has **gifted the flow of her Divine energy to your ancient ancestor lineages who have honoured, revered and served the Mother with happiness.**

In ancient times, the Divine Goddess Ambika was invoked in an annual ceremony and kept in the home temple and altar as a revered deity, where periodical prayers, offerings of nature gifts as flowers, food, grains were contributed with reverence, surrender and honour. **Mother blessed her children with the goodness of family, love, prosperity flow and progression with Lights.**

If you are in a phase of life, where life is appearing tougher with progress, the presence of constant struggles, and more efforts are needed to accomplish results, the goddess is appearing to you to reveal that somewhere in the lineage, honour to the Goddess went out of mind, and this has prevented the present and future flow of abundance.

The power and strength of the Goddess are so strong that when honoured and invoked, they protect the present and future three to five lineages ahead.

This **guidance coming from your evolved ancestors from the higher ascended planes who have heard of your prayer and are helping you from Lights for your progress ahead.**

Steps to Meditate

1. Establish inner silence through meditation and grounding in your heart chakra.
2. Establish a connection with yourself.
3. When ready, call for the Goddess Ambika energy
4. Reconnect with Goddesses Blessings by observing meditation after connecting with the code.
5. Once complete, offer gratitude and open your eyes.
6. Be seated as you experience integration to be complete and align with the earth's energy.
7. Drink a glass of water

Note: If you are guided to bring the Goddess into your home, you may choose to create an altar or find a place in your temple where you can be mindful to connect with the Goddess from your heart.





ISSUE 34: MAY'25

Miracles of Lights

This month we bring you a story of Miracles of Lights, through a heartfelt penned, "Thank you" note from Dr. Rukmini Nippani.

Thank You Note

Dear Dr. Pam, Sunitha Madam, and Madhuri Madam,

I am writing to express my sincerest gratitude, for the exceptional healing treatment my mother received from you. She was struggling with paralysis. However, following your treatment, she has significantly improved.

Doctors had previously indicated, that there was little hope for her recovery due to blockages in her brain.

She had also lost her appetite.

She received womb healing and ancestral healing treatments.

Following these treatments, she has regained her appetite and is gradually improving.

Doctors had previously given up hope for her recovery; the left side of her body was paralyzed.

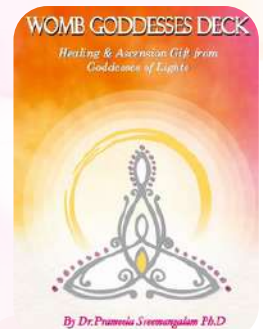
She is now recovering well. My mother is now eating well, talking, and messaging. This is a remarkable change, and we are deeply grateful.

Thank you again for your dedication and compassionate care. You have made a profound difference in our lives, and we are truly appreciative.

Best Regards,
Dr. Rukmini Nippani



Dr. Rukmini Nippani and her loving Mother.



Trusting the Process.
Narrated by: Dr. Rukmini Nippani
Collated by: Upasna Sharma
Edited by: Satyawathi Yadav
Divine Mentors and Teachers@ Mindscan *



ISSUE 34: MAY '25

Heal and Grow

COMING TO YOU IN MAY 2025

1. Karma Healing Meditation - 1st to 5th May 2025- 5.00pm to 6.00pm IST
2. Life and Soul Healing with Master Lady Nada - 10th to 11th May 2025- 10.00am to 2.00pm IST
3. Gratitude Meditation - 12th to 16th May and 19th to 23rd May 2025- 5.00Pm to 6.30Pm IST
4. Womb Contract Healing - 27th to 30th May 2025- 5.00Pm to 6.30Pm IST.
5. Reading with Master Swami Samarth Maharaj - 23rd to 25th May- 5.00pm to 6.30pm.
6. Ahtp L1 & L2 L1 - 29th 30th May L2 - 31st May & 1st June 2025- 10am to 2pm.

Weekly Activity

Self Healing / Meditation and Earth Healing for practitioners (Wednesday)
Community Meditation Gift (Friday)



Life and Soul Healing with Master Lady Nada.

Earth is ***undergoing rapid progression through ascension and awakening.*** Multiple levels within a being's consciousness is being activated, cleansed and ***put back in alignment with the "Source - the Creator."***

Master Lady Nada from the Atlantic times, has been ***assisting all souls with learnings, understanding and higher knowledge to aid in the transformation which leads to awakening.***

When you welcome the high priestess - 'Lady Nada's' healing into your life, ***you are aiding in the healing of your body and soul.*** You get introduced into the ***'Circle of Violet Flame' and to be operational from the heart centre of 'Unconditional Love & Lights'.***

This ***high energy powerful, life and soul healing program for your personal self,*** was received as higher channelled content by Dr Pam.

Master Lady Nada's ***'Mercy Temple' in the inner planes heals your mind, body and soul.***

Key Areas

1. Activation into ***healing & meditation through the light code invocation*** from Master Lady Nada - to be ***initiated into service pathway.***
2. Induction into the ***Violet Flame Circle.***
3. ***Twin Flame Healing & Higher Self Ascension.***
4. Temple of ***Mercy Healing & Book of Life Healing.***
5. Learn ***Self-Healing for personal evolution & Spiritual ascension.***



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





Spreading the *Lights*

April, was a month of **change, growth and leading us onto the journey to the lights**. In this endeavour, every teacher and mentor of the MindScan family, continued to serve selflessly, **activating hearts, healing Mother Earth, and leading all others onto the pathway of lights**.

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. Guidance from Various Decks

Continuing from March, even in April, our team of Teachers **shared codes messages, and or affirmations from the various channelled Books and Decks of MindScan for 5 days in a week for members to practice and meditate.** Further to this, our members shared their experiences and learnings, only to be **further guided into deeper practices by our Senior Teachers for greater growth and evolution.**





Moments

Soul -Stirring & Evolving Experiences: –Heart Activation & Meditation Session

On the 11th of April 2025, our beautiful members in Mumbai, were blessed with a Heart Activation and Meditation session with none other than the Founder of MindScan, Dr Prameela Sreemangalam.

The heart activation and meditation session was **immensely and divinely transformative for each and every participant.**

Held under the guidance of the **Supreme Divine & Ascended Masters, with the Soul Lessons of Master Maha Avatar Baba Ji's Walk Free in Life Deck** (newly launched in January 2025), this **sacred gathering became a portal of Higher Vibrational Light.**

From the moment participants entered the space, the **energy began to align**—and what followed was an unforgettable journey **into the depths of heart consciousness, healing, and divine connection.**

These events, lovingly facilitated by Dr. Prameela Sreemangalam (Dr. Pam Ma'am) are **soul activations, designed to:**

1. Anchor individuals in a **supportive and nurturing spiritual collective.**
2. Open access to **instantaneous energetic transformations**, supported by Higher Realms.
3. Accelerate human and planetary ascension, **aligning each being with their truest spiritual path.**

The feedback was humbling—**souls uplifted, burdens lightened, and hearts opened**, thus bringing clarity to life's purpose; Infusing the energy with peace; and allowing **Divine Joy to permeate the inner core and essence of everyone present.** Our sincerest gratitude to all who attended and brought in these higher shifts, and to the ones who couldn't attend— more openings will come.

These light-infused gatherings are ongoing, and each one offers a **unique vibrational gateway.**

Stay connected.
Stay aligned.

Because **when you walk with the Divine, miracles unfold naturally.**





ISSUE 34: MAY'25

Mindscan Deck

Seikastu

Are you ready to **delve into your innermost self, to discover your purpose of existence whilst opening up the untold stories within for healing and resolution?** If you have, answered Yes!, to any of these questions, look no further than Dr Prameela Sreemangalam's channelled Book and Deck, "Seikastu."

Seikastu introduces the reader into a **state and approach of Zen Mindfulness**, thus guiding and helping them to master their mind through the **practice of mindfulness activities**. Harmonising oneness, success at the work place, progressing in personal relationships, improving interpersonal relationship skills, growing with beauty and health are some of the key takeaways from this book.

When you look at the cover page of the book, you are led to **reflect on the journey of your life symbolic to the golden Gingko tree**. Golden represents all that is in abundance, comes from the source of lights. The **Gingko Tree represents the longevity, strength and the boat represents your journey. Spiritual nourishment, contentment, transformation and liberation are symbolic to your life's journey.**

The **Gingko Tree is the tree of hope and sustenance which allows mankind to understand that hardships and tough situations do not last forever, they will end in time to come**. While walking on this journey we call life, man is meant to **develop friendships, weave bonds and breathe new meaning and life into their existing relationships and families, helping them to realise the deeper meanings in the walk of life.**

The traveler entails life and accepts that **wherever they are placed, they can find their strength to grow and sustain life**, while participating in Life itself. A new life of goodness, symbolic of the many good things that's going to happen to you and that **you will live to enjoy it's goodness is the meaning of this book for you.**

If you resonate, reach out to anyone on the team, to order your very own copy of Seikastu. Begin your Zen journey today.





Spiritual Health *Check-In*

As we evolve in the journey of Spirituality and Lights, we ***find ourselves moving closer to Divine*** and we start ***becoming 'who we truly are'***. Each step becomes meaningful when walked with love. ***Compassion becomes our compass***, and in every quiet moment, the universe gently reminds us: ***we are not separate from the Divine—we are a part of the unfolding.***

As we keep our ***hearts open in gratitude, minds soft with forgiveness, and spirits lightened by the art of letting go, life seems newer and better.***

This month, let us explore deeper on our journey to lights :

1. What am I *holding onto that no longer serves the peace I seek?*
2. In what ways can I *embody compassion instead of judgment?*
3. Where in my life can I *recognize and honor the blessings that I've overlooked?*
4. How can I *offer forgiveness today—to myself and/or others?*
5. Am I *reacting from past wounds or responding from present wisdom?*

Again, ***spirituality isn't about reaching the light—it's about realizing we are the light.***

Affirm : - I AM Light, I AM LIGHT, I AM LIGHT





ISSUE 34: MAY '25



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