



APRIL
2026

MIND SCAN[®]

ISSUE NO.
FORTY FIVE

CENTER OF HEALING, INNER TRANSFORMATION AND LIFE EVOLUTION

**“BY GIFTING YOURSELF THE FREEDOM, YOU UPLIFT
MOTHER EARTH.**

ASK YOURSELF : IF NOT NOW, THEN WHEN? ”

~ DR PRAMEELA SREEMANGALAM

UPCOMING EVENTS

1. MASTER BROTHERS WORKSHOP

DATES: 4TH TO 5TH APRIL 2026

TIMINGS :: 10AM TO 2PM IST

2. SOUL HEALING AND UPGRADE WITH MOTHER QUAN YIN

DATES: 6TH TO 9TH APRIL 2026

TIMINGS :: 5PM TO 6.30PM IST

3. MASTER UNICORN HEALING

DATES: 11TH TO 12TH APRIL 2026

TIMINGS :: 10.30PM TO 12PM IST

4. GODDESS LUMINA'S I AM THE LIGHT WORKSHOP

DATE: 18TH APRIL 2026

TIMINGS :: 10AM TO 2PM IST

5. READING WITH MOTHER QUAN YIN DECK

DATES: 21ST TO 25TH APRIL 2026

TIMINGS :: 4PM TO 6PM IST

6. DYSFUNCTIONAL ELEMENT HEALING

DATES: 20TH TO 21ST APRIL 2026

TIMINGS :: 5PM TO 7PM IST

7. DIVINE NUCLEI HEALING

DATES: 25TH TO 26TH APRIL 2026

TIMINGS :: 10AM TO 12.30PM IST

8. HONOURING LAND & KARMA-BHOOMI MEDITATION

DATES: 11TH TO 12TH APRIL 2026

TIMINGS :: 5PM TO 6.30PM IST

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1. PEARLS OF WISDOM

2. MASTER OF THE MONTH

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6. MIRACLES OF LIGHTS

7. HEAL AND GROW

8. BOUQUETS

9. SPREADING THE LIGHTS

10. MIND SCAN DECK

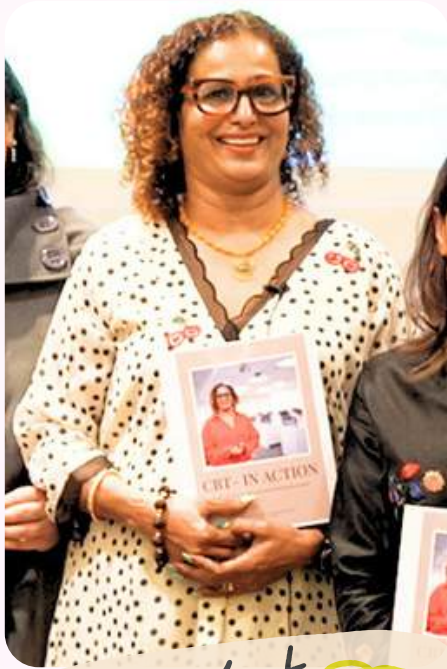
11. SPIRITUAL CHECK-IN



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Pearls of Wisdom



be the best
version of
yourself

Dear Divine Family,

As we step into April, let's recalibrate **our minds to align our consciousness with the natural rhythm and flow of life.**

The human journey itself is a life flow, embedded with an energy equation of purpose, interest, curiosity and alignment with multiple collective faculties that gives rise to the consciousness evolution.

Simply put, when there is flow in life, there's expansion and evolution.

- When was the last time that you focused upon yourself?
- When did you last take a pause, a mindful breath and reflect on your life's flow?
- What are the moments for which you're grateful?
- What are the stress triggers that you've to process, and heal to rise above, to make your journey simpler and progressive?
- Is your consciousness and awareness in alignment with the Source?

As you reflect, pause and find answers to the above, you're subtly and energetically shifting your consciousness to participate in your life's flow,

Welcome to this new phase in your life!

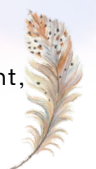
Affirm:

"I am in alignment with collective evolution and growth"

(Repeat it until you resonate with the energy.)



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





Master of the Month

MASTER ARIEL

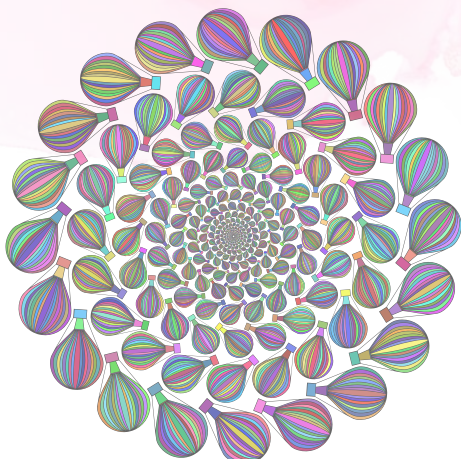
Theme: Forever Prosperity



Observe the code, breathe in the light code energy.

Affirm:

Archangel Ariel, thank you for blessing me with prosperity in all areas of my life.



Message from the Master;

Archangel Ariel is the angel who oversees prosperity. **All of the assistance, insights, and guidance that you need to create to bring in abundance, Ariel helps you to receive it.**

She helps you manifest a new job, higher productive income, and receive abundance through known and unknown sources.

Exercise to Invoke the Code of Archangel Ariel:

- 1) Light a yellow candle for manifestation.
- 2) You may consider offering a fresh flower of your choice to Archangel Ariel.
- 3) Close your eyes and establish meditative oneness.
- 4) Call for Archangel Ariel to walk into your house or office space and bless your home environment with prosperity.
- 5) Visualize the code of Archangel Ariel in your third eye area and offer the codes to each area of your house or office environment.
- 6) Once complete, open your eyes.
- 7) Eat a sweet of your choice to welcome prosperity.

Affirm:

Archangel Ariel, thank you for blessing me with prosperity in all areas of my life.

Note:

Practice the affirmation of Archangel Ariel for three weeks (21 Days) and experience abundance and prosperity blooming into your life.





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Let's *Participate*

Flow of Life **(Entering the Infinite Current)**

**The Flow of Life is not something you enter. It is something you remember.
You are not separate from the current. You are the current... experiencing itself.**

Step 1: Arriving into the Living Field (Grounding into Flow)

1. Gently settle into a comfortable position... allow the body to soften and release effort.
2. Bring awareness to your breath... **natural, unforced**... like waves arriving and dissolving.
3. Sense your body as a **field of energy**... the subtly moving, alive, responsive body essence.
4. **With each inhale, receive life... with each exhale, release control.**
5. Become aware that **you are not separate from life... you are within its movement.**
6. Allow yourself to gently arrive into the flow that is already present.

Step 2: Dissolving into the Flow of Life (7D Expansion)

1. Let your awareness expand beyond the body... as if your edges begin to dissolve.
2. Visualize a vast **river of light** flowing through all existence... subtle, intelligent, infinite.
3. Recognize that this is the **Flow of Life**... and you are not separate from it.
4. Release all effort to control or direct... allow yourself to be gently carried.
5. Feel that every moment of your life has been part of this flow... purposeful and aligned.
6. Affirm within:

"I trust the flow of life. I am the flow of life."

Step 3: Embodying the Flow (Integration into Living Reality)

1. Gently bring awareness back to the body... noticing the flow is still present within.
2. Rest your awareness at the heart... sensing a soft, continuous current of light.
3. Recognize this as your natural state – aligned, flowing, at ease.
4. Let go of the need to force outcomes... life is already unfolding through you.
5. Affirm softly:

"I move with life. I trust its unfolding. I am free within its flow."

6. Take a few slow breaths... and when ready, open your eyes... carrying this awareness forward.





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Oreo Boy Wisdom *Message*



OREO BOY WISDOM- AFRICAN GREY

The message is- **Freedom**

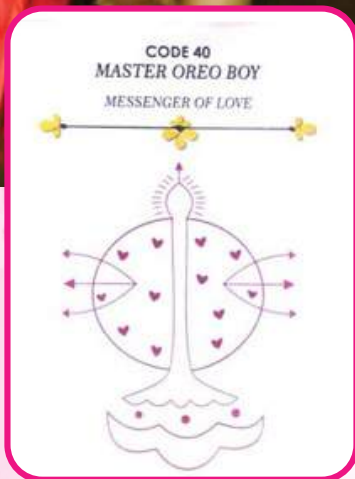
The wisdom spirit of the African Grey denotes freedom. They possess unique nature, are talented and carry innate knowledge and healing powers.

*Being a great diplomat, the African Grey is assisting you with **mediating powers** and also to help you with a situation that is **needing compromise between situations and people**.*

Should you need the guiding support and energy, you may simply ask for help from this wisdom bird.

Affirm

I Am Self-reliant and experience complete freedom.



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**



Contributed by:
Shampa Mukerjee
Meditation Mentor@ Mind Scan®

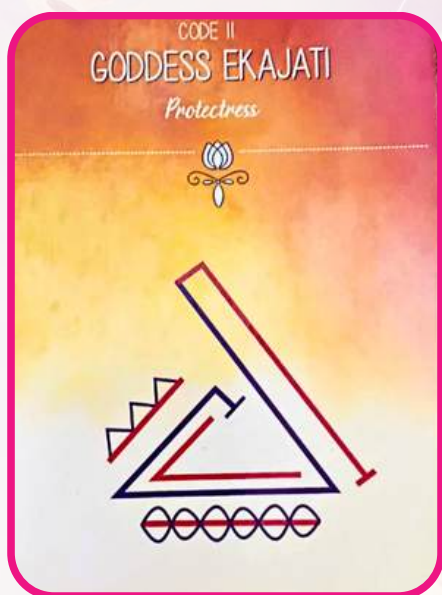




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Healing

GODDESS Ekajati
Theme: Supreme Protectress



Observe and Breathe in the Code at Heart Chakra, establishing oneness and silence at heart.

MEDITATION WITH GODDESS EKAJATI
SUPREME PROTECTRESS

The ferocious Goddess of Tibetan Buddhism, Goddess Ekajati, also known as “**Blue Tara/Vajra Tara/Ugra Tara**” is here to **safeguard your devotional and Spiritual Lineage.**

The Goddess leads you to understand your soul carries a vast amount of knowledge and spiritual powers, some of which you are aware of and practicing while being in this realized life time. This knowledge about mantras, healing, prayers, scripts and affirmations was given to you by your spiritual lineage family and spiritual teachers who came into your life or whom you followed in this lifetime or previous births. The knowledge is still strongly present within you and ingrained in your consciousness.

Sacred knowledge could only be made available to those who are being loyal, worthy and blessed with the efficacy and power of the Goddess. Your pathway towards opening the inner doors and secrets to spiritual knowledge, of mantras and powers, can be attained by the strict practice of surrender, discipline, meditation and receiving light knowledge from teachers.

STEPS TO MEDITATE

1. Establish inner silence through meditation and grounding in your heart chakra. Establish a connection with yourself.
2. Bow your consciousness to the Goddess while practicing heart meditation, spiritual surrender and obeisance.
3. Thereafter, the following prayer may be surrendered to the Goddess:

“I bow and pray to open the doors of my heart and my consciousness to unlock and access the spiritual knowledge which you have safeguarded Divine Mother...”

To be brought into the conscious awareness of the light gifted beings, who’s purpose is to serve in the service of lights and progression....

As you continue to safeguard me “Divine Mother”, I pray for all the miseries and obstacles in my life to be healed and resolved, thus helping me to be in your life realised path, until absolute ultimate unity is attained...Thank you Divine Mother.”

4. Once complete, offer gratitude and open your eyes.
5. Drink a glass of water

Contributed by:
Madhuri Putrevu
Divine Teacher @Mind Scan®





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Miracles of *Lights*

Light Journey of Special Child and an achievement

I'm **Anahita Dhabhar** a member of Mindscan family **since 2021**. My spiritual journey started with Mediumship course by **Dr Pam** after which I did many other courses like **Ancestor Healing, Master Practitioner Course** and many more.

Each and every course conducted by Dr Pam and Mentors brought profound shifts in my life as well as my family members. The **knowledge shared, invocations, spiritual practices of self healing, meditation with Ascended Masters, Goddess of Lights through many channeled decks are truly transformational and life changing**. In Mindscan we are constantly handheld and guided by Dr Pam mam, Surendraji and Teachers for spiritual practices , through various decks, light guided affirmations which helps our further ascension.

Tiana my daughter is a truly special child who had been facing challenges such as *hyperactivity and behavioral difficulties* for the past few years. Through the **compassionate guidance and healing of Surendra Sirji, including ancestral and womb healing, we have been blessed to witness remarkable positive transformations in her, both at school and at home.**

A beautiful milestone unfolded on 18th February, **when her school enrolled her in an inter-school athletic meet for special children. With grace and determination, Tiana secured 2nd place in the 100-metre race, a moment of immense pride and gratitude for all of us.**

*This stands as a touching reminder of how divine energies of Masters Lights and sacred healing can illuminate a child's path, unlocking strength, confidence, and potential. Truly, this is a classic example of how master's lights heal and miracles manifest in everyday life. Forever grateful to **Masters, Mind Scan, Dr. Pam, Surendra Sirji and Mentors.***

Om Babaji, Om Babaji, Om Babaji.

Best Regards,

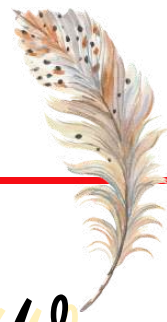
Anahita



Shared by : **Anahita Dhabhar**
Collated by: **Upasana Joshi**
Divine Teacher@ Mind Scan °



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Heal and Grow

COMING TO YOU IN APRIL 2026

1. Master Brothers Workshop

Dates: 4th to 5th April 2026

Timings :: 10Am to 2Pm IST

2. Soul Healing and Upgrade with Mother Quan Yin

Dates: 6th to 9th April 2026

Timings :: 5Pm to 6.30Pm IST

3. Master Unicorn Healing

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4. Goddess Lumina's I Am the Light Workshop

Date: 18th April 2026

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5. Reading with Mother Quan Yin Deck

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7. Divine Nuclei Healing

Dates: 25th to 26th April 2026

Timings :10Am to 12.30Pm IST

8. Honouring Land & Karma-bhoomi Meditation

Dates: 11th to 12th April 2026

Timings :: 5Pm to 6.30Pm IST

Weekly Activity

- Self Healing / Meditation and Earth Healing for practitioners (Wednesday)
- Community Meditation Gift on Instagram LIVE (Friday)

Soul Healing and Upgrade with

Mother Quan Yin And Empowering Minds LARN Lessons

Description:-

"Where there are cries of Human sufferings there are Karmas Created. Mother Quan Yin's thousands of arms sensing the afflictions extends it to all alleviate all the sufferings and thus gifting Mother's mercy to heal the karmas"

The Powerful New Launch of **Soul Healing and Upgrade with Mother Quan Yin and LARN Lessons** is going to Help You At Multiple Levels of SOUL Healings with offloading of karmic baggages, gifting strength and the blessings of Divine Mother Quan Yin to Fly High.

Additionally, The Lessons and The Affirmations from Empowering Minds LARN, is significant helping and aiding to walk the path of Light by attaining Complete freedom.

Benefits:

1. Evolve with Soul Strength.
2. Undergo deep Spiritual Cleansing and Closures.
3. Walk into a Space of Evolution.

Contributed by: **Sunitha R & Madhuri Putrevu**
Divine Teachers @Mind Scan®





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Bouquets

TESTIMONIAL - Womb Contracts Healing Meditation

"I'm a newcomer here. This was my first experience with Mind Scan and Womb Healing. **I'm Nithya from USA.**

Nirmala Ma'am: Your loving presence is so palpable. Even before you started the healing, I could feel your **love radiate**. I cannot express my gratitude enough for the healing sessions. They were so beautifully guided. Each day, I went deeper and deeper. In one of the sessions, **I was in such a trance state or a surrendered state; I don't remember what happened. All I know is that I was enveloped by love and light.**

Sunita Ma'am: Thank you for your **gentle and kind support**. You said a beautiful thing about healing happening in **surrender**. I will carry that lesson with me.

Dr. Pam Ma'am: Thank you for this womb-healing meditation blessing. It was so **intuitive and heart-opening**. The mind scan tree of lights was my favourite part of this course.

My gratitude to all the fellow students. It was amazing to be in community with all of you.

In surrender to the Goddesses!

Nithya



Compiled by:

Sonali Jain

Meditation Mentor @Mind Scan®





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Spreading the *Lights*

As we step up in the month of April our heart blooms with spring vibes. The alchemy of this month brings in transformational shifts to welcome the **Flow of Life**. This journey entails each one of us to grow to learn to unlearn to accept and internalize our thoughts, actions and our purpose towards our path. Each lesson teaches us to integrate the soul lesson and keep **flowing in Life**. Every situation every step is aiding to our soul strength, aligning us to our mind, body and soul!



Heart Activation on Instagram Live (Friday)

Under the guidance of our founder Dr Pam ma'am, Mindscan host weekly Friday Community Meditation gift, is open to practitioners and seekers. The community meditation is a guided meditation activity to activate the spiritual hearts through the lights of Ascended Masters, aiding in their healing, spiritual growth and evolution.



Self Healing, Mediation with Masters and Earth Healing (Wednesday)

We here at Mindscan invite members inducted into the Self-healing process to join our sr. teachers to undergo a guided self-healing session and contribute to our Mother Earth to elevate the collective consciousness and Ascension. It energize us to activate the power of a Spiritual Community. To participate in this guided powerful session one has to undertake major programs of Mindscan.

Master of the Week (Monday)

To remain in Alignment with the Strength, our Group of Divine Teachers and Mentors share the life changing Master's code with the understanding and steps to meditate as per the channelled Master Divination Deck. Unables every seeker to stay in the truth of lights now, today and Eternally.

Mahachohan Ragoczy Board Meet Up (Delhi)

We aligned together to release our Life blocks, stuck energies, old habits and traits with this channelled Board game which reminds us the strength of empowering spiritual community. Each one of us experienced sudden powerful shifts instantly. Under this high energy meet up everyone opened up and freed their consciousness by shredding the old baggages to welcome healed life. It cheered up every seeker with joy and Oneness while enjoying the beauty of Nature which aided in Mother Earth Ascension. Under the guidance of our visionary Dr Prameela Sreemangalam, we constantly learn to navigate Life with the supreme strength of Ascended Masters of Light, to ignite our true Purpose. Yes, we truly believe that we are the Child of Lights, made in the image of Divine which enables us to tap into our inherent divine qualities and super powers.

Would you like to be part of our Global Community ?

Compiled & Essence shared by:
Parul Malik
Mentor @Mind Scan®





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Mind Scan Book

FLOW OF LIFE WITH MASTER BROTHERS

Life Purpose Divination Deck

Life, in its deepest essence, is not meant to be forced – it is meant to be allowed. **The Ascended Master Brothers – Jesus and St Germain gently remind us that the universe itself moves in a sacred rhythm.** Rivers do not struggle to reach the ocean; they flow naturally toward their destiny. In the same way, our soul carries within it an inherent movement toward light, truth, and divine fulfillment.

Often, it is the mind that interrupts this sacred current. Sometimes man goes through a phase in life where he feels stuck. **Fear, control, and attachment create inner resistance, causing us to feel as though life has become heavy or stagnant. Yet the Master Brothers teach that the moment we soften our grip and return to the stillness of the heart, the natural flow of life resumes.**

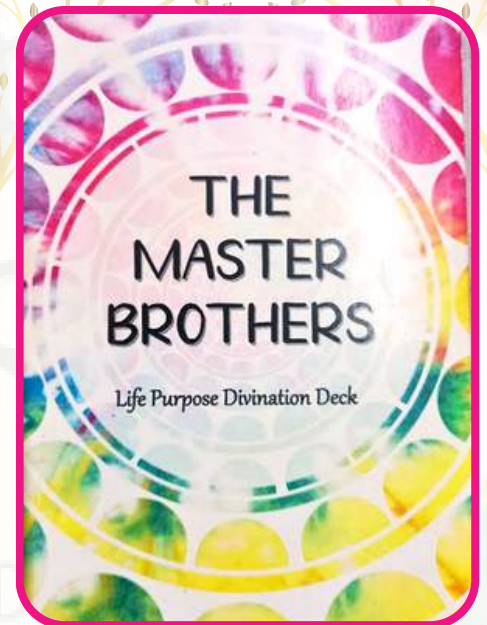
To live in the flow of life is to trust the unseen intelligence guiding every step of our journey. It is the quiet knowing that every experience – whether joyful or challenging – carries within it a divine purpose for our awakening.

“The Master Brothers” deck is a channelled and guided reception of **40 Lessons from the Great Ascended Masters – Jesus and St Germain.** Each lesson with a meditative exercise is a gift to mankind to aid in their life purpose journey, spiritual ascension and flow of life.

The Master Brothers hold a field of wisdom that helps dissolve the illusion of separation. In their presence, we remember that we are not isolated individuals struggling through life; **we are part of a vast spiritual current moving toward higher consciousness.**

When we align with this current, life begins to unfold with greater grace. Synchronicities appear, guidance becomes clearer, and our actions arise from a place of inner harmony rather than effort.

Each of the 40 Lessons when practiced through inner awareness and happiness, makes one reflect that – **The flow of life is not passivity; it is a sacred alignment.** It asks us to listen deeply, to trust the wisdom of our soul, and to walk forward with openness and faith. Each of the 40 Lessons offers a theme and guidance, which enables transformations, and shifts our awareness gently guiding it to the Divine rhythm – where peace replaces struggle, clarity replaces confusion, and our path becomes illuminated from within.



Compiled by:
Vijyalakshmi Panikar
Meditation Mentor @ Mind Scan®





Spiritual Health *Check-In*

Life moves like a river: sometimes calm, sometimes torrential, but always forward. The flow of life carries our choices, relationships, and moments of growth. Recognizing patterns in that flow—where we resist, where we surrender, and where we steer—can change how we navigate challenges and appreciate opportunities. This newsletter explores ***how awareness of life's currents can help us live with more clarity, purpose, and resilience.***

- What small change could make today feel different?
- When do you feel most in sync with life's rhythm?
- How do you decide when to paddle harder, when to steer, and when to let the flow carry you?
- Where do you notice energy leaking away?
- When was the last time you followed curiosity instead of certainty?
- What would you try if failure didn't matter?
-

Seeing life as a flow invites curiosity instead of judgment. Small adjustments—shifting attention, changing a habit, or asking a single better question—can redirect your path over time. Embrace the current: cultivate awareness, choose when to act, and honor the journey as much as the destination

Go by flow of life !





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Contact Us

MEET THE TEAM



**DR PRAMEELA
SREEMANGALAM,
FOUNDER**



**SRINDAR SINGH
ADVISOR**



**SAJAN SREEMANGALAM
ADVISOR**



**SATYAWATHI YADAV
EDITOR-IN-CHIEF FROM LIGHTS**



**SUNITHA R
WRITER**



**MADHURI PUTREVVU
WRITER**



**UPASNA JOSHI
WRITER**



**CHARU DHINGRA
WRITER & EDITOR**



**NAGALAKSHMI K S
WRITER & EDITOR**



**PARUL MALIK
WRITER**



**VIJAYALAKSHMI PANIKAR
WRITER**



**SHAMPA MUKERJEE
WRITER**



**SONALI JAIN
WRITER**



wellness@mindscancenter.com



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