

CENTER OF HEALING, INNER TRANSFORMATION AND LIFE EVOLUTION

“EVOLUTION IS A CONTINUOUS PROCESS OCCURRING
FOR ALL BEINGS”

~ DR PRAMEELA SREEMANGALAM

UPCOMING EVENTS

1. MINDSCAN LIGHT FAIR IN DELHI - IN PERSON

6TH DEC 2025 (4:30 TO 6:00PM IST)
7TH DEC 2025 (10:00AM TO 4:00PM IST)

2. MINDSCAN LIGHT FAIR IN LUDHIANA WALK FREE IN LIFE - IN PERSON

20TH AND 21ST DEC 2025
10:00AM TO 5:00PM IST

3. GRATITUDE AND MINDFULNESS MEDITATION SESSION - IN PERSON (MUMBAI)

11TH DEC 2025
12:00 PM TO 04:00 PM IST

4. KARMA HEALING MEDITATION GUIDED BY MASTER ST GERMAIN

02ND TO 6TH DEC 2025
5:30PM TO 6:30 PM IST

5. HEALING WITH MASTER UNICORN

6TH TO 8TH DEC 2025
4:30PM TO 6.30PM IST

6. DIVINE LIGHT RADIANCE

13TH DEC 2025
10:00AM TO 2:00PM IST

7. SEED OF FORGIVENESS HEALING WITH MOTHER QUAN YIN

14TH DEC 2025
4.30PM TO 6:30PM IST

8. HEART ACTIVATION AND MIND STRENGTHENING WITH MASTER YOGANANDA PARAMAHANSA

30TH DEC 2025
5:00PM TO 6.30PM

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. BOUQUETS

9. SERVING THE LIGHTS

10. MIND SCAN DECK

11. SPIRITUAL CHECK-IN



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Pearls of Wisdom

Dear Divine Family,

As we embark on the enchanting journey of December 2025, let us immerse ourselves to be grateful for this month and the year. So beautifully divine love and light is enveloping and taking us ahead.

In the midst of life's whirlwind, it's easy to lose sight of our inner sanctuary, our spirit's haven. Yet, dear one, you are not adrift; you are anchored in the infinite power of the universe.

Take a conscious breath, and allow the weights that bind you to gently dissolve. Feel the earth's gentle support beneath your feet, a reminder of the unshakeable foundation that grounds you. As you exhale, envision the shadows of doubt and fear dissolving, making space for the light of your true essence to shine forth.

You are a luminous being, imbued with the spark of divinity. Every trial, every triumph, has led you to this moment of awakening. Trust that you are precisely where you are meant to be, and that the universe is conspiring to guide you toward your highest potential.

As you travel the joys and many blessings of this month, remember to pause, breathe, and reconnect with the sacred strength that resides within. You are a masterpiece of the divine, a symphony of love, wisdom, and resilience. May your heart be filled with joy, your spirit be lifted by hope, and your soul be nourished by the infinite love that surrounds you.

May this December be a celebration of your inner light, a testament to the transformative power with healing, and a reflection of the boundless love that you are.

Affirmation for Grounding

*"May I be grounded in divine strength,
Rooted in love, and anchored in peace.
As I trust in the universe's plan,
And shine my light, for all to see."*

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

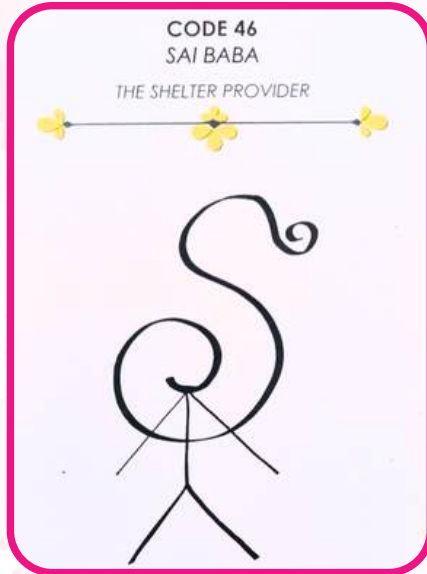




Master of the Month

MASTER SAI BABA

Theme: THE SHELTER PROVIDER



Observe the code, breathe in the light code energy.

Affirm:

Om Sai, Shiv Shakti Sai

Om Sai, Shiv Shakti Sai

Om Sai, Shiv Shakti Sai

**Thank you for protecting me with
Your Divine shelter and home**

Message from the Master;

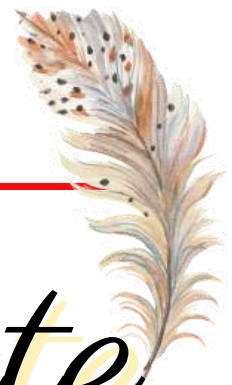
Shri Sai Baba of Shirdi lived between 1838 and 1918 and his real name, birthplace, and date of birth are not known. An Indian Spiritual Guru and a fakir that transcended the barriers of religion, Sai Baba of Shirdi was regarded with great reverence by both Hindu and Muslim followers.

Sai's code draws energy from the source of the universe and circulates it to the flow of life, assisting in the path of life, gifting shelter and protection to the seekers. **Sai Baba represents holiness, purity, and peace, and through these Divine qualities,** Sai Baba's mission upon earth is to help restore people's belief in God. He is the provider of everything that his followers demand through the solutions he gives and what he wants his people to receive. His larger missions on Earth included the creation, sustenance, and evolution of mankind to that state of godliness.

Amongst the Divine teachings of Baba, the principles of "**Shraddha and Saburi**" are significant for reverence, faith, patience, and perseverance towards the path of achieving the Divine's goal. And to achieve this, one should be in state of surrender, free from expectations and greed, thus empowering the wisdom consciousness of mankind.

If you are a seeker of shelter, home or institution to serve the Divine purpose of life, Sai asks you to wear white on Thursday and offer gratitude and surrender to Him and allow miracles to happen in your life.





Let's Participate

GROUNDING IN DIVINE STRENGTH

Introductory: As you have been journeying with us for almost two years now, let us gently descend into the deeper layers of our inner world. Let us dive into the subconscious imprints and the vastness of the unconscious mind waiting to be awakened.

ANCHORING INTO DIVINE STRENGTH

1. CENTER THE SELF

- Gently close your eyes. Place one hand on your heart, and one on your navel. And feel the warmth of your own presence.
- Now imagine you are entering the quiet inner corridor of your mind; this is the space beneath your thoughts, beneath your emotions, beneath all the noise of the day.
- **This is the doorway to your subconscious.** The place where ancient imprints rest, and where new beginnings are born. Centre here, and take another deep breath.

2. MEETING DIVINE STRENGTH WITHIN

- In this soft inner space, bring your awareness to the idea of Divine Strength. Not as discipline, nor as force, but as a warm, luminous presence. A golden ball of light at your heart.
- Let it glow softly, let it expand without effort, let its warmth embrace you.
- Now ask yourself, silently: ***“What does Divine Strength mean to me?”***
- Let the question float in your consciousness. Do not search for an answer. Allow it to rise naturally, like a whisper from within. **Feel... observe... receive.**

3. FEELING THE PRESENCE

- Bring your breath into your heart space. As the golden light expands, ask yourself: ***“How does Divine Strength make me feel?”***
- Notice any sensations, the essence, the feeling – warmth, peace, courage, stillness, a quiet certainty or simply a gentle presence. Let whatever arises come without judgment.

4. ANCHORING INTO THE DIVINE

- Now, imagine this golden light flowing upward to your mind, downward to your roots, and outward into every cell of your body.
- With a soft smile, ask within: ***“What do I experience when I anchor my will, my focus, and my consciousness in Divine Strength?”***
- Feel your energy realign, feel your mind steady, feel your entire being held by something higher, kinder, and infinitely supportive. Let the light show you how effortlessly strength can flow when it comes from the Divine within you.

5. INTEGRATION

- Take a slow breath. Feel this Divine Strength settling into your heart, mind, nervous system, and your energy field.
- Know that you can return to this space anytime; **to remember who walks with you, what breathes through you, and how it strengthens you from within.**

6. CLOSING

- Gently wiggle your fingers, your toes, bring awareness back to the physical space.
- Take one final deep breath in and exhale with a sense of **gratitude.**
- When you're ready, softly open your eyes, **carrying this Divine Strength with you, anchored, awakened, and alive.**

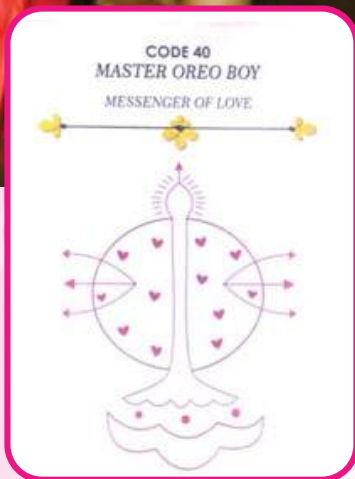




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Oreo Boy Wisdom *Message*



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**

OREO BOY WISDOM-GIRAFFE

The message is- **Divine Assistance**

*The wisdom spirit of the Giraffe asserts that it is time now for you to **rise above earthly matters, observe dignity and honour at heart.***

Within you lies the innate power to observe and acknowledge the farsighted vision with valour and strength. Observe any threat coming your way. With far sightedness and excellent vision, you can prepare to protect yourself in advance to prevent any damage.

With higher perception, inner awareness and protection, you are continuing to reach greater heights.

Affirm

"I am constantly receiving reliable knowledge."



Contributed by:
Shampa Mukerjee
Meditation Mentor@ Mind Scan®





Healing

Goddess Ambika
Theme: Divine Appearance



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

MEDITATION WITH GODDESS AMBIKA
DIVINE APPEARANCE

“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 When ready, call for the Goddess Ambika energy
3. Reconnect with Goddesses Blessings by observing meditation after connecting with the code.
4. If you are guided to bring the Goddess into your home, you may choose to create an altar or find a place it in your temple where you can be mindful to connect with the Goddess from your heart.
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. Drink a glass of water

Contributed by:
Madhuri Putrevu
Divine Teacher @Mind Scan®





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Miracles of *Lights*

A Journey Reshaped by Divine Healings – September to October 2025

With deep gratitude, we share the profound healing journey of **Ms. Gurpreet Dhingra Ji**, whose recovery beautifully reflects the power of Divine Healings channeled with unconditional grace.

When she was admitted to the ICU on **13 September** with severe varices, internal bleeding, and an Hb of 6.9, medical care provided stability – but it was the invaluable and **unconditional daily healings carried out by Dr Pam Ma'am (The Super-transcended, Enlightened Medium of Light)**, and the team of profound Healers at Mind Scan, that began transforming her energy field from the very first night. Alongside this, the countless ancestral healings graced by **Surendra Sir Ji (The Universal Healer)**, laid a deep spiritual foundation of Light, **clearing karmic density and strengthening her inner channel** during an extremely fragile phase.

The healing protocols – **Gut & Liver Healing, Ancestral Clearing, Negativity Resolution, and Karma Healing** – infused her aura with Masters' Light Codes, **Mother Quan Yin's compassion, and Master Sai Baba's lessons**.

By **14 September**, even before physical strength returned, she began absorbing Light with ease, resting deeply, and showing subtle physiological responses aligned with the healings. **When she was discharged on 16 September**, her vitals had normalized faster than predicted, her Hb started rising, and a gentle spiritual receptivity emerged – a clear reflection of the Lights she was receiving daily.

Over the next days, the cumulative effect of Dr Pam Ma'am and The Team's healings and Surendra Sir Ji's ancestral clearings became undeniable. **By 30 September**, her Hb increased to 9.1, fasting sugar stabilized, and her face and energy carried a new brightness. She surrendered more deeply each night as she continued receiving the Divine Lights, entering reflection, gratitude, and inner grounding.

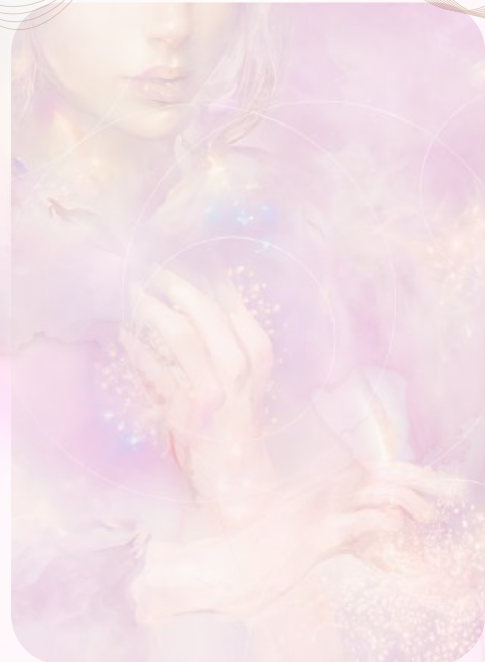
The most extraordinary shift came with the **18 October follow-up endoscopy: all varices had reversed, the glued section healed seamlessly, and medication was reduced to minimal maintenance**. Yet beyond the medical triumph, her inner changes were even more significant – she began honouring her body, respecting her mind, embodying gratitude, and returning to laughter that had been absent for long.

This journey stands as a living testimony to how Divine Healings channeled with purity, accuracy and profound strength by **Dr Pam Ma'am** and the profound ancestral clearings led by **Surendra Sir Ji**, along with the Healings by the profound Team and Mediums **Sunitha Ma'am, Madhuri Ma'am, Upasana Ma'am, Parul Ma'am and Vijya Lakshmi Ma'am**, elevated physical recovery and awakened soul-level shifts that medicine alone cannot explain.

Om Babaji Om Babaji Om Babaji.

Best Regards,

Charu

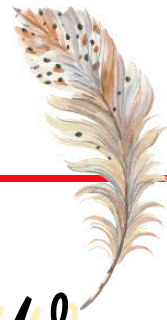


Written by: Charu Dhingra
Collated by: Nagalakshmi KS
Divine Teachers@ Mind Scan *





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Heal and Grow

COMING TO YOU IN DECEMBER 2025

1. MindScan Light fair in Delhi - In Person

6th DEC 2025 (4:30 to 6:00pm IST)

7th Dec 2025 (10:00am to 4:00pm IST)

2. MindScan Light fair in Ludhiana Walk Free in Life - In Person

20th and 21st Dec 2025

10:00am to 5:00pm IST

3. Gratitude and Mindfulness Meditation Session - In Person (Mumbai)

11th Dec 2025

12:00pm to 4:00pm IST

4. Karma Healing Meditation Guided by Master St Germain

02ND to 6th Dec 2025

5:30pm to 6:30 PM IST

5. Healing with Master Unicorn

6th to 8th Dec 2025

4:30PM to 6.30pm IST

6. Divine light radiance

13th Dec 2025

10:00am to 2:00pm IST

7. Seed of Forgiveness Healing with Mother Quan Yin

14th Dec 2025

4.30pm to 6:30Pm IST

8. Heart Activation and Mind Strengthening with Master Yogananda Paramahansa

30th Dec 2025

5:00pm to 6.30pm

Weekly Activity

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

DIVINE LIGHT RADIANCE WORKSHOP

Description:-

This channeled workshop received through download from the Lights of Ascended Masters, Lessons of Mercy Divine, holds the **divine key to activate the receiver's hearts with healing, awakening and ascension.**

During the meditative workshop, the four lessons of Divine , which is relevant for today's humanity is integrated through invocation within the consciousness through "**Command Affirmations**".

This aids in the powerful flow of **Compassion, Forgiveness, Unconditional Love, Strength and Power to Let-Go.**

Would you like to be a part of this Light guided meditation Ascension Program?

Then this note is a direct call for you.

Suitability :

For all individuals (males and females) age 18+ and above:

1. Who are wanting to participate in the journey towards healing self and ascending in lights.
2. Looking for healing and resolutions in life.
3. Activate their journey to attain freedom from baggage: Spiritual, Present Life, Past and Ancestral.
4. Who are looking for Peace and Spiritual strengthening.
5. Who are over thinkers, experiencing difficulties with Sleep and wanting to offload Stress from Mind.

Benefits :

1. Get freedom within mind.
2. Attain emotional healing and integration with Peace.
3. Experience lightness with energy of baggage getting offloaded.
4. Get initiated and activated into Self-Healing Process.
5. Experience Spiritual Ascension and Clarity.
6. Experience inner freedom, alignment and progress in life's flow with strength.

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





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Bouquets

TESTIMONIAL - Maha Avatar Babaji's Level 1 Workshop

*(By Parents of **Reesha Jain**, a 2 years old child)*

Reesha was guided by the Spirit Source to attend L1 workshop for spiritual awakening and ascension.

Although, we were wondering as to how she would attend a class so rooted in spirituality, being only a young child; but to our sweetest surprise, **she attended the workshop with complete attention, enthusiasm and grace of God.**

The remarkable shifts and notable transformation that we, as parents, have observed within Reesha are:

1. **A radiant growth spurt:** Almost suddenly, she has blossomed from a baby into a bright, expressive young toddler.
2. **A remarkable bloom in intellect:** Her conversations are coherent, and filled with a new sense of awareness.
3. **Enhanced activity and maturity:** She engages more, expresses herself clearly, and displays a maturity perfectly aligned with her age.
4. **A gentle rise in soul awareness:** At a deeper level, her soul feels ascended; she naturally gravitates towards and enjoys the company of light-guided, positive beings.

Soulful gratitude for the wonderful sessions **Surender Sir**, under the guidance of **Dr Pam Ma'am**. Thank you, Mind Scan Team for supporting the ascension of our blessed, Divine Child of Lights; right from the day her journey began within my womb.

Oreo Boy Oreo Boy, Love you, Oreo Boy.



Compiled by:

Sonali Jain

Meditation Mentor @Mind Scan®





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Spreading the *Lights*

The Month of December brought a beautiful theme of rooted and “**Grounded in Divine Strength**” with collective growth.

To activate the spiritual hearts under the radiance of **Dr. Prameela Sreemangalam and our Divine Teachers and Mentors**, and to walk collectively on the journey of ascension and evolution, multiple in-person and online events were scheduled in November. Rendering deeper knowledge, insights, understandings and wisdom through channeled decks, books, online and in-person workshops and Mind Scan Light fairs.

1. Goddess Healing Circle (Delhi)

To radiate the divine shakti within and release old stuck energies in the womb chakra we all collected and gathered for a 3 grid goddess healing circle to experience the strength of the lights and welcome the goddesses love and lights to penetrate the grounding with Divine strength. In person meeting uplifted all of us and filled our hearts with inner joy.

2. Reading session with Lord Oreo Boy (Siliguri)

All the seekers joined in-person to experience an evening with grace where the divine speaks through gentle wisdom, soulful laughter and moments of light. Reading session with Master Oreo Boy activated the heart with Self love and gentle release the layers of self doubts old conditioning ,belief systems, and grounded with divine strength and filled with confidence. To embrace self with kindness and radiate lights activated hearts every participant was filled with immense love and lightness.

3. Meditation Gifts(Friday)

For collective Ascension and growth, to introspect the truth of our present birth to align with inner strength grounded with love and lights.

Mind Scan facilitate Community Meditation on Instagram Live with our divine teachers and Mentors, every Friday through which it is activating multitudes of hearts aligning towards the Oneness. A step to bring closer to higher self to radiate the inner light more brightly.

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

All the seekers of lights who have attended major flagship workshop, learn to recharge their soul with divine strength with the art of SELF HEALING.

It works at very deeper level which releases the blocks and heal the being with divine strength to spiritually raise the vibrations collectively to bring dimensional shift at Earth healing.

5. Master of the Week (Monday)

Heart awakening and to welcome flow of life ,every Monday our Divine Mentors share the insightful and channeled Masters deck along with their powerful codes and relevance for the entire Mind Scan family to elevate their awareness to solution based scientific presence. Rising to healed consciousness.



Compiled by:
Parul Malik
Meditation Mentor @Mind Scan®





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Mind Scan Book

MASTERS' DIVINATION CARDS

For Personal Ascension, Inner Healing & Spiritual Awakening

To be **grounded in Divine strength is to stand firmly in the eternal truth of who we truly are, beings of light, anchored in the heart of the Divine.** It is a sacred remembrance that real strength is never forceful; it is presence. It is not resistance, but alignment with Divine Will.

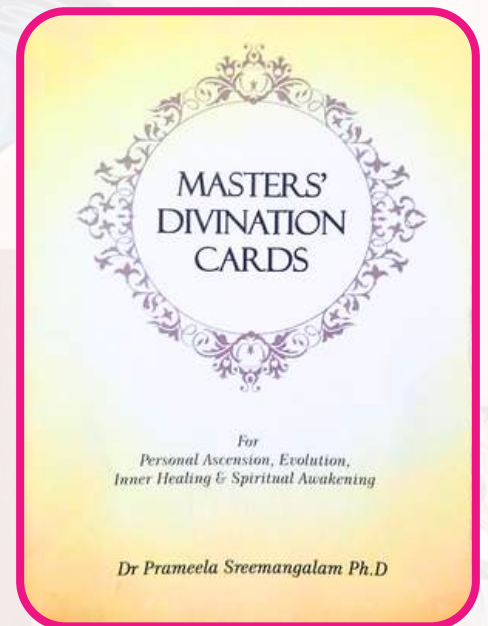
As we walk this spiritual path, we remember: to be grounded in Divine strength is to allow our roots to grow deep into love, while our branches reach upward toward the Light. When we are anchored in this way, outer chaos, emotional turbulence, and fear cannot shake us. We move through life with centered awareness, calm, strong, and rooted in higher purpose.

The **Ascended Masters are beings who have transcended into higher dimensions, continue to walk with us.** Their presence is gentle, loving, and unwavering as they guide humanity's evolution.

Masters Divination Cards, created by Dr. Prameela Sreemangalam, is a powerful spiritual tool for personal ascension, inner healing, and conscious evolution. This divination deck contains **56 Codes of Ascended Masters, each one a divine activation key connected to higher consciousness.** These codes are a sacred gift to humanity, supporting our awakening and strengthening the soul's journey.

Each Master's code carries a unique vibration, message, and purpose. They illuminate clarity, deepen intuition, and help you align with your inner vision and soul call, empowering you to serve humanity with the guidance of the Masters. Their presence steadies the mind, strengthens the heart and awakens the souls' innate ability to heal, rise, and shine. ***Walking with the Ascended Masters is a return to the power already within.***

Om Babaji, Om Babaji, Om Babaji...!



Compiled by:
Vijyalakshmi Panikar
Meditation Mentor @ Mind Scan®



Spiritual Health *Check-In*

Being grounded with divine strength means **finding steady roots in a presence larger than ourselves. It's the calm center that holds us when life feels uncertain—drawing towards Lights**

This grounding doesn't remove struggle, but it gives us a dependable source of courage, clarity, and resilience. As we practice simple spiritual habits and listen with open hearts, we begin to move through daily life with greater peace and the quiet power that comes from being sustained by the Divine.

Today, let us do a quick Check-In:

1. *Which longing or question keeps drawing me toward the spiritual life right now?*
2. *What does “divine strength” look like in my daily life right now?*
3. *How can I practice gratitude to deepen my sense of being held and sustained by Divine?*
4. *What one small practice can I try this week which makes me grounded?*
5. *What affirmation do you use to feel connected and grounded?*





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Contact Us

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SPREADING THE LIGHTS ACROSS:

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