

CENTER OF HEALING, INNER TRANSFORMATION AND LIFE EVOLUTION

“EVOLUTION IS A CONTINUOUS PROCESS OCCURRING
FOR ALL BEINGS”

~ DR PRAMEELA SREEMANGALAM

UPCOMING EVENTS

1. DUBAI LIGHT FAIR

DATE - 21ST TO 22ND FEB 2026

2. PURE MEDIUMS- 5 DAYS

DATES-

7TH TO 8TH (SATURDAY TO SUNDAY)

13TH TO 15TH (FRIDAY TO SUNDAY)

TIME - 10:00AM TO 2:30PM IST

3. WOMB CONTRACT HEALING

DATE - 9TH TO 12TH FEBRUARY 2026

TIME - 5:00PM TO 6:30PM IST

4. DECK LAUNCH BUDDHA BLESS + ONE MORE

DATES - 14TH FEB 2026

TIME - 4:30PM TO 6:00PM IST

5. READING WITH MASTER OREOBOY

DATE - 17TH TO 20TH FEB 2026

TIME - 5:00PM TO 6:30PM IST

6. MASTER SWAMI SAMARTH WORKSHOP

DATE - 15TH FEB 2026

TIME - 10:00AM TO 2:00PM IST

7. INNER CHILD & SHADOW HEALING

DATE - 28TH FEB 2026

TIME - 4:00PM TO 8:00PM IST

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. SPREADING THE LIGHTS

10. MIND SCAN DECK

11. SPIRITUAL CHECK-IN



ISSUE 43: FEB'26



Pearls of Wisdom



Dear Divine Family,

This month's newsletter focuses on the **transformative theme of Self-Love** – a powerful nourishment for healing, balance, and spiritual growth. By embracing self-love, we create space for **progressive health, self-expression, and alignment with our higher values**.

Self-love must be a daily practice that rewires our mind, body, and heart, profoundly impacting our lives. It supports acceptance, self-compassion, and reduces any internal resistances. By loving and accepting ourselves, we shift to a space of nourishment, overcome self-judgment, and prioritize our **evolution through meditation, journaling, and self-reflection**.

How to Cultivate Self-Love:

1. Catch self-judgemental thoughts and try to *work upon it with breath-work*.
2. Speak to yourself and *increase practising compassion towards self*.
3. *Set boundaries* from people, habits, tasks, that drains you.
4. *Prioritise Self-care* by sleeping on time, physical exercise, enjoying nourishing food and listening or playing music.
5. *Forgive yourself*, and overcome emotional baggage *through healing*.
6. Practice affirmations and positive self-talk to *rewire your neural pathways with clarity and confidence*.
7. Increase social connection by developing *newer higher energy* and progressive friends/ associations who brings out the best in you.

Reflect and Practice:

“With self-love, I am growing boundlessly. I am open to growth through self-love.”

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





Master of the Month

MASTER YOGANANDA PARAMHANSA
Theme: Healing Inner Self

Message from the Master;

Paramahansa Yogananda, an Indian Yogi, and Guru lived from 1893 to 1952. This code has come as a message of awareness for mankind that the union of mind and body aids in the awakening of the soul, which is the path of self-realization, liberation, freedom, and communion with the Divine.

Truth always guards the knowledge, and for the being in the spiritual path, one has to apply learnings that they acquire through the senses for the inner arousal of awakening. In the awakened state, everything is revealed through the senses to the mind. They are learnings from previous lifetimes and are relevant to the present because each day reveals our purpose in the Divine plan.

The seven chakras are the connections between the inner senses, which are constantly resonating and vibrating with the truth energy of the Divine.

And the more one is in the awakened state of oneness with the Divine, the more effective the higher work of the Masters and the Divine can be performed.

You are in a phase of life where the awakening of spiritual senses has already begun and the Yogi is guiding you to undertake yoga, physical exercise, and meditation as practice without expecting the outcome, yet in total surrender.

These are the paths to invoke the truth energy of God in the consciousness of a human being, and through this mediumship, you are being guided towards being a guide to many, which is one of your life's purposes and plans.

Affirm:

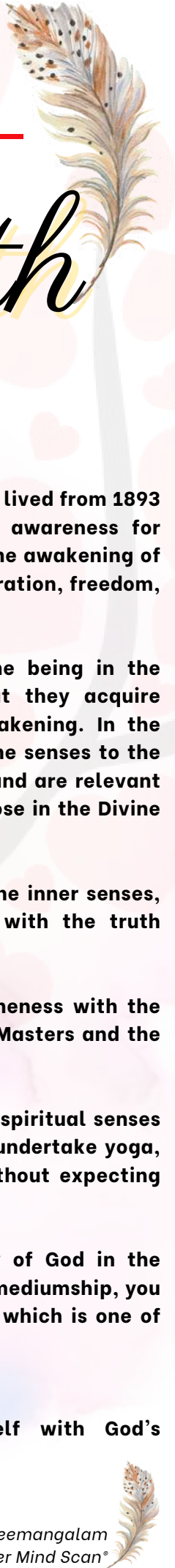
I Am a seeker of truth and energize myself with God's consciousness at all times.



Observe the code, breathe in the light code energy.

Affirm:

I Am a seeker of truth and energize myself with God's consciousness at all times.





Let's Participate

POWER OF SELF-LOVE : *Returning to the Heart*

Purpose: To awaken the vibration of unconditional self-love, clear energetic blockages around self-worth, and realign with the frequency of wholeness.

Phase 1: Opening the Gate of Stillness

1. Sit in a comfortable, upright posture. Gently close your eyes.
2. Breathe as if each breath is a tide returning to the shore.
3. Feel the rhythm of your heart, ancient and eternal, calling you inwards. Silently affirm:

"With this breath, I surrender, I come home to myself.

I open the door to my own love."

4. Allow silence to become a living present : *it is still, radiant and full of promise.*

Phase 2: Heart Coherence Meditation

1. Place one hand on your heart and one on your abdomen. Inhale deeply for 4 counts, feeling the heart expand with light. Exhale for 6 counts, releasing tension stored in the body.
2. With each breath, visualize a soft golden light radiating from your heart, expanding through your chest, enveloping your entire being.
3. Affirm inwardly as many times as guided: ***"I am Love. I am Light. I am Peace. I AM PRESENCE."***
4. As this energy grows, imagine it connecting outward – *to your cells, your memories, your inner child.*

Phase 3: Reunion with The Child of Light within

1. A soft path of rose light appears before you. At its end stands your younger self – eyes innocent, spirit pure. Walk slowly toward them.
2. Kneel, place your hands over their heart, and say:
"Beloved one, I see your light. I honor your journey. I love you forever."
3. Experience them softening and feeling empowered; *their warming laughter becoming a song in your soul.*
4. Let the child smile, and allow this pure, innocent version of you merge back within your heart centre.

Phase 4: The Rising Spiral with Energy Activation

1. Bring awareness to the **energy centers (chakras)** – **root, sacral, solar plexus, heart, throat, third eye, crown.**
2. Imagine a spiral of soft pink and green light moving up your body, clearing any residue of self-judgment.
3. Feel each chakra expand and realign in harmony. Use the mantra softly:
"Love flows through me. I honor the divinity within."
4. Visualize the energy spinning freely – *you are resetting your self-worth frequency to unconditional love.*

Phase 5: The Homecoming & Inner Gratitude

1. Take a deep breath. Bring palms back over your heart. Reflect briefly:
 - **What part of me needs gentler acceptance today?**
 - **What qualities of love can I now embody more fully – compassion, forgiveness, joy?**
2. Finish with three grounding breaths and express gratitude to your body, your soul, and your higher self.
"Thank you for reminding me who I truly am – infinite love, manifested in human form."
3. Allow this energy to linger in your auric field for the rest of the day.

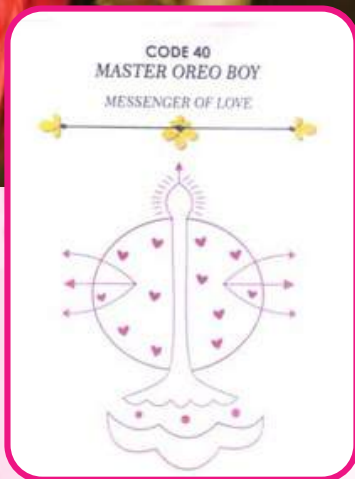




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Oreo Boy Wisdom *Message*



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- PANTHER

The message is- **Unfolding Self**

*The wisdom spirit of the panther is guiding you to **heal the shadows of fear within and replace them with valor and courage.** It is time for you to start living your dreams, discover your inner talents, desires and welcome new meaningful chapters in your life.*

For understanding the meanings, connecting with a Coach/ Guide, Mentor would be helpful. As you unfold the layers of darkness, you are guided to connect with the Light and Truth of creation.

Here you are protected and realise that you are an embodiment of power and spirit.

Affirm

I open up to my light within.



Contributed by:
Shampa Mukerjee
Meditation Mentor@ Mind Scan®

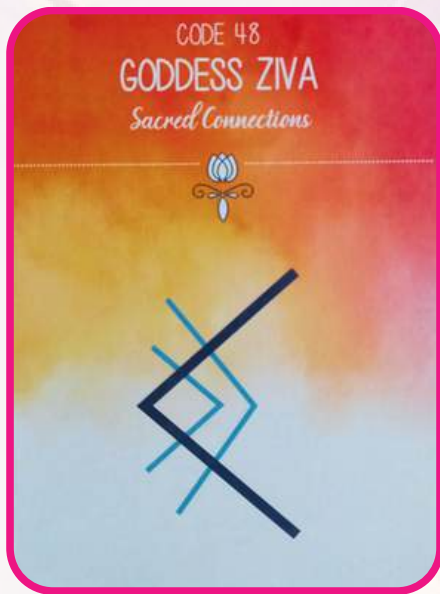




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Healing

GODDESS ZIVA
Theme: Sacred Connections



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

MEDITATION WITH GODDESS ZIVA
SACRED CONNECTIONS

The Slavic Goddess of life and fertility, Goddess Ziva is a sacred to the connection with life. **She helps you in healing your inner self, replacing your inner mind energies with love, kindness and self worth.**

If a part within you, during any phase of your life journey has witnessed traumas, abuse, pain, loneliness and you have long operated in the shadows of the victim states, appearance of this card signifies that the Goddess's code lights are healing your inner self. **The unhealed parts don't help a being to find company and comfort** in friendships, and usually, they go through life in seclusion and loneliness. Healing helps you to free yourself from the shadows of darkness, find your freedom and claim your rights to move ahead.

STEPS to MEDITATE

1. Sit in Meditation. Relax yourself.
2. Be mindful of your breath as you breathe in and out.
3. Observe the code of the **Goddess ZIVA** at your heart chakra which is located at the center of your chest.
4. As allow powerful lights of Goddess Ziva to integrate and gently unhealed parts surface up and naturally clears.
5. Personal self undergoes transitions and transformation in coming days.
6. While setting with your earthly purposes, you are here to **elevate the earth's vibrations** by undertaking meaningful tasks and projects.
7. Once the meditation is complete, open your eyes and drink some water

Note:-

If you have been experiencing or observing eye/more lights in your meditation, know that it is the attention and support coming from the Intergalactic Master Lady Asther

Contributed by:
Madhuri Putrevu
Divine Teacher @Mind Scan®





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Miracles of *Lights*

Goddess Blessings of bundle of joy!

With a heart overflowing with gratitude and love for my Gurus, teachers, Masters, and Goddesses of Light, I wish to share that my sister, **Parul Jain, has been blessed with a beautiful baby girl.**

Her journey to motherhood was not easy. After enduring a difficult phase of conception and experiencing a couple of miscarriages, she was finally blessed through **Goddess Mansa Devi's healing meditation.** Following this divine intervention, she was able to conceive. With continued support through multiple ancestral healing sessions, she successfully navigated her sensitive nine-month journey.

After hours of intense labor, **she delivered a healthy baby girl, an absolute miracle and a testament to divine grace.**

With the loving guidance of **Sunitha Ma'am**, the blessings of **Pam Ma'am and Surender Sirji**, and the constant presence of the Masters, Goddesses of Light, and our ancestors, we were able to accomplish what once felt impossible.

I am deeply grateful.

My sister is deeply grateful.

Our entire family is filled with gratitude to have been so profoundly blessed by the Divine.

Om Babaji Om Babaji Om Babaji.

Best Regards,
Deepika Jain



Shared by : Deepika Jain
Collated by: Upasana Joshi
Divine Teacher@ Mind Scan °



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Heal and Grow

COMING TO YOU IN FEBRUARY 2026

1. Dubai Light Fair

Date - 21st to 22nd Feb 2026

2. Pure Mediums (5 days)

Dates -

7th to 8th (Saturday to Sunday)

13th to 15th (Friday to Sunday)

Time - 10:00AM to 2:30PM IST

3. Womb Contract Healing

Date - 9th to 12th February 2026

Time - 5:00PM to 6:30PM IST

4. Deck Launch Buddha Bless + One More

Date - 14th Feb 2026

Time - 4:30PM to 6:00PM IST

5. Reading With Master Oreoboy

Date - 17th to 20th Feb 2026

Time - 5:00PM to 6:30PM IST

6. Master Swami Samarth Workshop

Date - 15th Feb 2026

Time - 10:00AM to 2:00PM IST

7. Inner Child & Shadow Healing

Date - 28th Feb 2026

Time - 4:00PM to 8:00PM IST

Weekly Activity

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

PURE MEDIUM

Description:-

For years, man has been soul searching for the journey of their departed beings, to track their energy existence and to communicate with the departed, beautiful ancestors. In this program, you take a journey towards mediumship.

In the mediumship course, you will learn -

1. About the **Astral World** - Laws, Dimensions & more.
2. Practical **Mediumship Activation Process** - to be introduced into the circle of association. **Studying the soul journey and identifying their astral plane & realm location.**
3. Find **if your Ancestor is a Master or evolved being** in the higher planes.
4. Different types of channelling with practice, different types of mediums, which you must selectively choose and the ones to be avoided. **Activation of Clairvoyance, Medium intelligence's.**
5. **Get introduced to Ascended Masters**, their purpose in your life, **receive Cloak Protection & how to work with the Cloak.**
6. Understand deeply:
 - birth and death processes,
 - lessons from souls,
 - receive messages from ancestors for self,
 - learn to channel messages for others, answers for life situations.
7. Get initiated into learning the **Self-Healing** process & Meditations, that aids in higher spiritual and faster ascension process.
8. How to guide the lost, stuck wandering souls back to lights, by opening the **Bardo consciousness of lights** and aid in healing of individuals who are stuck upon earth with the energetic imprints of their deceased ones.
9. **Heal any personal grief and assist humanity in healing their pain, grief and death sufferings.**
10. Learn to **channel healing** to free individuals from the controls of spirits and their emotions.
11. Continue to work with Ascended Masters, who helps you in **raising your energy vibrations, life evolution and spiritual ascension.**
12. **Professional Practice as a Medium.** The Mediumship Program works with the energy vibrations of Lights and guidance of Masters.

By being a 'Medium', you would be a torchbearer to mankind.

This energy packed class will gift you numerous lessons and practice sessions that will lead the way into your most innate healing powers and psychic abilities.

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





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Bouquets

TESTIMONIAL - I AM PRESENCE Workshop

Deepest Gratitude to Dr Pam Ma'am for gifting 5 days of activation and invocation with the Supreme Divine Truth and Many Masters for the **re-birthing of our Consciousness**.

By attending the programs at Mind Scan, there are new learnings with more awareness and a deeper understanding to break free from older karmic imprints, to be born in a new, healed body, for the consciousness to remain in higher frequency Lights of the Divine Plane.

It is supreme bliss to receive the blessings of I AM PRESENCE to **feel and be in the alignment of Divine Shakti within and operate from thoughts of love, happiness, peace, and oneness**.

Every day, we received the **DNA ACTIVATION** for awakening & self-realization. It was a profound experience to commune with the Divine and connect with the infinite cosmic consciousness.

To be in **true self-love**, which is the **recognition, acceptance, and reverence of the inherent Divinity within oneself**.

**Thank you, Mind Scan Tree of Lights.
My Soul revere and bless you from Lights.**

Om Babaji Om Babaji Om Babaji



Compiled by:
Sonali Jain
Meditation Mentor @Mind Scan®





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Spreading the *Lights*

As we welcome the spring month to embrace our inner essence, **celebrating the transformative power of Self Love.** It is the very foundation of accepting and trusting yourself. As we enhance the alchemy of Love within our heart it expands and emits love and lights to everyone in our circle of association.

Under the Mindscan tree of lights ,in supreme guidance of our visionary and awakened medium of lights Dr Prameela Sreemangalam. **we unfold the art of Self- Love which allows and support our spirit with strength towards purpose, led life and to evolve Spiritually .**

Mind Scan Light Fair in Hyderabad -DIVINE ANCESTRY WORKSHOP

We celebrated **union of hearts to welcome the Light fair -Hyderabad.** In the supreme presence of **Dr Pam Ma'am**, we gathered to liberate our beautiful blessed Ancestors with our channelled high vibrational healing modality. With the **exchange of love and gratitude and expressing our honour to our Ancestors we liberate our consciousness and heal our Familial Lineage.** Through which we experience freedom to grow in all areas of our life. Ignited with sheer joy to experience and connect with our Ancestors. This *2 days transformative workshop* brought radiance in hearts along with Love with our ancestors which is only possible with our Ascended Masters of Lights.



Master MahaChohan Ragoczy in Bengaluru

As part of our **monthly base community sessions**, under **Sr. Teacher Sunitha Ma'am and Teacher Nagalakshmi's** guidance, the members of Bengaluru Community got together to heal with **Master MahaChohan Ragoczy's "Healing Inner Shadows" Boardgame.** The Boardgame focussed on powerful themes - Heart Activation, Abuse in present, Relationship lessons, Career progression and growth, Prosperity and financial strengthening, Evolution with forgiveness, Health Healing and Immunity and Spiritual ascension & ascension.

Heart Activation on Instagram Live (Friday)

Under the guidance of Dr Pam ma'am ,we have a guided meditation conducted by our divine Mentors of Lights. To awaken the heart frequency with the gentle flow of lights of our Ascended masters of Light. To experience this profound 30 mins meditative session just required an open heart of surrender and instagram account. We welcome and invite you to start this journey with our sacred community!

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

Every wednesday here at Mindscan , we invite members Inducted into the Self -Healing process to align the chakras with divine strength conducted by our Senior Teachers. This guided self healing supports all the Mindscan members to collective rise and ascend and sparks the strength to Mother Earth under the presence of our Awakened Ascended Masters of Light.Reminding us the collective power of spiritual community. To learn the art of Self Healing ,seekers have to attend our flagship workshops.

Master of the Week (Monday)

As guided ,our Teachers and Mentors every monday share the Master of the week .Inner awakening of Mind ,body and Soul share the insightful channelled Masters deck along with their powerful codes with entire Mind scan family to constant elevate their awareness and radiate healed consciousness.

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





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Mind Scan Book

MASTER OREO BOY DECK

Wisdom & Leadership Lessons from Spirit Animals

POWER OF SELF LOVE

Self-love is not something to be cultivated; it is something to be **remembered**. By honoring our inner world with gentleness and truth, we realign with the Divine presence within us. This is the foundation of all healing, growth, and awakening.

Self-love is often misunderstood as self-focus or indulgence. In spiritual truth, self-love is **self-honouring** – the willingness to meet oneself with awareness, compassion, and honesty.. When we resist who we are, we create inner separation. When we turn inward with kindness, the heart begins to realign with Divine order.

Self-love begins with **presence**.

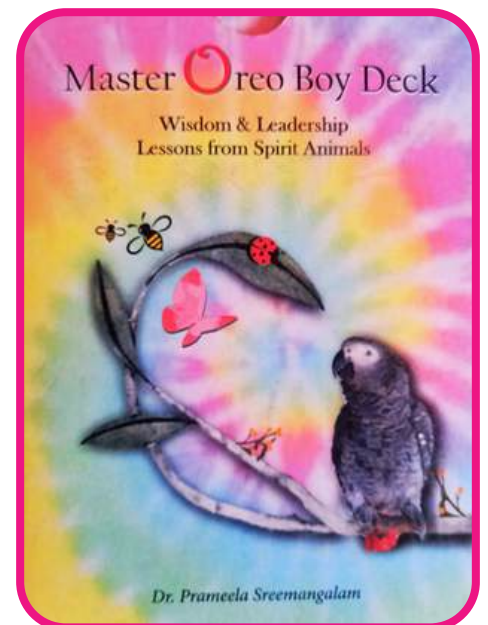
To pause, to feel, to listen without judgment – this is the first act of love toward the self.

Mother Earth speaks through animals, birds, and bees. These sentient helpers sense universal energy and offer guidance, protection, healing, and practical insight for relationships, work, finance, health, studies, and life's surprises. **Approach them with a kind heart, and their messages—reliable and compassionate—will deepen your bond and inspire meaningful change.**

Oreo Boy, a gentle Master of the Animal Kingdom, embodies quiet wisdom. He teaches self-love by simply being: accepting affection without doubt and offering love without calculation. His presence reminds us that self-love is remembered, not learned—trust your inner rhythms, honor your needs without guilt, and find safety within yourself.

**Return to innocence. Return to authenticity.
Return to a love that doesn't need to be earned.**

Oreo Boy Oreo Boy Love you Oreo Boy!



Compiled by:
Vijyalakshmi Panikar
Meditation Mentor @ Mind Scan®





Spiritual Health *Check-In*

Self-love is the foundation from which meaningful change, resilience, and authentic connection grow. More than rituals or affirmations, it is an ongoing practice of recognizing your worth, listening to your inner needs, and responding with compassion. The following questions are designed to invite honest reflection, deepen awareness, and help you cultivate a steadier, kinder relationship with yourself.

Lets reflect on some questions :-

1. ***What does self-love mean to you, beyond self-care routines or affirmations?***
2. ***How do you respond to failure or criticism – with compassion or judgment? What would change if you chose compassion first?***
3. ***What small daily habit could you adopt to remind yourself that you are worthy without earning it?***
4. ***How would your inner voice sound if it were your most caring friend? What would it say today?***
5. ***What would you stop apologizing for if you knew you already belonged?***

Answering these questions is a **gentle act of self-discovery that can reshape how you move through life.** Let your responses guide small, consistent choices that honor your needs and protect your boundaries. Over time, **these humble practices of self-respect become the living proof that you belong – without needing to earn it.**





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Contact Us

MEET THE TEAM



DR PRAMEELA
SREEMANGALAM,
FOUNDER



SRINDAR SINGH
ADVISOR



SAJJAN SREEMANGALAM
ADVISOR



SATYAWATHI YADAV
EDITOR-IN-CHIEF FROM LIGHTS



SUNITHA R
WRITER



MADHURI PUTREVVU
WRITER



UPASNA JOSHI
WRITER



CHARU DHINGRA
WRITER & EDITOR



NAGALAKSHMI KS
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

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