

CENTER OF HEALING, INNER TRANSFORMATION AND LIFE EVOLUTION

“EVOLUTION IS A CONTINUOUS PROCESS OCCURRING
FOR ALL BEINGS”

~ DR PRAMEELA SREEMANGALAM

UPCOMING EVENTS

1. I AM PRESENCE: ACTIVATION WITH DIVINE SOURCE

DATES: 6TH TO 10TH JAN 2026

TIMINGS: 5:30PM TO 7PM

2. THE MASTER BROTHERS WORKSHOP

DATES: 10TH TO 11TH JAN 2026

TIMINGS: 1000AM TO 02PM IST

3. BEGIN WITH THE GURU

DATES: 17TH TO 18TH JAN 2026

TIMINGS: 1000AM TO 02PM IST

4. TONGLEN / COMPASSION MEDITATION

DATES - 20TH AND 22ND JANUARY 2026

TIMINGS - 0500PM TO 0630PM IST

5. MOTHER QUAN YIN'S PRACTITIONER'S PROGRAM

DATES: 24TH TO 25TH JANUARY 2026

TIMINGS: 1000AM TO 02PM IST

6. SOMATIC HEALING WITH GODDESSES INVOCATION

07 DAYS OF HEALING

DATES: 27TH TO 30TH JANUARY 2026

& 2ND TO 04TH FEBRUARY 2026

TIMINGS: 0500PM TO 0630PM IST

7. MASTERS PRACTITIONERS COURSE

(FOUR DAYS FROM 2026)

DATES: 29TH JAN TO 01ST FEB 2026

TIMINGS: 1000AM TO 02PM 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 42: JAN'26



Pearls of Wisdom

Dear Divine Family,



Let's welcome a profound and progressive 2026 from our hearts.

Ascended Masters are constantly guiding us, and have emphasized on our heart activation.

To awaken our inner light and truly allow it to shine, let's begin this new year by **acknowledging and honouring our Parents, Spiritual Teachers, Ancestors and any dearest spiritual individuals, who laid the foundation of Hope, Trust, Vision and Progression within us.**

The experiences and learning that came through them, have helped us in many ways and we became the realized beings we are today.



This year, **we are entering a new phase of alignment with love, trust, hope and pathway into light, guiding us with further eternal truths.** These truths are timeless, yet a guiding light to serve our purpose and contribute to our reason of being present and existent in this birth.

As we prepare to ascend and grow in 2026, let's look through the spiritual lens:

- Focus on the inner wisdom and strength present within.
- Constantly remain in mind alignment with lights through Self-Healing and Meditative Practices.
- Understand the significance of our present birth, and our need to incarnate in this present consciousness human form.
- Allow our lives to unfold truly from the real perspective of light and be in adherence to the Divine laws.
- Shift our focus to higher light and newer dimensions, while keeping our mind-self grounded and rooted to our inherent healed core.
- Accept that it's by healing where we are, that we inherently continue to grow and progress in multiple ways spiritually and in life.
- Understand there are no short-cuts in spiritual pathway; instead, embrace ourselves with the trust in the Divine, while continuing to increase and enhance our compassion energy.
- Be grateful for today, yesterday and the coming tomorrow.

Happy New Year, 2026!

Surrender, Affirm and Practice

"The Law of the Divine is the Omnipresent Truth and Existence.

I am grateful, I am grateful, I am grateful.

I am aligned with the light shifts".

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

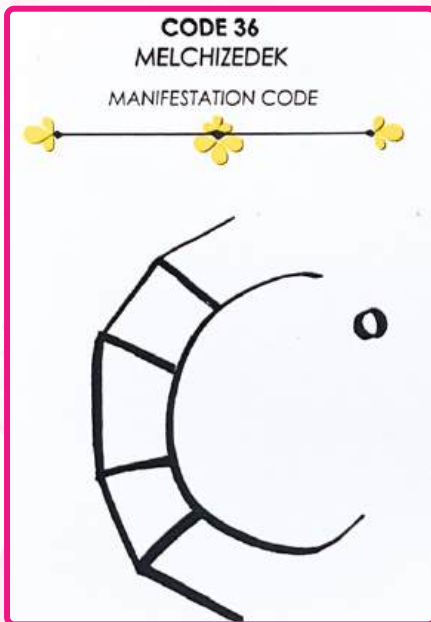




Master of the Month

MASTER MELCHIZEDEK

Theme: Manifestation Code



Observe the code, breathe in the light code energy.

Affirm:

Thank you for gifting me with manifestation powers, Master Melchizedek.

Message from the Master;

What is the area of your life that you are manifesting in presently, and do you desire to have a Master guide you in the process?

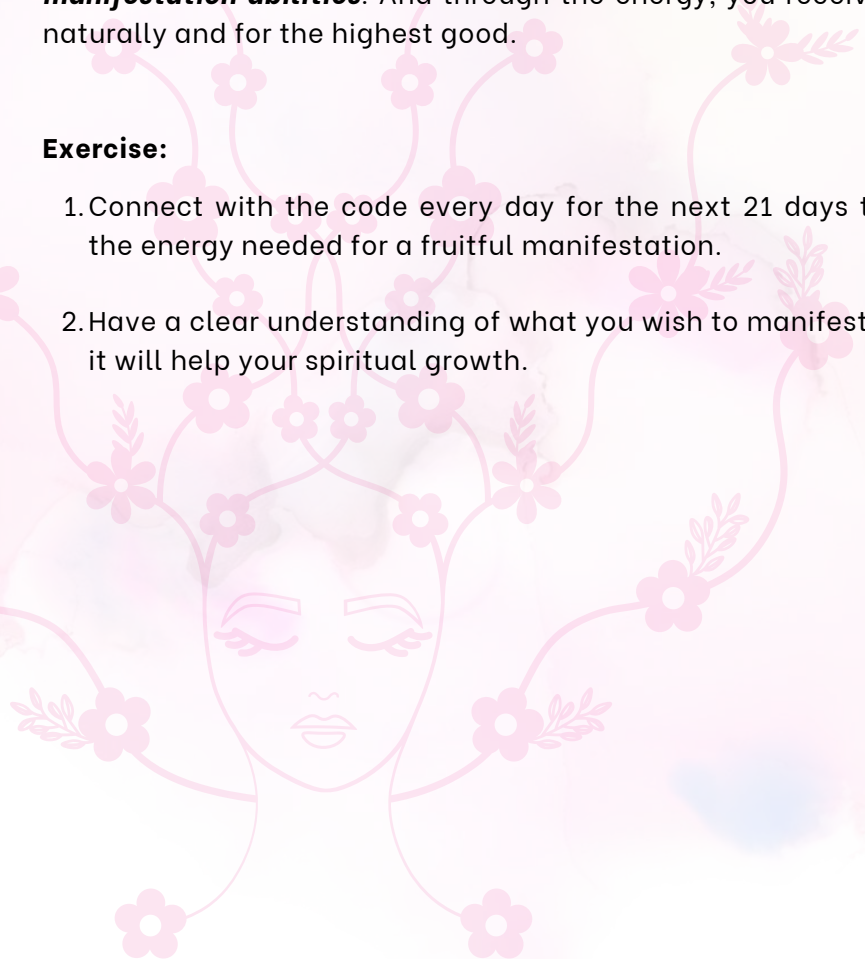
Master Melchizedek is here to help you manifest it in the present reality.

The Master says that when you manifest anything in your life, do it spiritually and you will get awarded universally.

This code helps you to connect with an inner awareness of self and the practical reality of logic, thus empowering your energy with manifestation abilities. And through the energy, you receive it most naturally and for the highest good.

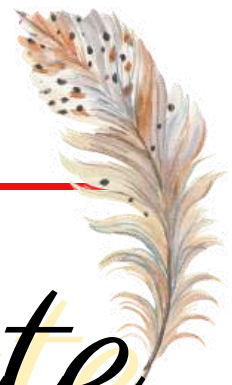
Exercise:

1. Connect with the code every day for the next 21 days to absorb the energy needed for a fruitful manifestation.
2. Have a clear understanding of what you wish to manifest and how it will help your spiritual growth.





ISSUE 42: JAN'26



Let's Participate

AWAKENING INNER LIGHT

Introductory: To consciously awaken the inner light—the divine intelligence within—so it may guide our thoughts, frequencies and actions with clarity, compassion, and inner authority.

Phase 1: Sacred Preparation & Grounding

1. Sit in a comfortable, upright posture. Gently close your eyes.
2. Place one hand over your heart and one over your lower abdomen or sacral area.
3. Take three slow, intentional breaths.
4. With each exhale, feel your body settling into the present moment.
5. Silently invite guidance by affirming: ***“I enter this space with reverence, openness, and trust.”***
6. Sense your body supported by Mother Earth beneath you; you feel stable, held, and safe.

Phase 2: Conscious Breath & Energetic Alignment

1. Bring awareness to your breath. Inhale slowly through the nose to a count of four.
2. Pause briefly. Exhale gently to a count of six.
3. With every inhale, imagine drawing in pure, luminous energy.
4. With every exhale, release tension, emotional residue, and mental noise.
5. Visualize a subtle alignment from the base of your spine to the crown of your head, creating a vertical channel of awareness; opening and stabilizing.

Phase 3: Inner Light Awakening Meditation

1. Bring your awareness to the heart center.
2. Visualize a radiant point of light within the heart—*ancient, intelligent, and calm*.
3. This light is not created; it is remembered.
4. With each breath, see it growing and glowing brighter and fuller, expanding in gentle waves.
5. Silently repeat:

“I awaken the light of Truth Consciousness within me.”

“I allow my inner wisdom to rise.”

“I am guided in Light, from Light through Light.”

6. Imagine this light moving beyond the heart and flowing through the chest, throat, and head. It is clearing inner pathways of perception and expression.
7. Now sense the light extending beyond the body, forming a soft, luminous field around you.
8. Rest in this field deeply, allowing insights, calm, or sensations to arise naturally, without effort or expectation.
9. Remain in stillness for several breaths. Just embody this inner-knowing and Light strength.

Phase 4: Divine Integration & Intention Setting

1. Gently bring awareness back to the heart.
2. Ask inwardly—with surrender and inner quietude: ***“What is my inner light inviting me to see, release, or embody?”***
3. You may receive a word, image, feeling, or simply a sense of knowing.
4. Accept whatever arises.
5. Now set a quiet intention: ***“May this inner light guide my thoughts, choices, and actions with clarity and compassion.”***

Phase 5: Grounded Return & Closing

1. Begin to deepen your breath. Feel your feet, your hands, and the surface supporting you.
2. Silently offer gratitude to your inner wisdom, your breath, and this moment of alignment.
3. When ready, gently open your eyes and drink herb-infused water.

Closing Reflection (optional journaling or sharing):

- ***How did my inner Light reveal itself today?***
- ***What quality of this light do I choose to carry forward—clarity, courage, peace, or trust?***

Closing Affirmation: ***“The Divine Light within me is aligned, radiant and abundant. It is my anchor, my roots, and the source of my existence.”***

**#DivineStrength #AnchoredInLight #SpiritualAwakening #SoulIllumination
#HigherAwareness #EnergyActivation #LightBody #InnerLight**

Written By:
Charu Dhingra
Divine Teacher, Mind Scan®





ISSUE 42: JAN'26



Oreo Boy Wisdom *Message*



OREO BOY WISDOM- SPARROW

The message is- **Team Work**

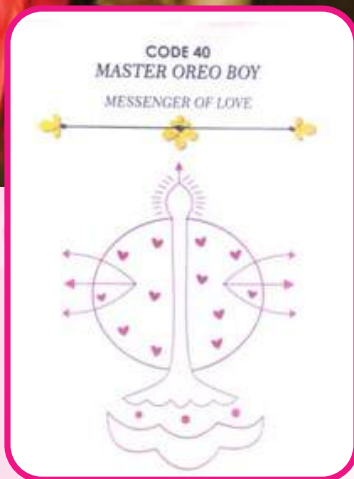
*The spirit wisdom of the Sparrow teaches us to operate in the **conscious choice of being in harmony**. By doing so, spiritual teamwork is generated, which helps in aligning with joy and happiness.*

The company boots your confidence and self-worth. They remind that you are a being ,existing in the ordered, aligned universe.

By choosing to switch to conscious choice, you directly bring a reality of fifth-dimensional frequency that is meant to gift earth the highest spiritual values.

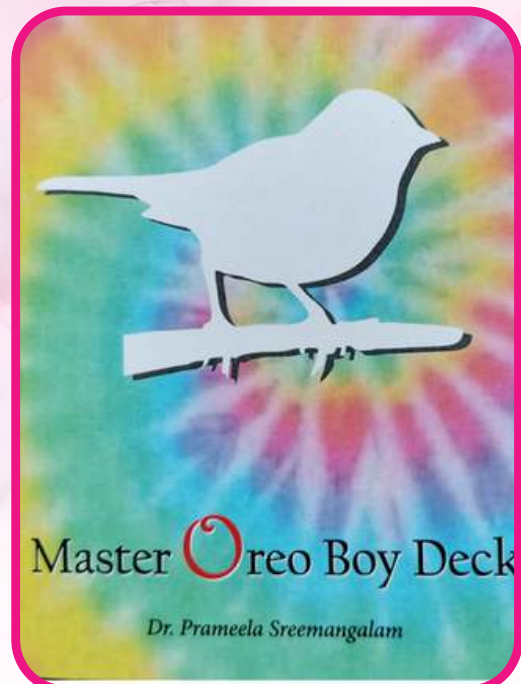
Affirm

“I co-create happiness, harmony and aid in the higher frequency expansion of my world...”



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®



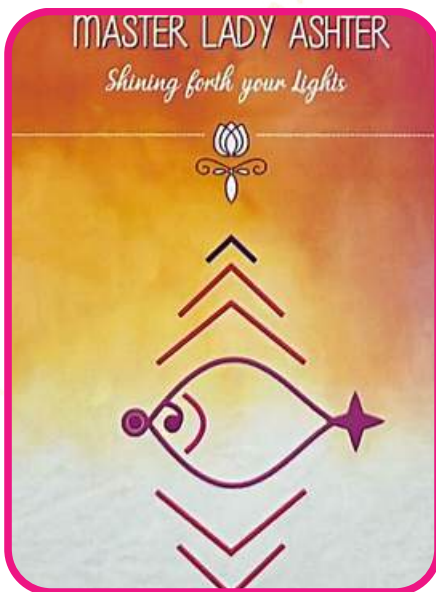


ISSUE 42: JAN'26

Healing

Goddess Lady Ashter
Theme: Sharing forth your Lights

MEDITATION WITH LADY ASHTER
SHARING FORTH YOUR LIGHTS



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

As much as you are seeking answers about your existence and purpose in life, **Master Lady Ashter** is here directing and leading you to the pathway of “**Oneness and Lights**”.

Master Lady Ashter's code is symbolic of the knowledge that you are a star seed being, sent to the earth to accomplish many positive realities for earth expansion, evolution, and ascension.

Since you have originated from the “**Lights**”, you possess your uniqueness and rarity, and you are guided to constantly shine forth your lights. While you may go off mood with emotions about people and experiences, it's important for you to constantly remember who you are. This means that you would not allow your energy (light) to diminish.

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 Lady Ashter** at your heart chakra which is located at the center of your chest.
4. As much as you are seeking answers about your existence and purpose in life, **Master Lady Ashter** is here directing and leading you to the pathway of “**Oneness and Lights**”.
5. **Master Lady Ashter code** is symbolic of the knowledge that you are a star seed being, sent to the earth to accomplish many positive realities for earth expansion, evolution and ascension.
6. Lady Ashter of the **Intergalactic Command of Lights** leads you to the purpose of raising the energy vibrations of the earth with Love.
7. While setting with your earthly purposes, you are here to **elevate the earth's vibrations** by undertaking meaningful tasks and projects.
8. 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 Ashter

Contributed by:
Madhuri Putrevu
Divine Teacher @Mind Scan®





ISSUE 42: JAN'26



Miracles of *Lights*

Dream come True : Journey of Recovery, Soul Lessons and a Dream

Today I want to give my testimonial of how lights have transformed my life in this year full of challenges. In the beginning of the year I only had one necessity and that was to **buy our own house**. But as soon as I started to work towards this intention I fell so ill with a stomach infection that I had to be hospitalized for 5 days.

After being discharged I realized my body had become so weak that I couldn't even walk, eat and soon fell into a depressive state. The challenge continued and I also developed deep anxiety and lost more than 15 kilos. At this time knowing full well how powerful divine masters lights are I enrolled into the "**Book of Life Healing Program**" where I surrendered myself to the masters completely for healing my body and health state. ***Sitting through those 5 days was also tough because I immediately started having very bad fatigue, but with our divine mother Dr Pam's blessings and support I managed to heal my book of heal.***

After I attended the program slowly and gradually I started to feel mentally and physically stronger. After the Book of Life healing I realized I had to do deep healing with food as all my life I had created various contracts of fear, guilt, anger around food. I was a very stubborn eater . **I sought deep forgiveness from food every time I ate and I had any fearful thoughts around food.**

I also started to **work on my inner strength and read land karma bhoomi prayer everyday**. Anytime I felt weak Dr Pam with her love would channel lights and help me sail over those difficult days. **All this resulted in the manifestation of our house which had actually been my original intent even before I fell ill.** Over this time I learnt so many soul lessons that I have lost count. **Also my stomach, sinuses and many other body issues all have healed.**

I still continue to work on my soul lessons but I cannot express enough gratitude to Divine Mother my Guru, Divine Father Sir Ji, Sunita Mam, Upasana ji, Charu, Parul for their nourishing support and without whose presence I would have been totally lost during transformational time in my life.

Thank You Thank You Thank You

Om Babaji Om Babaji Om Babaji.

Best Regards,

Kanika

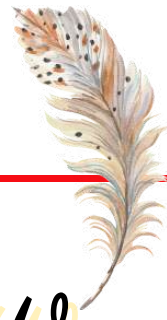


Shared by : Kanika
Collated by: Upasana Joshi
Divine Teacher@ Mind Scan °





ISSUE 42: JAN'26



Heal and Grow

COMING TO YOU IN JANUARY 2026

1. I Am Presence: Activation with Divine Source

Dates: 6th to 10th Jan 2026
TIMINGS: 5:30Pm to 7Pm

2. The Master Brothers Workshop

Dates: 10th to 11th Jan 2026
Timings: 1000Am to 02Pm IST

3. Begin with the Guru

Dates: 17th to 18th Jan 2026
Timings: 1000Am to 02Pm IST

4. Tonglen / Compassion Meditation

Dates - 20th and 22nd January 2026
Timings - 0500Pm to 0630Pm IST

5. Mother Quan Yin's Practitioner's Program

Dates: 24th to 25th January 2026
Timings: 1000Am to 02Pm IST

6. Somatic Healing with Goddesses

Invocation
07 Days of Healing
Dates: 27th to 30th January 2026
& 2nd to 04th February 2026
Timings: 0500Pm to 0630Pm IST

7. Masters Practitioners Course

(Four Days from 2026)
Dates: 29th Jan to 01st Feb 2026
Timings: 1000Am to 02Pm IST

Weekly Activity

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

MOTHER QUAN YIN HEALING WORKSHOP

Description:-

Goddess of Compassion, Healing and Mercy Mother Quan Yin is an Ascended Master, who gifts assistance to all the individuals and healers across the world. She represents the 7th Ray of Wisdom, qualities of which are **Karmic Healing, Transmutation, Soul Deliverance and Forgiveness.**

This channeled healing modality, was gifted to- received and downloaded directly by Dr Pam under the mystic guidance of Mother Quan Yin & witness of Divine Truth.

Benefits -

1. Learn about the foundation of Mother Quan Yin's Healing and receive the benefits.
2. Activate the healing powers and abilities within you.
3. Be a witness and receiver to experiences of step by step processes carried, that first heals and transforms the receiver's consciousness and thereafter, activates the deep cellular and molecular healing within their body and aura.
4. The purification process carried out further ahead with gifted spiritual flames and activation of Mother's Compassionate, Mercy and Love energy as a spiritual ceremonial process, aids in the karmic template healing,
5. A guidance to Spiritual process of Self Healing with Mother Quan Yin, activates your gateway towards higher spiritual progression, a gateway to Divine Oneness/ Nirvana and Uniting the World in Oneness Grid.
6. Transform as a Mother Quan Yin Healer to serve the world.

Suitability :

This is for all individuals 18+ and above:

1. Who wants to step into the pathway of healing, personal ascension and awakening. or Parents of children with special needs and conditions and has karmic residues and karmas to be healed/ addressed.
2. Practitioners and Healers who are working with Children, Senior Citizen, Adult Healing needs. who has a direct calling and experiences with Mother Quan Yin and are wanting to be introduced to spirituality and spiritual flame healing processes gifted by Mother Quan Yin.
3. Who are looking for breakthrough and resolutions in life areas.

Specialty Learning Areas -

1. Children
2. Adults
3. Senior Citizen
4. Spiritual Activation

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





ISSUE 42: JAN'26

Bouquets

TESTIMONIAL - Autism Healing with Mother Quan Yin

(Attended by the mother of Samay Jain).

It was a divine experience to attend the “Autism Healing with Mother Quan Yin” workshop. Throughout the session, I was feeling calm and peaceful.

The meditation, affirmation, and everything were so soothing and effective.

I can clearly feel my energy shift.

I learnt the art of surrender, which is helping me every day. Also, I learnt a few new concepts that I was unaware of. As a mother, my emotional strength improved. I am blessed to be a part of the workshop.

The workshop was very helpful for my child’s betterment. We observed improvement in his understanding and command following.

Soulful gratitude for the wonderful session, Madhuri Ma’am, under the guidance of Dr Pam Ma’am. I am forever thankful to the Mind Scan® and mentor team for this.

Om Mani Padme Hum

Om Mani Padme Hum

Om Mani Padme Hum



Compiled by:
Sonali Jain
Meditation Mentor @Mind Scan®





Spreading the *Lights*

As we are stepping up into the spiritually blessed New Year 2026 with heart blooming with sheer joy and radiance to align ourself with our soul towards the **Awakening of Inner Light**.

This journey entails us to glow our own divine radiance, under the direct guidance of **Dr. Prameela Sreemangalam**, our visionary along with spiritually evolved Teachers and Mentors. This journey allows us to walk towards **Soul-advancement and Ascension** with the various high vibrational channeled workshops in different platforms like online events and In-person Light fairs.

1. CBT IN-ACTION (NEW LAUNCH)

A remarkable new launch of CBT In-Action to shift the paradigm where cognitive, science, mindfulness and multi-dimensional intelligence converge to create consciousness among the corporate culture.

Dr Pam's 22nd work, meta cognitive work for corporate leaders, employees and individuals for cognitive clarity, mindfulness practice, reflective resolution and working on vision and mission building for self and larger purpose.



2. Goddess Light fair in Delhi (Goddess Ostara and Hazrat Babajan)

In the supreme presence of **Dr. Pam ma'am**, we gathered to invoke the spiritual blessings of our womb goddess to activate our **DIVINE SHAKTI**. This communion energized every participant with powerful womb awakening which released all the womb contracts, bindings and past patterns. Each and every soul enlighten the strength and bloomed fully with love and freedom. This **2 day light fair** spiritual gathering brought the inner awakening and activated hearts to tap into **limitless potential and abundance**.

3. Live Community Meditation Gift (Friday)

Every Friday we all meet on Mind Scan Instagram official page to activate our spiritual hearts to awaken the strength of lights. This spiritual blessing is a profound gift to all the seekers of Light, **under the guidance of Dr Pam ma'am .To radiate the Oneness collectively by our divine teachers and Mentors.**

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

Under the Mind Scan, individuals are **inducted into self healing** through the Life transforming major workshops, Light fairs, In-person retreats. A guided method to spiritually align our chakras with the strength of Ascended masters of lights. This is a **path to awaken the soul journey and collective evolution** through online mode under the Guidance of highly evolved Teachers to uplift our Mother Earth consciousness.

5. Master of the Week (Monday)

To spark the inner light, every Monday our divine teachers and mentors share the channeled powerful code along with their detailed insights of Masters and Goddesses to reflect and absorb the knowledge. To elevate their awareness to solution based scientific modality to welcome the insights into their life.





ISSUE 42: JAN'26

Mind Scan Book

EMPOWERING MINDS

LARN : UNLOCKING LEARNING, ANALYSIS, AND RESOLUTION TO NEGATIVITY

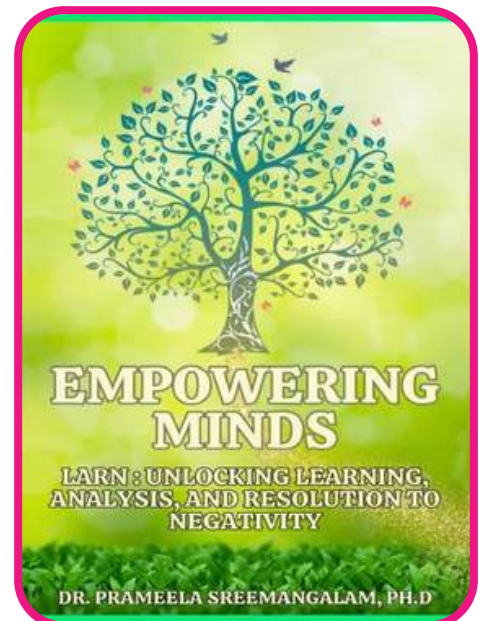
AWAKENING INNER LIGHT

Inner awakening or realisation of Inner Light is not something we acquire – it is a remembrance of who we truly are. **The Ascended Masters serve as living bridges between human consciousness and Divine realisation, guiding us back to this sacred knowing.** Each Master teaches that awakening begins within the heart. They remind us that truth is not found in outer seeking, but in **quiet alignment with the soul.** Through their lessons, we learn to release fear, illusion, and separation, allowing the inner light to rise naturally.

EMPOWERING MINDS : LARN CARDS THE perspective shared in this deck emphasizes the **spiritual significance of our current lifetime as an opportunity for personal growth, spiritual progress, and the resolution of past karmic patterns through forgiveness.** It encourages meditation and affirmations as a valuable tools to support this transformative journey, cultivating inner stillness, clarity, a connection with the Divine.

In today's fast-paced world, many individuals are seeking ways to heal their minds, strengthen their consciousness, and eliminate negativity from their emotions, thoughts, and life experiences. The LARN Cards offer a valuable resource for daily empowerment in our routine life. The **twenty two affirmations focus on releasing bindings, soul contracts, and prior karmas, symbolizing a desire to break free from the influence of past experiences and transcend limitations.** By engaging in these processes, individuals not only facilitate their own growth but also contribute to raising the overall energetic frequency and consciousness of Mother Earth. As we heal ,forgive and find closure, they create a ripple effect that spreads love, understanding and harmony throughout the world. This collective effort the progress aids in the progress of Mother Earth's energy and supports the broader awakening and ascension of humanity as a whole.

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



Compiled by:
Vijyalakshmi Panikar
Meditation Mentor @ Mind Scan®





Spiritual Health *Check-In*

There is a quiet radiance that lives within each of us – a subtle inner light that, when noticed, shifts how we move through the world. **“Awakening Inner Light”** invites you to pause, listen, and tend to that luminous presence: **the clarity that dissolves confusion, the warmth that softens fear, and the truth that steadies choices.**

Lets reflect on some questions :-

1. What daily practices help you kindle and sustain an inner sense of illumination?
2. What creative activity lights you up, and how can you prioritize it even when life is busy?
3. How might aligning career, relationships, and values deepen the experience of inner light?
4. What personal story best illustrates your own inner awakening of light?
5. Write a letter from your future self who has fully awakened – what wisdom does it share?

Awakening your inner light doesn't require big changes—just a little attention and kindness to yourself each day. Try one small practice, notice how it feels, and let that gentle awareness grow. Your inner brightness is already there; give it a moment to shine.

Path of light is awaiting you!



Contributed by:
Nagalakshmi KS
Meditation Mentor and Divine Teacher@ Mind Scan ®





ISSUE 42: JAN'26



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@mindscenter.com



SPREADING THE LIGHTS ACROSS:

BOM | DEL | LUH | PNQ | BLR | HYD | AMD | COK | DXB | MRU | MYS | SGP | ZAF | CAN | SFO