

CENTER OF HEALING, INNER TRANSFORMATION AND LIFE EVOLUTION

“EVOLUTION IS A CONTINUOUS PROCESS OCCURRING
FOR ALL BEINGS”

~ DR PRAMEELA SREEMANGALAM

UPCOMING EVENTS

1. USA SFO LIGHT FAIR
DATES : 27TH TO 29TH MARCH 2026
2. LAMP HOUSE ILLUMINATION
DATES - 1ST TO 2ND MARCH 2026
TIME - 10AM TO 2PM IST
3. MOTHER QUAN YIN'S PRACTITIONER'S PROGRAM
DATE - 7TH TO 8TH MARCH 2026
TIME - 10AM TO 4PM IST
4. NEGATIVE ENERGY HEALING (LARN)
DATES - 14TH TO 15TH MARCH 2026
TIME - 10AM TO 2PM IST
5. EMPOWERING MINDS LIGHT ASCENSION SUMMIT
DATE - 16TH TO 20TH MARCH 2026
TIME - 5PM TO 6.30PM IST
6. LIFE AND SOUL HEALING WITH MASTER LADY NADA
DATE - 21ST AND 22ND MARCH 2026
TIME - 10AM TO 2PM IST
7. MASTER KUTHUMI ORGAN HEALING WORKSHOP
DATE - 28TH AND 29TH MARCH 2026
TIME - 10AM TO 2PM IST
8. LOVE HEALING MEDITATION
DATE - 27TH MARCH 2026
TIME - 5PM TO 6.30PM IST

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2. MASTER OF THE MONTH
3. LET'S PARTICIPATE
4. OREO BOY WISDOM
5. HEALING
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7. HEAL AND GROW
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ISSUE 44: MAR'26



Pearls of Wisdom



Dear Divine Family,

This March, it's an explorative and introspective month. As we close a quarter and step into a new cycle of life, our newsletter theme focuses on the individual strength which comes with the practice of **gratitude** and accomplishing **freedom**.

Gratitude and freedom are intertwined, helping a mindful being to realize that the co-existence of each of these in our lives leads to **evolution of mind and temperament, and consciousness progression**.

Gratitude is an art which focuses on inner surrender, and aligns with divine laws, helping one to detach and heal from the past experiences.

When **gratitude is diligently practiced in our daily lives**, we permit our consciousness to receive a complete, continuous flow of light, which is a gift not just for our life flow, but also to Mother Earth.

As a being accomplishes freedom through the honor of gratitude, **"compassion" - the most resourceful energy gift from the Source**; flows into the consciousness of the being, deseeding and clearing karma debts, and releasing the blocks towards ascension.

As you realize these powerful gifts for this month, be open to welcome the shifts into your own lives and the world.

Affirm:

"I am grateful for the light in my world."

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

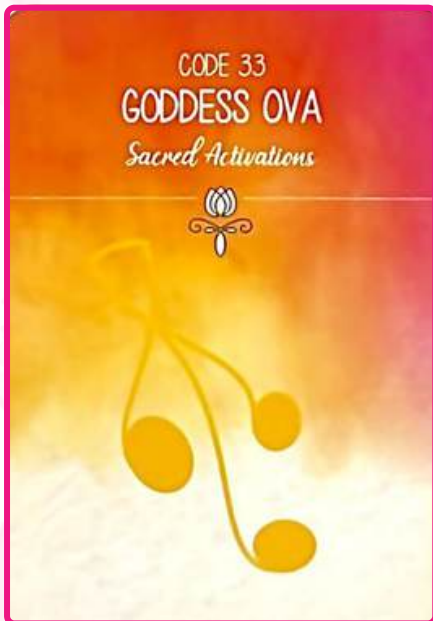




Master of the Month

GODDESS OVA

Theme: Sacred Activations



Observe the code, breathe in the light code energy.

Affirm:
Thank you Goddess Ova!

Message from the Master;

Goddess Ova is the African Goddess of the weather with intense spirit energy.

She is born as a daughter to Goddess Yemaya and is guiding and blessing the barren womb with powers of birth, creation, and love.

The significance of this card is of importance to you, because it let's you know that ***you are in a significant phase and stage of your life.***

The Goddess is symbolic of all-powerful manifestations, and is significant for your spirit and life. You need to meditate and journal with the Goddess.

When observed through meditations and silence, the Goddess guards and guides sacred activations and inner processes may follow.

She also guides you to make any specific sacrifices for a few days or weeks, that open up your inner dormant self, to open and receive, grow and become prosperous.

The ***sacrifice may involve detachment like grains, food, cloth or jewels.***

Being a very strong protector for the feminine community, invoking and honoring Goddess Ova, helps one in finding resolutions to any disputes opening pathways of growth.

The channeling of healing with Goddess Ova settles, and heals any dead energies, allowing the release of tiredness and more.

The Goddess is guiding you to engage in planting seeds, plants, and herbs that bring about change within you and bring forth wholeness.





Let's *Participate*

Gratitude & Freedom **(Frequency of 5D and Beyond)**

Intent: This meditation invites you into the crystalline field of **gratitude and boundless freedom** which is a frequency where the heart awakens beyond duality and the **soul remembers its luminous truth**.

Breathe, soften, and receive as you are lifted into the higher harmonic of your limitless self.

Step 1: Create Your Sacred Space

1. Find a quiet, peaceful corner where you feel safe and supported. Sit or lie comfortably. Allow your spine to lengthen.
2. Take a few **natural breaths**; deep, slow, and rhythmic.
3. With every exhale, release tension from the body. **Feel yourself arriving fully in this moment.**

Step 2: Ground into Mother Gaia's Heartbeat

1. Sense the nurturing presence of Earth beneath you. Visualize golden roots extending from your base and feet deep into the planetary core which is the **crystalline heart of our Mother Gaia**.
2. With each breath, draw up her stabilizing love, allowing it to rise through your legs, spine, and into the heart. **You are both grounded and supported, anchored in divine safety.**

Step 3: Awaken the Light of Gratitude

1. Bring your awareness into the center of your chest. Imagine a golden-pink sphere of light radiating from your heart. **This is the consciousness of unconditional gratitude. It is wordless, eternal, pure.**
2. Feel it expand with every heartbeat. Allow it to **flow into each cell, brightening your entire energy field. Gratitude becomes your breath, your vibration, your essence.**

Step 4: Invite the Presence of Freedom

1. Now shift gently toward the energy of freedom. Sense a **soft, luminous breeze flowing** through your aura clearing old densities and constraints.
2. Recognize that **freedom is remembrance: the soul recalling its limitless expanse.**
3. Visualize yourself standing in a vast crystalline landscape filled with shimmering light. Each breath expands your awareness beyond all boundaries.

Step 5: Expand into Infinite Consciousness

1. Feel the **merging of gratitude and freedom as two living frequencies – golden and silver – spiraling through your energy body.**
2. You are in a **higher octave, radiating unity, compassion, and sovereignty**. You might sense your energy field unfolding like wings of iridescent light. Whisper inwardly:

"I am free. I am grateful. Free to love, to create, to exist beyond boundaries."

Step 6: Seal with Integration and Blessing

- **Hold one final moment of stillness. Breathe slowly and declare:**

"I am the living expression of gratitude and freedom. I walk as love. I shine as awareness."

When you feel complete, open your eyes softly. Carry this attunement into your daily life, remembering that gratitude and freedom are not moments to visit – they are frequencies to embody."

And as you move through the day, know that Every breath you take is a pulse of the cosmic heart reminding you that you are both Source and expression of it.

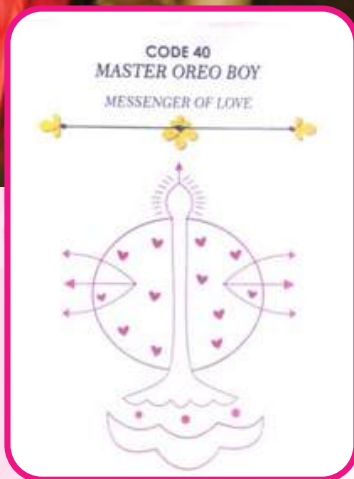




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Oreo Boy Wisdom *Message*



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- FOX

The message is- **Teacher**

*With your **sharp and smart outlook**, you take a lead role to **bring solutions to any problem***

Instead of confronting the situation from the head, observe a strong sense within where you are directed to find a smart solution.

*The Fox's spirit wisdom guides you to **learn lessons in life**.*

Your sharp qualities also attract unwarranted threats from the environment and unknowingly you may be misled or called a traitor.

If at this time you are confronted with any difficult situation, know that you have all the tools to bring resolution while being in your leadership role.

Affirm

I Am watchful of my company



Contributed by:
Shampa Mukerjee
Meditation Mentor@ Mind Scan®



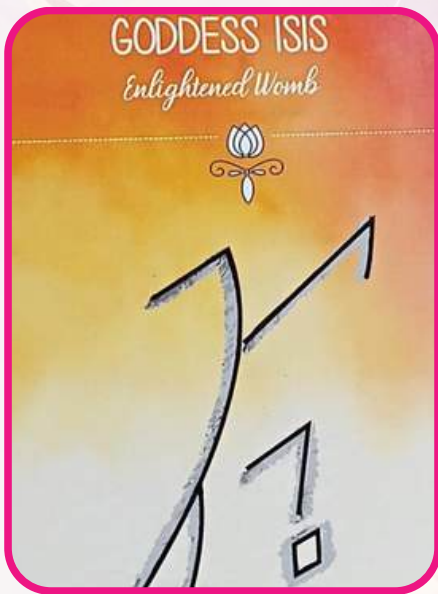


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Healing

GODDESS ISIS

Theme: Enlightened Womb



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

MEDITATION WITH GODDESS ISIS

ENLIGHTENED WOMB

Goddess of womb enlightenment, Egyptian Mother Isis is associated with the magic of *Marriage, motherhood, sexual union with the harmony, healing and magic of sensuality.*

Through this card, Goddess Isis is guiding you to observe your feminine nature. The menstrual cycle is a very important aspect of female's life. With **every menstrual cycle flow, a woman is taking a new birth.** She undergoes multiple such birth in a single lifetime.

Mother guides us that normally during this phase, a female's old suppressed or active emotions surface. Emotional turmoil may be created unknowingly and unexpectedly. They are the result of shredding, occurring from inner womb layers where pain and trauma are stored

STEPS to MEDITATE

1. After observing the code of Goddess Isis,
2. Establish oneness and silence at the heart. Close your eyes. Breathe in energy at womb sacral chakra
3. Consciously let go suppressed emotions or active emotions that surfaced and let only love and Light return
4. This gifts with enlightenment of womb, giving her freedom from all the old agreements and empowering you to rise and grow
5. Healing with Goddess's Light codes helps in attaining grounding, alignment and benefitting mood, thoughts and emotions.
6. So too channeling of Goddess Isis healing to children, empowers them with the energy of strength, versatility and growth.
7. **Affirm – Thank You Goddess Isis, for gifting healing.**
8. Once complete, offer gratitude and open your eyes. Drink a glass of water

Contributed by:
Madhuri Putrevu
Divine Teacher @Mind Scan®





Miracles of *Lights*

Journey from Fear to Faith

Last year in the month of May, I was affected by a *viral infection*. The infection triggered an old condition called Telogen Effluvium. In this condition, there was continuous hair shedding, and I had almost lost 30-40% of my hair volume. On top of that, the infection was very severe. It affected my body in so many ways: lowering my immunity, causing skin deterioration and it was a very painful experience overall.

I reached out to Pam Mam for guidance and underwent multiple one-on-one sessions with her. Even though I was determined to surrender to the Divine and Masters and Goddesses of lights, there were so many times where I got impatient and worried about the severity of my condition. I had almost lost all hope of ever getting better.

I completed taking soul lessons for these health conditions and also started the Womb Healing workshop.

Five months after the one-on-one sessions with Pam Mam, the infection was finally gone, and my hair fall condition has started improving.

I was so worried about how I would look at my brother's wedding with a scanty scalp. But with the blessings of the Masters and Goddesses of Light and our dear ancestors, everything went in the smoothest way possible.

The road to recovery might be long, but all hope is not lost. I am grateful for the love and support of so many wonderful souls that I am surrounded with.

I am deeply grateful to Pam Mam, Surinder Sirji, the Divine, the Masters and Goddesses of Light, and my ancestors for the blessings of healing and for helping me take important soul lessons that have started my path to recovery.

I am grateful. I am grateful. I am grateful for the blessings.

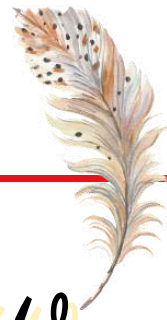
Om Babaji Om Babaji Om Babaji.

Best Regards,
Deepika Jain





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Heal and Grow

COMING TO YOU IN MARCH 2026

1. USA SFO Light Fair

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5. Empowering Minds Light Ascension Summit

Date - 16th to 20th March 2026

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6. Life and Soul Healing with Master Lady Nada

Date - 21st and 22nd March 2026

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7. Master Kuthumi Organ Healing Workshop

Date - 28th and 29th March 2026

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8. Love Healing Meditation

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Weekly Activity

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

EMPOWERING MINDS : LIGHT ASCENSION SUMMIT

Description:-

Empowering Minds : Light Ascension Summit is a 5 day program as per Higher Guidance.

That the lessons and learnings received in the online summit, emphasises the **spiritual significance of current lifetime as an opportunity for personal growth**. For the Light Ascension and Spiritual Advancement with the Resolution of past Karmic Patterns. With the Powerful Divine Healings and Meditation of five days, Deeper levels of Forgiveness will help to release past attachments negative emotional blocks ,that will further aid in **Spiritual Progress and Alignment with Higher Consciousness**

Benefits:

1. Karma Alignment and Healing for the Alignment with Oneness and Resolution, to attain balance and Closure to all karmas and karmic Patterns.
2. Mastery over Mind and Empower Personal journey.
3. To Embrace to life Shifts, Aligned with the Power of Surrender.
4. Honouring Transformative Learnings, With Love and Gratitude Growing in the Lights.
5. Fulfilment of Spiritual lessons.
6. Understand the purpose of reincarnating together in families and spiritual soul groups and plans.
7. Walking on the path of Lights Radiating Pure Divine Love.

Suitability :

All individuals 18+ and above.

Guidance for attendees - To obtain Empowering Minds: LARN Cards from Mind Scan





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Bouquets

TESTIMONIAL - SOMATIC HEALING WITH GODDESSES' INVOCATION

Dr. Pam Ma'am, thank you so much for these seven days of Somatic Healing.

This was undoubtedly the deepest and most transformative experience I have had so far.

The overall outcome of these sessions for me was to **discover, identify, and connect with my "body intelligence"**.

I realized that it's not only the negative emotions that are turbulent, but even the way we experience positive emotions is also very turbulent and full of stimulation. Our sadness and happiness are so "loud" internally that it prevents us from listening to our body intelligence. *In the space of stillness and silence, we can really listen to our body intelligence.* It was amazing to discover a whole treasure trove of knowledge and intelligence in our own bodies that could aid in all aspects of our life journeys, including our spiritual journeys.

I also realized that we seek resolution of everything in our lives within the constraints of our perceived limitations. When we approach problems from a space of infinite resources, infinite abundance, infinite intelligence, everything feels so different. And that's the kind of infiniteness available to us through our body intelligence.

Gratitude for these sessions. 🙏

Om Babaji Om Babaji Om Babaji

~ Navin Sinha



Compiled by:
Sonali Jain
Meditation Mentor @Mind Scan®





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Spreading the *Lights*

As we are transitioning into the month of March with the frequency of expansion tuning into the ray of Gratitude, a space which allows us to be truly us. An expansive path to experience a **true Freedom, where we can choose to operate from our pure immersive self.**

Under the profound guidance by Dr Pam Ma'am, we experience an elevated collective frequency where we can constantly operate from the realms of Love, Light and lead all others to Freedom. Mindscan Community is continuously serving by sharing in-depth wisdom through channelled decks, Self help books, Board games, In-person workshops and Light fairs



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, Meditation 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 channeled Masters deck along with their powerful codes with entire Mind scan family to constant elevate their awareness and radiate healed consciousness.

Under the leading guidance of Dr Pam ma'am with her supreme soul purpose is centered to support people, to welcome the healed self by elevating their inner wisdom and evolving life into an empowered version of themselves.

Are you Aligned with the Path?

Are you ready to experience complete freedom?

If Yes, join our sacred community Mind Scan -Center of healing, Inner Transformation and Life Evolution

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





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Mind Scan Book

SEIKASTU

The Quintessence of Enlightenment

The Zen Masters Way Of Life

Aligned... In.. the.. flow..

A Realised Life Of Abundance

If you are seeking one or all the above, **SEIKASTU** might be one of the best gifts you can give yourself. The philosophy of the Zen Masters allows you to tune into the most organic nature – **based rhythm of Mother Nature, aligning your entire existence with the flow of the Cosmos.**

What it does for you ?It synchronises your inner and outer energies with the energy of the Nature – Mankind's Natural Frequency of Existence.It allows you to be mindful, meditative, compassionate, empathetic, happier and instills a feeling of inner calmness and peace that comes only by being in oneness with the world around us.

This in turn helps one unveil the real purpose of their existence, which is in synchronisation with one's natural talents and abilities –answering the most primal questions of life

"What Are You Born To Do"

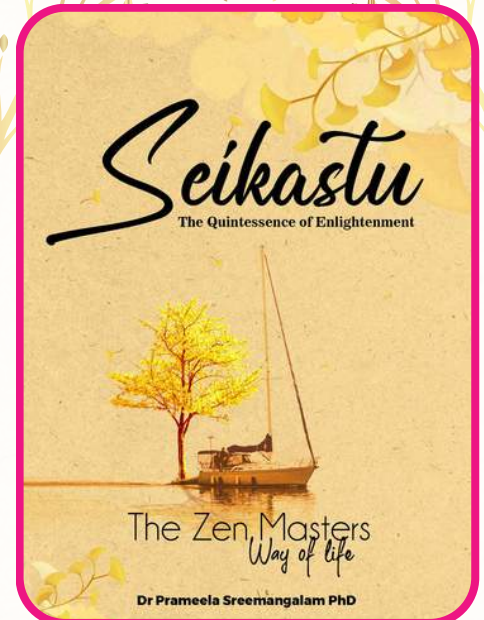
In honouring Zen's simplicity we discover a profound freedom: not freedom from life, but freedom within it. In the teachings of Zen masters, gratitude is not practiced as a ritual of positivity – it is the natural fragrance of awareness. Freedom is not a distant spiritual goal – it is the quiet realisation that nothing is missing in this moment. Zen invites us to encounter life exactly as it is. Not edited. Not resisted.When we truly see this moment – the sound of wind, the warmth of tea, even in the discomfort of uncertainty – gratitude arises without effort. It is not selective. It does not choose only what is pleasant.

The Zen Masters bows to the ordinary because the ordinary is sacred. Gratitude in Zen is not emotional excitement; it is clear seeing. It is the humble recognition that this breath, just as it is, is a Miracle.

Gratitude not only for blessings – But gratitude for the lessons, the pauses, the unraveling, the becoming. When we stop arguing with reality, we begin to appreciate it. And appreciation is liberation.

In the stillness of Zen and in the radiant presence of the Ascended Masters, one truth echoes softly:

Freedom is found in awareness, and awareness flowers as gratitude.



Compiled by:
Vijyalakshmi Panikar
Meditation Mentor @ Mind Scan®





Spiritual Health *Check-In*

Gratitude and freedom are deeply connected— one shapes how we experience the other. This short collection of reflection prompts invites readers to notice **everyday liberties, honor the people and systems that support them, and consider how appreciation can both expand personal choice and motivate action for others.** Use these questions for journaling, conversations, or community engagement.

1. What does freedom feel like in your body right now?
2. Which small, everyday freedoms do you take for granted?
3. In what ways can gratitude help you let go of resentments that limit your freedom?
4. How has gratitude changed the way you make decisions or take risks?
5. Which daily habits help you feel both grateful and free?

Gratitude is both a lens and a practice: **it helps us see the freedoms we already possess and inspires steps to protect or extend them.** Try one prompt this month, share your insight with someone else, and notice how small acts of appreciation can create more room for freedom— for you and for those around you.

• BE THANKFUL •
BE
Grateful
&
• BE BLESSED •





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SPREADING THE LIGHTS ACROSS:

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