



OCTOBER
2025

MIND SCAN[®]

ISSUE NO.
THIRTY-NINE

CENTER OF HEALING, INNER TRANSFORMATION AND LIFE EVOLUTION

“EVOLUTION IS A CONTINUOUS PROCESS OCCURRING
FOR ALL BEINGS”

~ DR PRAMEELA SREEMANGALAM

UPCOMING EVENTS

1. BANGALORE LIGHT FAIR -

11TH AND 12TH OCT - 10.30AM TO
4.30PM. - IN-PERSON

2. MEDITATION WITH ANCESTORS -

2ND TO 3RD AND 6TH TO 8TH OCT -
PM TO 6:350PM

3. BODY CONSCIOUSNESS HEALING -

17TH TO 19TH OCT - 5.00PM TO
6.30PM

4. PURPOSE ACTIVATION & HEALING WITH MASTER MOSES -

31ST OCT - -5.00PM TO 7PM

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. SPREADING THE LIGHTS

9. MINDSCAN DECK

10. SPIRITUAL CHECK-IN

11. MEDIUM FROM LIGHTS -
DIVINE SOUL SATYAWATHI
YADAV



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Pearls of Wisdom

Dear Divine Family,

Have you ever thought about or pondered **activating your personal heart?**

Why is it relevant and necessary to keep your heart activated?



The great Awakened and Ascended Masters of Light are guiding and leading humanity's heart to operate from a consciousness of Oneness, an eternal pool of alignment with the Source.

With an activated and awakened heart, **human consciousness would operate from a state of completeness, trust, faith and companionship** - all vital for building valuable relationships, health energy and mental strength.

Human beings can love themselves completely, and operate from a consciousness space where all the lower energy states of thoughts are diluted in lights, healed and replaced with love and wisdom.

When the heart is activated, an individual's **soul energy improves** and **operates from higher wisdom states** and strength, leading humanity into newer chapters of alignment with trust, love, hope and light, which their soul self has incarnated to realize.

Furthermore, the mind operating from Oneness, aligns with unity, creative and nurturing strengths, unfolding higher frequency energy gifts, that supports Mother Earth's ascension, facilitating her resolution and evolution.

Affirm: **"I Am Light, I Am Light, I Am Light."**

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





Master of the Month

MASTER UNICORN

Theme: Unicorn For Healers



Observe the code, breathe in the light code energy.

Affirm:

"Thank You, Unicorn for blessing me with the wisdom for my mission and vision upon this earth for mankind, plants, and animals."

Message from the Master;

The Unicorn, the most highly evolved animal that appears like a horse and has a concentrated spinning energy coming out of the third eye chakra, is helping the beings upon the earth in their progress and evolution.

Coming from light, their **purpose is to help cleanse and remove negative energies and heal old wounds of the soul**. The debris collected by the karmic accumulation of a being has resulted in a build-up of negative and toxic energy which is presenting itself as emotional, thought, and physical issues. The Unicorn assists in cleaning all of those, thus helping you to establish balance and growth in life.

All practitioners of healing modalities such as Reiki, Angel Healers, Crystals, Mediumship, Psychic or Clairvoyant, and Astrology healing, when invoked with the energy of the unicorn, help you with higher insights and wisdom in healing.

Unicorns are high-energy manifestos, thus improving the inflow of finance, wealth, health, success, and goals in your life.

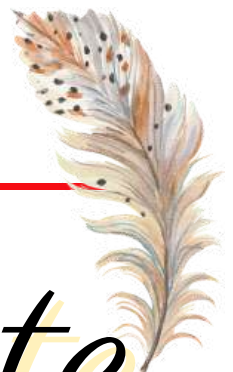
Affirm:

"Thank You, Unicorn for blessing me with the wisdom for my mission and vision upon this earth for mankind, plants, and animals."





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Let's Participate

ACTIVATING HEARTS

This month, we come together as one community of light, joining in a shared practice of Activating Hearts. When many hearts open at once, the vibration of love expands beyond measure.

The Practice (7-10 minutes)

1. **Find Your Space**– Sit in a quiet place. Close your eyes and soften your breath.
2. **Heart Connection**– Place your right hand gently over your heart center. Feel its natural rhythm. With each beat, affirm inwardly: **“I Am Love, I Am Light, I Am Peace, I Am Presence.”**
3. **Breathing Light**–
 - Inhale deeply, visualizing **golden light entering your heart**.
 - Exhale, imagine this **light expanding outward, filling your entire body**.
 - Repeat this for at least **10 to 15 breaths** with gently, purposeful, surrendered breaths.
4. **Gratitude Waves**– Bring to mind one person, moment, or gift you are grateful for. Let that gratitude radiate from your heart as a warm glow.
5. **Collective Radiance**– Imagine your heart-light joining the hearts of all who are practicing this with you. See a luminous web of love connecting us all, shining across our families, community, our circles of associations growing and expanding beyond.
6. **Affirmation**– Silently repeat three times:

“I Am Love. I Am Love. I Am Love.

My heart is open. My heart is light. My heart is one with all.”

The Sharing

- After the practice, **write down a single word or short phrase** that reflects what your heart felt (examples: peace, warmth, unity, bliss).
- Send your word to us, and together we will create a Heart Activation Circle to be shared in our next newsletter.

**Together, we expand in love.
Together, we activate hearts.**

**#DivineLove #ActivatingHearts #Love #Lights
#HeartRadiance #HeartChakraFlow**

Written By:

Charu Dhingra

Divine Teacher, Mind Scan®

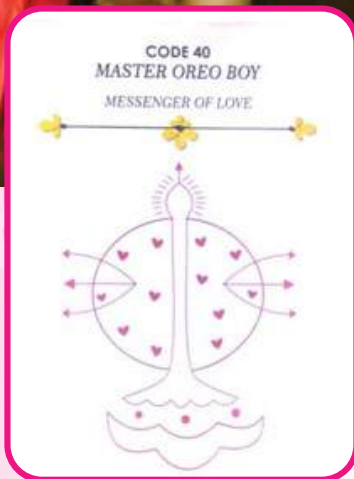




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Oreo Boy Wisdom *Message*



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**

Contributed by:
Shampa Mukerjee
Meditation Mentor@ Mind Scan®



OREO BOY WISDOM-DOG

The wisdom spirit of the Dog is guiding you to reflect on your purpose with Mother earth, nature and engage in nurturing yourself. **Are you able to find time to absorb the pure joys of nature? Are you caring to nurture harmonious feelings and thoughts for yourself?**

During the silence of the inner care, you are able to listen to the impressions of any abuse energy that you may have suffered silently. These imprints tend to make you feel lonely and neglected which becomes the very source of suffering and limiting growth.

Today, you have been guided to release yourself from the sensitive pain. Gather your strength energies, assimilate them and bounce ahead with your mother earth purpose.

Affirm
I bounce ahead with joy



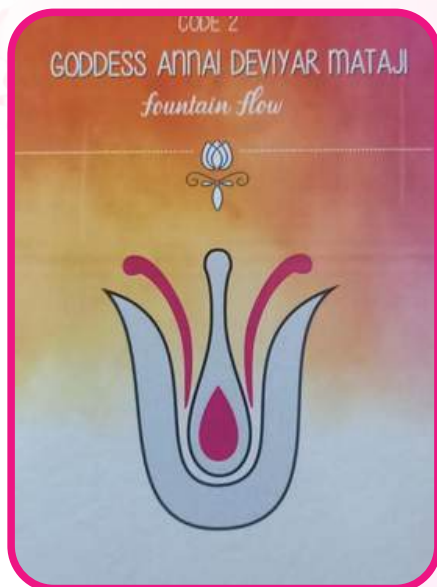
Master Lord Oreo Boy Deck
(Lessons From Spirit Animals)
by Dr Prameela Sreemangalam



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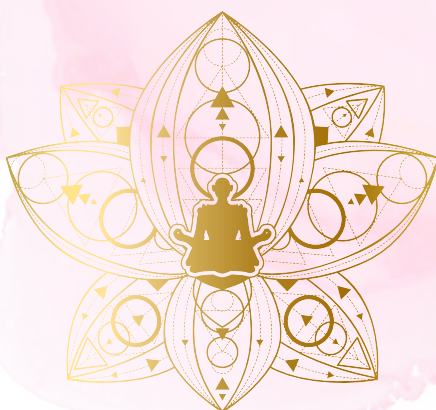
Healing

GODDESS ANNAI DEVIYAR MATAJI
Theme: Fountain Flow



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

"To activate the fountain flow, meditate with the code and lessons from Mataji for 9 days for 9 months. All states of Bliss would be accomplished"



MEDITATION WITH GODDESS ANNAI DEVIYAR MATAJI

FOUNTAIN FLOW

"Annai Nagalakshmi Deviyar (Mataji)" India's revered Mother is the sister of the ordained and honored Master, "Maha Avatar Babaji" Babaji has inducted Mother in the role for harmony and balance to be accomplished for the earth.

Mataji Says-

"Love is the fountain and spring for all spiritual significance". Love towards self, others and Divine selflessly, opens the fountain of spiritual growth. It is possible that there may be times when you give genuine love and it will not be reciprocated or returned with a similar frequency. In love, someone may backstab your consciousness, which may be emotionally sensitive for you.

Fear Not-

As all accounts are in Divine Lights, here you will be uplifted, healed, secured and protected. Accounts in lights always accomplishes resolutions, as healing from the 'Source' is infinitely available.

Mataji, an embodiment of universal motherhood, has access to the secret science process and she dispenses the gifts to her children. Having mastery over five elements (ether, air, fire, water and earth), **the Divine Mother is an embodiment of Param-Hamsa (the Higher Divine State of Consciousness for a being).**

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 Annai Mataji Deviyar energy
3. Meditating with mother imparts a being's consciousness to align and integrate with **"Truth and Knowledge"** and **"Universal Love"**, gifting the attribute of **"Selfless Service"**.
4. Thus, a being's awareness transforms into **'Divine and Truth-Consciousness' - here Supreme Shakti is accomplished.**
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.
7. Drink a glass of water

Contributed by:
Madhuri Putrevu
Divine Teacher @Mind Scan®





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Miracles of *Lights*

With high gratitude to Mind Scan, Dr Pam Ma'am, Sunitha Ma'am, Upasana Ma'am and Charu Ma'am and all Divine Teachers at Mind Scan. I'm Akassh Jain, Merchant Navy and sailing as Chief Officer at present. I would like to share my journey and miracles so far...

Though I knew Upasana mam since 2021, I'm member of Mind Scan from last July. My life took a shift when I meet Dr. Pam in Ludhiana Light Fair for Shri Swami Samarth Healing Program, followed by multiple healing programs online miracles followed one-by-one.

1. Post Ludhiana healing, my manifestation improved. **I could clear my medical issues and join my ship which seemed impossible at that point in my career.**
2. Upasana mam healed the inner resistance I had and suddenly everything situational got sorted and I was back on ship.
3. I took Karma healing (distant healing while onboard my ship) and again it did wonders and I could get back home in time.
4. I was travelling in Dec 2024, and during the travel got stuck with other vehicles on highway due to some Hindu-Muslim unrest near remote village of UP. Locals were angry and aggressive holding huge rods and bamboos to attack my car. I immediately called Upasana mam, and **she gave me affirmations, as well as carried out the healing. Instantly the police arrived and I could get out of the place smoothly. It was an instant miracle.**
5. Me and my partner of **5years, were unable to conceive.** When i shared my concern with **Upasana mam and Dr. Pam mam**, I was advised by them to take **Shiv Shakti healing.** My intent was strong and paid fee. **Two weeks later we got much awaited good news.** Biggest miracle is I set an intent, and just by surrendering ourselves to Lord Shiva the miracle happened.
6. Now I am on my ship as I am writing this. I needed to go back home in July because wife is due in September and i want to be there. I again contacted Upasana ma'am and enrolled for **Soul debt healing with Master Maha Avtar Babaji.** Now I am all ready to sign off and go back home. Just waiting for the reliever to come.

Once again, my **soulful gratitude to Dr. Pam Mam and all the divine teachers at Mind Scan.** Due to my hectic schedule here, I may not be able to read all the messages in groups but internally I feel always connected with Mind Scan and one thing I know that I have divine teachers to guide me whenever I will have some problem. So Thank you Mindscan. Thank you so much

Best Regards,
Akassh Jain



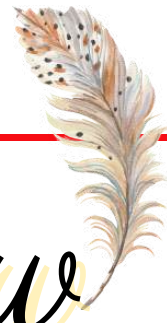
*Miracles
= AND =
Faith*

Back on Ship! Back on to Life!
Narrated by: Mr. Akassh Jain
Collated by: Upasana Joshi
Edited by: Nagalakshmi KS
Divine Mentors and Teachers@
Mind Scan ®





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Heal and Grow

COMING TO YOU IN OCTOBER 2025

1. Bangalore Light Fair- 11th and 12th Oct - 10.30am to 4.30pm. - In-Person
2. Meditation with Ancestors - 2nd to 3rd and 6th to 8th Oct - pm to 6:350pm
3. Body Consciousness healing- 17th to 19th Oct-5.00pm to 6.30pm
4. Purpose Activation & Healing with Master Moses -31st Oct -5.00pm to 7pm

Weekly Activity.

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



THE BUDDHA MYALO: LIGHT FAIR IN BANGALORE **(Master Class For Mind Activation, Healing & Awakening).**

Are you ready to unlock your mind's untapped potential and step into a life of purpose, healing and abundance?

The **Buddha Myalo Masterclass** taps into the mind and consciousness activating a profound journey for you ahead. It's a profound powerful, transformational, metaphysical healing workshop.

Benefits & Key-takeaways:

1. Awaken your Mind's Potentials.
2. Resolve and heal energetic patterns at physical level, spiritual and financial abundance level.
3. Participate in older Mental Programming Clearing, Re-scripting & DNA Activation.
4. Integrate gratitude to cultivate a positive mindset, and shift from lack to abundance.
5. Learn and Grow Spiritually by Introduction into Light Guided Meditations and Self-healing initiation.
6. Awaken and become abundant.

Give-away:

Master's Divination Deck for Personal Ascension & Evolution with Self Healing.

Contributed by: Madhuri Putrevu
Divine Teachers @Mind Scan®





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Spreading the *Lights*

September brought with it a beautiful blessing from The Lights with **Dr Prameela Sreemangalam's 21st Light Work** with **Master Yukteshwar Giri's Deck - LOVE & LIGHT: A journey within** - Launch on **6th September 2025**, which also marked the beginning of Master's **"I AM Love I AM Light"** Light Fair in Mumbai.

1. Meditation Gift (Fridays)

As the frequency of our collective rises and the light within each soul begins to glow brighter, the call for deeper connections and expansions has arrived. **From 1st August 2025, our Community Meditation Sessions will now be conducted via Instagram LIVES** – expansion to the new portal to reach and uplift more hearts across the Earth.

2. Self-Healing, Meditation with Masters and Earth Healing (Wednesdays)

We here at Mind Scan® invite members **inducted into the self-healing process** to join Our Senior Teachers to undergo a guided self-healing process and thereafter **contribute to Mother Earth Healing every Wednesday**. **A collective consciousness healing and ascension occurs. This session is a powerful high energy healing session, strengthening and awakening the oneness consciousness. Reminding us of the power of a spiritual community.** To learn the art of Self-Healing, participate in one of the many flagship programs of Mind Scan, to be inducted into this powerful self-healing practice.

3. Master of The Week (Mondays)

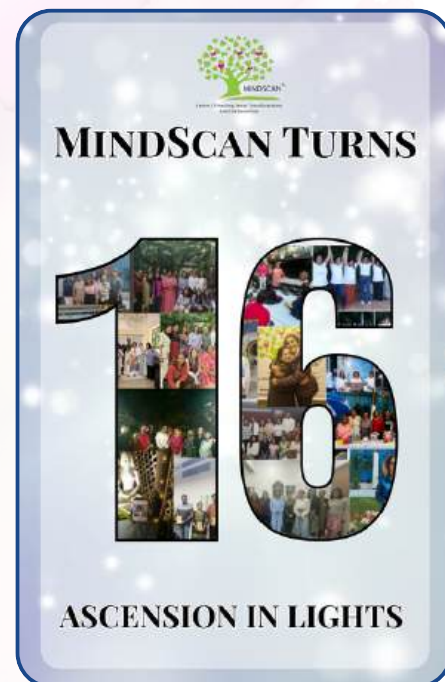
Weekly, one of our Divine Mentors, sit in **inner surrender and grounding, before pulling out a card from the Master's deck for the entire Mind Scan family. Leading us either to heal parts of ourselves we weren't aware of, or simply as a guide for the collective for the rest of the week.** To receive these blessings, reach out to us.

4. Celebrating 16 Years of Mind Scan

This month, we joyfully celebrate **16 radiant years of the Babaji-gifted, Dr. Pam Ma'am envisioned Mind Scan® Tree of Lights**, a living presence guiding seekers into Light and Truth.

For sixteen years, it has nurtured inner growth, awakened higher consciousness, and blessed humanity with its unwavering radiance.

As we honor this milestone, we renew our devotion to carry its Light forward, together raising the vibration of hearts, communities, and Mother Earth.



Compiled by:
Charu Dhingra
Divine Teacher @MindScan®





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Mind Scan Book

Master Yukteshwar Giri's "Love and Lights: A Journey Within"

The spiritual deck, designed for human life, mind and consciousness evolution and progression, is channeled from the revered **Ascended Master Yuteshwar Giri, guru of Paramhansa Yogananda** and a towering figure in spirituality and wisdom. The Master lived in his earth form between 1855- 1936.

The Path Within

As a "**Jyanavatar**", **Master Yukteshwar Giri** offers higher spiritual guidance to seekers, illuminating the path to the divine wisdom within. When the mind is clouded by darkness, manifesting as wrong nature or destructive tendencies, it reveals the need for inner reflection. **The Master uses the metaphor of a lamp: when dust accumulates, the light dims. Similarly, when the mind is clouded, the inner light is obscured.**

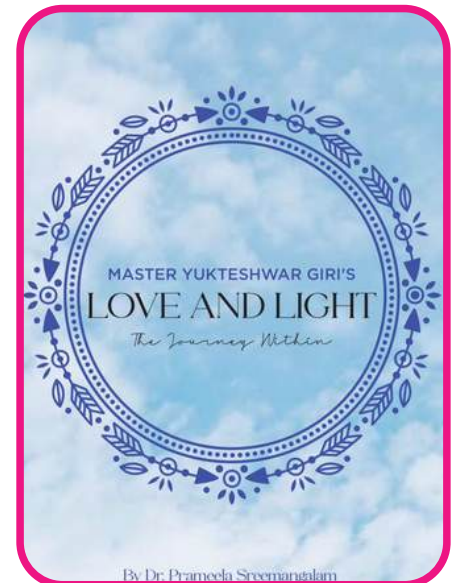
Liberating the Mind

What has obscured, need the path of love and light. When an individual is assertive and ready to walk the path of love and lights, Master guides that the mind can be freed. To liberate the mind, Master guides through learning, affirmative practices, reflective journaling, *dhyanam* and chakra meditation. With these diligent practices, the mind can be freed, and the diving light within can be revealed, The Master guides us to practice self-love, nurturing the inherent spirit (soul) and opening the light within.

Spiritual Growth

When the mind is freed, it leads to spiritual progression and growth, which is soul's primary aim in a human incarnation. The affirmative practices guided by Master in this deck, lessons offers guidance on:

1. Mastering the art of self-love and inner reflection.
2. Overcoming mental obstacles, through *dhyanam* practice.
3. Embracing the divine within and illuminating the path of spiritual growth.



Compiled by:
Nagalakshmi KS
Meditation Mentor &
Divine Teacher @ Mind Scan®





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Spiritual Health *Check-In*

Our hearts are sacred spaces – doorways to Divinity, wells of love, and vessels for healing. When we tend to our spiritual hearts, we not only find inner peace and resilience but also become brighter beacons of kindness and joy for others.

This month, let's gently pause, listen, and reflect. These simple questions are designed to open your awareness, cultivate compassion, and invite small, powerful shifts that heal and deepen your connection to yourself and the world.

1. What small act of kindness did I give or receive today?
2. What joy can I intentionally create or share this month?
3. What boundary does my heart need to feel safe and loved?
4. How can I welcome more gratitude into my daily life?
5. Which thought or belief am I ready to release so my heart can expand?

Activating the heart is less about dramatic change and more about consistent, gentle attention. When we bring awareness to our inner life, practice simple acts of kindness and forgiveness, and hold ourselves and others with compassion, the heart naturally opens – healing old wounds, widening our capacity to love, and guiding our actions with deeper wisdom.

Activation= Awareness + Practice + Compassion

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





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Divine Medium *Satya*

In Eternal Light & Love – Honoring Our Beloved Satyawathi

In the eternal embrace of Divine Light, we remember and celebrate our Divine Teacher, Mentor and Guide to many, our the luminous Divine soul **Satyawathi Yadav (13 Dec 1979 – 14 Sep 2025)**.

Her life has been a **radiant expression of love, wisdom, and presence**, and a **guiding flame that illuminated the path of all who walked alongside her**. Under the sacred tree of Mind Scan® Lights, Satya radiated compassion and grace, touching every heart with her gentle strength and divine wisdom.

She was not just a teacher and mentor; **she is a living embodiment of Spirit itself, ever reminding us through her being:**

“I am Love. I am Light. I am Presence. I am Peace.”

Though her earthly journey has transitioned into the Infinite Source, her essence continues to flow through each of us. **Satya’s eternal legacy is one of inspiration, endless reverence and supreme surrender**; infusing Mind Scan with higher purpose, Divine love, and the eternal spark of light that can never be dimmed.

As we bow in reverence and gratitude, we affirm that her light shines on, ever guiding us forward.

“I am submerged in eternal light.

It permeates every particle of my being.

The Divine Spirit fills me within and without.”

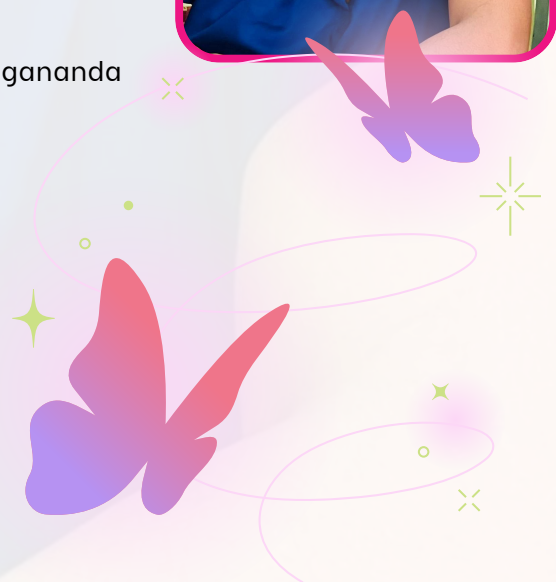
~ Paramhansa Yogananda

Dear most Satya, you remain forever in our hearts.

Your soul is one with the Infinite. Your love, our eternal guide.

OM MANI PADME HUM 🌸

With Love
Mind Scan Family





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Contact Us

MEET THE TEAM



DR. PRAMEELA SREEMANGALAM,
FOUNDER



SRINDAR SINGH
ADVISOR



SAJJAN SREEMANGALAM
ADVISOR



SATYAWATHI YADAV
EDITOR-IN-CHIEF
MEDIUM FROM LIGHTS



SUNITHA R
WRITER



MADHURI PUTREVVU
WRITER



UPASNA JOSHI
WRITER



CHARU DHINGRA
WRITER & EDITOR



NAGALAKSHMI KS
WRITER & EDITOR



SHAMPA MUKERJEE
WRITER



WELLNESS@MINDSCANCENTER.COM



YouTube

SPREADING THE LIGHTS ACROSS:

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