



JUNE  
2024

# MINDSCAN®

ISSUE NO.  
TWENTY-  
THREE

CENTER OF HEALING, INNER TRANSFORMATION AND LIFE EVOLUTION

## OPERATE FROM THE HIGHEST CONSCIOUSNESS OF LIGHTS

*DR PRAMEELA SREEMANGALAM*

### UPCOMING EVENTS

- 1 THE BUDDHA WORKSHOP  
1ST AND 2ND JUNE, 2024 - 03:00 PM TO 07:00 PM
2. FORGIVENESS HEALING WITH MASTER BROTHERS - 3RD-7TH JUNE  
&10-14TH JUNE 2024- 1100AM TO 1230PM
3. MIND SCAN MEDITATION WITH MASTERS :  
7TH JUNE 2024 - 5PM TO 6.30PM  
(IN PERSON EVENT)
4. DORMANT MIND ACTIVATION -15TH TO 16TH JUNE, 2024 - 1000AM TO  
0200PM
5. KARMA HEALING PROGRAM - 03RD JUNE TO 07TH JUNE 2024-  
0500PM TO 0630PM
6. HEALING WITH MASTER UNICORN -15TH TO 16TH JUNE, 2024 - 04.30  
PM TO 06.30 PM
7. READING WITH MOTHER QUAN YIN - 17TH JUNE - 20TH JUNE, 2024-  
0500PM - 0630PM
8. SHIVA SHAKTHI HEALING 22ND - 23RD JUNE, 2024 - 10.00AM -  
01.00PM IST
9. JOURNEY TO LIGHT: HEALING & ASCENSION WITH MASTER MAHA  
AVATAR BABAJI - 22ND TO 23RD JUNE 2024 - 10:30AM TO 04:00PM -  
DUBAI (IN-PERSON)
10. MOTHER GODDESS OSHUN HEALING  
22ND TO 23RD JUNE, 2024,-0230PM TO 4.30PM
11. MASTER SWAMY SAMARTH HEALING WORKSHOP - 29TH JUNE, 2024  
- 1000AM TO 0200PM
12. HEALING WITH MASTER AENGUS - 29TH JUNE, 2024 - 02.30PM TO  
04:40PM
13. DIVINE LIGHT RADIANCE WORKSHOP  
30TH JUNE, 2024 TIMINGS - 10:00AM TO 02:00PM
14. TONGLÉN AND COMPASSION MEDITATION- 10TH-12TH JUNE 2024-  
0500PM-0630PM

### CONTENT

1. PEARLS OF WISDOM
2. GODDESS OF THE MONTH
3. LET'S PARTICIPATE
4. OREO BOY WISDOM MESSAGE
5. HEALING
6. MIRACLES OF LIGHTS
7. HEAL AND GROW
8. SERVING THE LIGHTS
9. MINDSCAN DECKS
10. BOUQUETS
11. ANNOUNCEMENT
12. SPIRITUAL CHECK IN



ISSUE 23 JUNE '24



# Pearls of *Wisdom*

**Dear Divine Family,  
Theme :Wellness and Mindfulness**

In our fast-paced, ever-changing world, the **pursuit of holistic wellness often takes a backseat.**

True wellness is a **harmonious blend of mental, emotional, physical and spiritual well-being.** One effective approach to achieve this harmony is through mindfulness.

Mindfulness is the practice of being **fully present in the moment, aware of what we're doing, without being reactive or overwhelmed by what's going on around us.**

However, **true wellness and practising mindfulness, requires resolving the inner shadows and darkness within our minds.** These shadows often **manifest as unresolved emotions, past traumas, and limiting beliefs** that hold us back from living our fullest lives and impact our relationships.

Let's come together to **discover the strength of our minds, leading to inner-peace, happiness, growth and joy, as we heal our lives and minds.**

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





# Master of the Month

Mahachohan Ragoczy  
Theme: Healing Inner Shadows

## Message from the Master:

The **dark shadow within you needs to be healed**. This is the representation of this code for you. It is the **inner shadow that makes you susceptible and prone to drawing negative energies of all forms within you**.

Even when you are spiritual, evolved, and on a true path serving the Divine, there are **other lifetimes known to your soul's records in which you would carry the origin of the dark shadows attached within**.

The presence of a negative attack or force gives you insight that you need to sit and **heal it for your health, energy, and soul progression**.

Mahachohan Ragoczy from the 8th Ray as the Teacher and the Master from the esoteric wisdom is here to **help you release the dark shadows within, thus empowering you with energies gifted as forgiveness of past-people energy, environmental and clearing of deeds of prior life karma**, thus enabling you to attain the highest leap ahead in life.

## How to work with the Master's Code?

- 1) Light a lamp/ switch on a light/ candle of violet colour.
- 2) Close your eyes and call for the Master to help you heal the dark shadows.
- 3) Mentally visualize the code at your heart chakra and allow the Master to invoke the energy of the code within you.
- 4) As you experience any physical or energy-related sensation, realize that as the code is being invoked, the dark shadows are being liberated simultaneously. Be in total surrender mode as the process is on, which may take several minutes.
- 5) Once complete, you will find yourself in a shift, and at this time, offer gratitude and open your eyes.
- 6) Drink a glass of water.



Observe the Card , Breathe in the Code Energy and absorb the energy at your heart .





# Let's *Participate*

## Thrive and Flourish

**Hello My Fellow Light Beings,**

This month, we're focusing on a theme that's very dear to us: **Wellness and Mindfulness**. These are more than just buzzwords—they're essential practices that we strive to integrate into our daily lives. Embracing mindfulness and wellness can transform your routine, **helping you move from merely surviving to truly thriving**.

It encompasses not only the physical aspect but also profound mental and emotional dimensions. Let's delve into **the interconnectedness of our mind, body, and soul, taking the 1st step towards a flourishing, purpose-driven, & intentional future**.

### **ACTIVITY -**

1. This month let us dive into an activity that combines all our senses, and also tingles our Extra-sensory Perceptions.
2. In a well lit room, stand and do deep breathing exercise for 5-7 minutes as guided below.
  - a. **Breathe in slowly**, from the nose, to the lungs to the heart; spreading gently to the entire body from head to toe. We are intentionally bathing all our senses and organs with the incoming breath.
  - b. **Breathe out with a push and then relax into a resting position**, and when you push the breath out, ensure that you feel it leave the body completely.
  - c. Repeat the exercise for 5-7 minutes.
3. Once the above is completed, gently sit in a lotus position or on the chair, and scan your entire body - you can go as rounded as connecting with the organs one by one, or as granular as visualizing your DNA strands being scanned.
4. Scan from head to toe, noticing any sensations without judgement. This practice cultivates mindfulness and bodily awareness.
5. Next, bring your focus back to your heart, and now **with every breath send the intention of "Wellness, Love & Self-care" to every part of your body**. Imagine your heart **radiating love and compassion to every part of your being**.
6. **Express gratitude** for the opportunity to practice mindfulness and **connect with your inner wisdom**. Acknowledge any intuitive insights or subtle impressions that arose during the activity, **honouring your ESP**.
7. **At this time, take a moment and express immense gratitude to your mind, body, soul and to the Universal Source that is blessing and strengthening us all at every moment**. Envision yourself surrounded by a vibrant aura of wellness and mindfulness.

With a foundation strengthened by this integration, you are **FREE TO CO-CREATE A LIFE FULL OF LOVE, ABUNDANCE & JOY**. Embrace any intuitive guidance as you move forward, trusting in your inner wisdom and the support of the universe.

**Self Love Joy**



# Oreo Boy Wisdom *Message*



## Oreo Boy Wisdom- AFRICAN GREY

The message is-**Freedom**

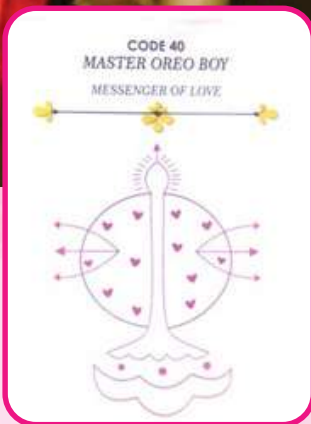
The wisdom spirit of the **African Grey** denotes **freedom**. They possess **unique nature, are talented, and carry innate knowledge and healing powers**.

Being a diplomat, **the African grey is assisting you with mediating powers and also to help you with a situation that is needing compromise between situations and people**.

Should you need the **guiding support and energy, you may simply ask for help from this wisdom bird**.

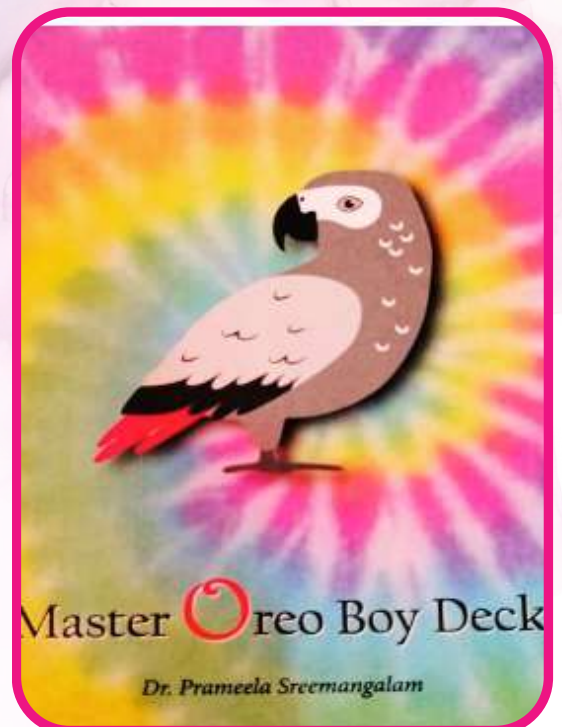
### Affirm

**I Am Self-reliant and experience complete freedom.**



**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**



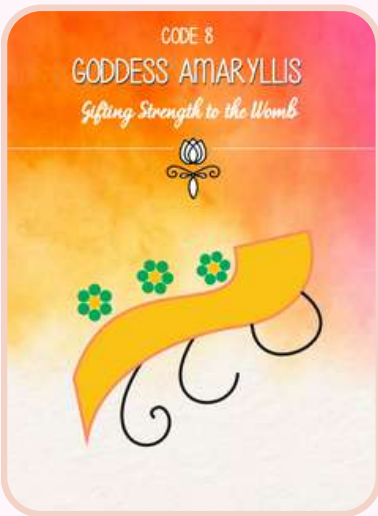


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# Healing

GUIDED ACTIVITY WITH GODDESS AMARYLLIS

Goddess Amaryllis  
Theme: **Gifting Strength to the Womb**



**Observe and Breathe in the Code.**



Contributed by:  
Madhuri Putrevu  
Divine Teacher @Mindscan®

The Goddess of Spring & Master Amaryllis guides you to understand the strength of your womb. Of late, have you forgotten your power about your womb? Have you forgotten to give honor to your sacral and creative powers?

The Goddess is here to remind you of your connection with your womb and guides you to be more assertive and re-establish the flow. It can be an important tool for new beginnings, strength and optimism.

## Meditation Steps

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 Amaryllis at your heart chakra which is located at the center of your chest.
4. The goddess is here to remind you of your connection with your womb and guides you to be more assertive and re-establish the flow.
5. Goddess Amaryllis lights of Ascension and three fold flames helps to resuscitate and heal lower bodily karmas which would have been stored as Karmic imprints.
6. When you breathe and integrate the gifted flame, it aids in healing of your flesh, rejuvenating energy and mental consciousness healing.
7. Once the meditation is complete, open your eyes and drink some water
8. If your issues are deeper, seek the help of a Womb Healer.





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# Miracles of *Lights*

Ms Bernice Xu shares the insights and wisdom of lights, which brought about transformational change in both her and her spouse's life.

My husband has had eczema and has faced the symptoms of dry and itchy skin for 10 years. This meant that he also battled depression on and off whenever his symptoms got really severe. As a wife and caregiver, I felt helpless and did not know what to do.

Since coming into Mind Scan, I had always wished and hope for my husband to rise in his spirituality, and guidance came step by step, teaching me how to guide him to rise, supporting him in the process. Little did I know that the basis of spirituality stems from the simple act of breathing well, and how well we breathe would determine our quality of life.

This year, my husband had a pseudocyst in his ear and he also went to the Ear-Nose-Throat doctor to enquire about his sinus symptoms. We had two surgeries scheduled, one to remove the pseudocyst in his year and the second to correct his airway and remove the polyp in his nose.

Since his surgery, he is able to breathe much better now, and the changes in his skin is also amazing. It is incredible what the simple act of breathing properly can do for our physical and mental health. He also has a more cheerful disposition which I have not seen in many years, and I am overwhelmed with gratitude for ancestors, for Masters, for Mind Scan, for everything I have been blessed with from the Divine.

This feels like a renewed chance at life for him, given that he has been battling with this problem for 10 years.

A few months ago, I sat down with Goddess Isis and asked her to guide me to be a better wife, and I have also just been asking Masters to teach me to be a better person in different aspects. Different Masters came - I asked Lord Oreo Boy to teach me to love better, I asked Gauca Boy to teach me how to grow better into spirituality, I asked Lord Jesus and King Solomon to teach me to be a better teacher. It is amazing, the support we receive from the Lights.

Thank you so much for everything, and I am always grateful to be in this walk with the Lights. Thank you, dearest Dr Pam, for guiding us in this walk. Thank you, Srindar Sir who is always there to support us in healing and in giving me hope and encouragement to always rise. Thank you, Teachers for being our support. Thank you to our Mind Scan Tree for sheltering us and to all the Masters and Goddesses of Lights - we know you are always there for us when we call out with a sincere and earnest heart.

A Second Chance

Collated by: Madhuri Putrevu .

Narrated by: Bernice Xu

Edited by: Satyawathi Yadav

Divine Mentors and Teachers@ *Mindscan*





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# Heal and Grow

## *Dormant Mind Activation Workshop*

### COMING TO YOU IN JUNE 2024

1. The Buddha Workshop  
1st and 2nd June, 2024 - 03:00 Pm to 07:00 Pm
2. Forgiveness Healing with Master Brothers - 3rd-7th June & 10-14th June 2024 - 11:00Am to 12:30Pm
3. Mind Scan Meditation with Masters :  
7th June 2024 - 5pm to 6.30pm  
(In Person Event)
4. Dormant Mind Activation - 15th to 16th June,  
2024 - 10:00AM to 02:00Pm
5. Karma Healing Program - 03rd June to 07th  
June 2024 - 05:00Pm to 06:30Pm
6. Healing with Master Unicorn - 15th to 16th June,  
2024 - 04.30 PM to 06.30 PM
7. Reading with Mother Quan Yin - 17th June - 20th  
June, 2024 - 05:00PM - 06:30PM
8. Shiva Shakthi Healing 22nd - 23rd June, 2024 -  
10.00AM - 01.00PM IST
9. Journey to Light: Healing & Ascension with  
Master Maha Avatar Babaji - 22nd to 23rd June  
2024 - 10:30Am to 04:00Pm - Dubai (In-Person)
10. Mother Goddess Oshun Healing  
22nd to 23rd June, 2024, - 02:30Pm to 4.30Pm
11. Master Swamy Samarth Healing Workshop -  
29th June, 2024 - 10:00Am to 02:00Pm
12. Healing with Master Aengus - 29th June, 2024  
- 02.30Pm to 04:40Pm
13. Divine Light Radiance Workshop  
30th June, 2024 Timings - 10:00AM to 02:00PM
14. Tonglen and Compassion Meditation - 10th-  
12th June 2024 - 05:00pm - 06:30pm

### Weekly Activity

Self Healing / Meditation and Earth Healing for practitioners (Wednesday)  
Community Meditation Gift (Friday)

With the rising count in population & exposure to various dark rooms, man and their children's mind/ **life is getting gripped with addictions, negative thought forms, destructive patterns, violence and dormant state forms.**

The way the darkness is rising it's not just limited to the individual or children, but the infiltration is affecting their family and inhabitants (animals and other life forms) too.

**To free the consciousness, senses, intelligence, life force of the affected individuals, thereby raise their energy consciousness of mind,** preserve and aid in the progression of lights and to activate the Divine Mind, this is a strong program.

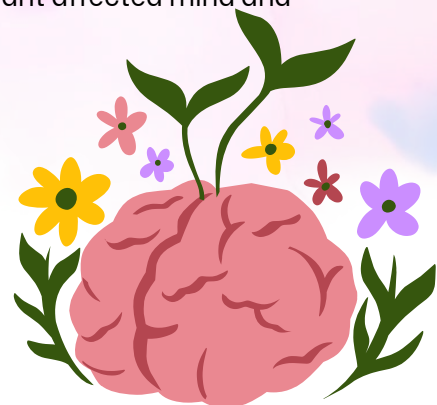
A Student/ Learner will **master the tools & art of healing to free humanity affected with dormant mind and controls from web of darkness.**

### In the 2 day Program: Learn About -

1. What is dormant mind?
2. Dangers and effects of dormant mind.
3. How does lower souls from astral world and dark force world control the dormant mind? Significance of resolution for the progress of humanity.
4. Signs of affect/ attack on a dormant mind.
5. How to **activate the dormant with spiritual healing and transform into an active, aware, productive mind in an easier & faster way?**
6. How to **free the dormant mind from the control of darkness, addictions, depression and victim states?**

### Benefits -

1. In the two days of a very powerful and strong healing workshop, a learner is guided through **a spiritual healing process, where they enable their innate abilities to gift healing resolutions to affected individuals in family and society.**
2. Learn to carry out analysis of the dormant affected mind and advance to work on resolution.
3. **Learn the Karmic dissolution process.**







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# Spreading the *Lights*

We are 6 months into 2024, many shifts and changes have been taking place from the beginning of the year. The work of healing, inner transformation and evolution continues here at Mind Scan. Through the many gifts, hearts are activated and consciousness risen. Our team of dedicated Teachers and Mentors, continue to serve in and through the lights with strength and selflessness. In the spirit of Spreading the Lights, we have an important announcement to make, so read on to find out more.

## 1. Meditation Gift (Fridays)

Mindscan®'s **weekly Friday Community Meditation Gift**, is open to **practitioners and seekers alike**. The community meditation aims to activate the hearts of participants through the lights of Ascended Masters, aiding in their spiritual growth and evolution.

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

We here at Mindscan® invite practitioners **inducted into the self-healing process** to join Our Divine Teachers to undergo a guided self-healing process and thereafter **contribute to Mother Earth Healing every Wednesday**.

## 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 Mindscan® 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 if you're not already part of our community group.

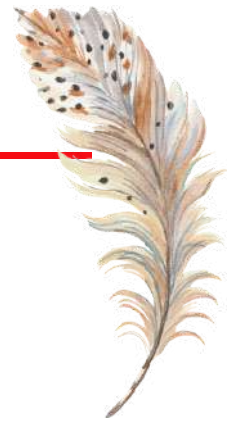
## 4. Meditation Activity with Goddess Ambika

In the month of April, Dr Prameela Sreemangalam under Highest Guidance shared with Practitioners an activity to be carried out with **Goddess Ambika for 7 days.**, to help members **open life pathways and bring opportunities of growth and evolution for life**.



Compiled by:  
Satyawathi Yadav  
Meditation Mentor and Divine  
Teacher @MindScan®





# Moments

## Hyderabad Light Fair

Mind Scan's Light Fair in Hyderabad on May 18th was a successful, unique mindfulness and meditative gift for all participants. The Light Fair was carried out by Dr Prameela Sreemangalam, the founder and director of Mind Scan®, together with Teachers Mdm Sunitha R from Bangalore and Mdm Madhuri Putrevu from Hyderabad.

The seekers of life, light, and healing, came in surrender, participated in willingness, and left the fair with a heart full of love, joy and happiness.

The Hyderabad Light Fair aimed not just to activate hearts but to raise consciousness but also to address and bring resolution to any ongoing or emerging life challenges, by embracing positivity and overcoming the burdensome energies of life through the mind.

Our team was grateful for the warm welcome, positive reviews, and mindful attendance, and we accept the outpour of love with grace and humility. The participants enjoyed the heart activation process, were inducted into the Self-Healing process, and received individualised wisdom messages from the various decks and books of Mind Scan, that was also made available at the Light fair.

We thank our team and the participants alike for their participation in making this event a success. We look forward to activating hearts and raising consciousness frequently in Hyderabad.

Thanking everyone who has and continues to be a part of our journey in spreading the lights across the globe. Thank you, for your love, support, and blessings.

Below are just some pictures from this high vibrational light fair. Bask in the lights through the smiles of the participants.





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# Mindscan Deck



## *Womb Goddesses Divination Deck and Womb Healing Kit*

Are you ready to heal your womb? Are you ready to heal your womb naturally? Are you ready to attain freedom from binding soul contracts? Are you ready to rise from your grief and life's challenges. If you have answered yes, to any of the questions, it is time for you to get your own personal Womb Goddesses Divination Deck and Womb Healing Kit.

The Womb Goddesses Divination Deck is a gift to humanity from Mother Gaia! Mother Gaia is the "Divine Mother" of the Universe. From time immemorial, Mother Gaia and her tribe of benevolent "Divine Goddesses" have preserved, protected, and healed the womb of the universe and her children.

The Goddesses have served in the healing of mothers' wombs, their children, and all feminine and sentient beings. The very energy of the 'Power or Sakthi' of the Goddess is to create, preserve, protect, activate the flow of life, and sustain the balance.

The 48 Goddesses in this deck will introduce you to an in-depth sacred ancient gift of womb healing. To bring forth feminine honour, spiritual growth, celebration, and gifts. The Womb Goddesses Deck contains "Sacred Healing Codes" received from the Goddesses of Light through "Mediumship and Meditations," which when practiced, gifts direct natural healing. There are womb prayers and lessons for practice and guidelines, should you wish to practice 'Womb Healing' for yourself or your clients. The learnings, lessons, and healings gifted by the Goddesses and Masters of Light in this deck are guidance for mankind to heal their impressions and to restore and balance the energy of themselves and Mother Earth.

The Womb Healing Kit, consists of sacred healing codes of 7 Goddesses and crystals energized with "Divine Goddesses' loving, blissful and healing energies. Feminine body, womb and mind undergoes healing and positive changes are reflected in life.

The Decks together with the Womb Healing Kit will bring about profound healing and change into your life status, freeing you from the constraints of limiting beliefs and freeing you from generational and soul contracts. A remedy for natural womb & feminine energy healing.

If you haven't got your personal deck, you may purchase it from Amazon India, for our international members you may reach out to us to purchase your personal Booklet and Divination Deck.



Compiled by:  
Satyawathi Yadav  
Meditation Mentor & Divine Teacher @ Mindscan ®





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# Bouquets



Mindscan® works with light of the Ascended Masters and Goddesses and bring Transformation in Individuals Lives. Anyone who believes in spirituality, and is in surrender is bound to see the transformational outcome. In the Journey of Serving Lights, Mindscan® has created and witnessed Miracles after Miracles .

Today we share a testimony of a devoted Member of Mindscan, who participated in the April Activity with Lord Oreo Boy and Master Goddess Oshun.

I had a huge transformational realization about the distinction between love/compassion and sympathy/empathy. I realized that any form of sympathy and empathy for others' pain is just symbolic of weak heart chakra. We could have infinite compassion for others and may want to heal them, send them masters light, bless them, but to be pained by others' pain is as much of a weakness as being pained by our own pain. In fact, I realized that this is what caused me throughout my life to prioritize others' pains and sacrifice my own joy and priorities.

I realized that a strong heart chakra is about total equanimity and surrender - to our own pain, as well as to others' pain. A strong indicator of unconditional love is to honour others' choices even if their choices are painful for them. To get extremely swayed by their pain, especially when they are deliberately self-inflicted is as unproductive as it is to oneself feel victimized.

A strong heart chakra allows us to move around the world like a sage, totally centered and grounded, with a compassion for all, but not swayed or moved by anybody's pain, neither ours, nor others.

This has been a hugely transformational journey for me.

Thank you, Thank you, Thank you.

Thank  
you

Gratitude





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# Announcement

Mindscan® is dedicated to Healing, Inner Transformation and Life Evolution. In that spirit, we are proud to bring to you two new launches in the beautiful month of June. 2 new directly channelled content from Dr Pramela Sreemangalam. Read on further to know more,

## 1. Divine Manual

A guide for soul plane number and LBA Number Evolution

This book is a treasure trove of knowledge and provide great insight into the importance of Light Body Activation and Soul Plane/Frequency Number.

Dr Prameela Sreemangalam, simplifies the complex workings of Light Body Activation and Soul Frequency numbers in this book, shares some of the many processes one can undertake to continue to rise and evolve in their LBA & Should Frequency numbers.

This guide is a Divine guidance for you to embark on your evolution and that of Mother Earth and Humanity

## 2. Master Maha Chohan Ragooczy Board Game Healing Inner Shadows

A beautifully designed, healing board game created to to facilitate profound healing, through an enjoyable accessible activity for individuals or groups. This game aligns players with lights and freedom while bestowing numerous healing gifts.

This game covers various transformative themes including, Healing Dark Shadows, Transforming Lower-Energy Mindsets, Awakening Consciousness, Resolve Past-Life Soul Discords, Healing Unhappiness, Learning and Acquiring Strength, Freedom from Victimhood and Activating Inner Happiness.

Join us to discover your path to inner peace and happiness today!

Stay  
tuned



# Spiritual Health *Check-In*

Is physical wellness and fitness sufficient ?

Are you aware that most mental illnesses are untold and unspoken ?

Do you check your emotional balance ?

Are you a student, employee, entrepreneur, self employed, homemaker etc., each one's needs in-terms of wellness could be different. However, of late Holistic Wellness - physical, emotional, mental, spiritual wellness has come to the forefront.

Invest in yourself, try doing one or more of the following :-

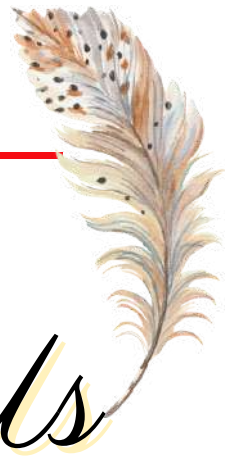
1. Journal your thoughts, your emotions & feelings.
2. Write a Gratitude Note at the end of each day. (Create A Gratitude Jar)
3. Give technology a break (phone/computer/games)
4. Eat food mindfully.
5. Meditate often.
6. Walk in nature.

Your wellness is in your hands! Take care of yourself well.





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# Contact Us

## MEET THE TEAM



DR PRAMEELA SREEMANGALAM,  
FOUNDER



SRINDAR SINGH  
ADVISOR



SAJAN SREEMANGALAM  
ADVISOR



SATYAWATHI YADAV  
EDITOR-IN-CHIEF



SUNITHA R  
WRITER



MADHURI PUTREUVU  
WRITER



CHARU DHINGRA  
WRITER



NAGALAKSHMI KS  
WRITER



SHAMPA MUKERJEE  
WRITER



WELLNESS@MINDSCANCENTER.COM



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