

Original Article

MANIFESTING DESIRED OUTCOMES THROUGH REMOVAL OF OBSTACLES USING YOGA PRANA VIDYA TECHNIQUES: A CASE STUDY IN THE CONTEXT OF PILGRIMAGE TRAVEL UNDERTAKEN BY A GROUP OF 4 WOMEN

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ABSTRACT

Background: Spiritual pilgrimages often present logistical, physical, and emotional challenges, particularly for midlife women with limited resources and travel experience. Yoga Prana Vidya (YPV), an energy-based healing system, offers techniques for purification, manifestation, blessings, invocation, and psychic self-protection that may mitigate such obstacles.

Objective: To examine the efficacy of YPV obstacle-removing practices during a 2025 pilgrimage to Ram Mandir (Ayodhya) and Manona Dham (Uttar Pradesh) undertaken by a group of four midlife women.

Methods: Daily YPV practices—including blue triangle purification, manifestation, blessings, Great Invocation, psychic self-protection, and diversion targeting—were applied to address pre-identified obstacles (travel bookings, safety concerns, cold weather, language barriers, luggage security). Outcomes were compared between periods of consistent practice and lapses.

Results: Consistent YPV practice facilitated precise timings, safe navigation, financial optimization, and emotional wellness, manifesting “miracles” such as bypassing 20+ hour queues, securing accommodations, and effortless coach swaps. A lapse in practice resulted in delays, cold exposure, and heightened fear, underscoring YPV’s protective role.

Conclusion: YPV demonstrated potential as a holistic tool for enhancing safety, efficiency, and wellbeing in pilgrimage travel. This case highlights implications for integrative travel medicine and spiritual tourism, warranting further systematic research.

Keywords: Manifestation Theories in Psychology, Obstacles Removal, Yoga Prana Vidya System®, YPV®

INTRODUCTION MANIFESTATION

Manifestation in psychology is generally understood as a, goal-oriented process where, focused, positive, and emotionally aligned, thoughts, and, visualizations, drive actions that, increase the probability of achieving desired, outcomes. It is not considered magic but is rooted in cognitive biases, such as, self-fulfilling prophecy and the reticular activating system (RAS), which filters information to align with goals Schaffner (2024).

Key Psychological Mechanisms Include:

- 1) Self-Fulfilling Prophecy and Expectancy Theory:** Beliefs about a situation influence behaviour, which in turn creates the expected outcome.

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- 2) **Reticular Activating System (RAS):** A brain mechanism that, when focused on a goal, acts as a filter to heighten awareness of relevant opportunities.
- 3) **Cognitive Restructuring:** Replacing negative, self-limiting beliefs with positive affirmations, which can reduce anxiety and increase motivation.
- 4) **Action-Oriented Behaviours:** "Acting as if" helps individuals adopt the habits and mindset of their desired state, leading to actual behavioural changes.
- 5) **Emotional Alignment:** Linking goals with positive emotions (e.g., gratitude), creates stronger neural imprints and sustained motivation.

According to [Mehta \(2024\)](#), "Manifestation is not merely about dreaming; it's about directing mental energy, focus, and behaviour toward a desired outcome" [Mehta \(2024\)](#).

Manifestation theory is backed by principles in psychology and neuroscience, and the process employs tools like intention setting, visualization, and affirmations to influence the brain and behaviour. By understanding and appreciating the science behind it, we can view manifestation as a structured approach to achieving goals rather than a mystical practice.

To fulfil aims such as to enhance one's career, build relationships, or improve personal well-being, manifestation provides a powerful framework to align your thoughts, actions, and environment. As science continues to uncover more about the mind's capabilities, the line between belief and reality grows even thinner.

Drawing on cognitive psychology, neuroscience, and the study of belief systems, Starr [Starr \(2024\)](#) unpacks how the mind translates focus into action through mechanisms like selective attention, self-efficacy, and the self-fulfilling prophecy. He explains why visualization activates the same neural pathways as real performance, how intention reorganizes perception, and why faith and psychology are often two different languages for the same inner experience. [Starr \(2024\)](#)

YOGA PRANA VIDYA SYSTEM (YPV)

Yoga Prana Vidya (YPV), an integrated and holistic energy-based system, has been applied successfully in clinical contexts holistically for Physical, emotional and mental healing and wellbeing [Neravetla and Nanduri \(2025\)](#). Literature shows over 145 published research papers on the efficacy of YPV applications to resolve various health issues and disease conditions [Reddy and Nanduri \(2024\)](#), [Kumar et al. \(2024\)](#), [Malipeddi and Nanduri \(2025\)](#), [Chinnusamy and Nanduri \(2024\)](#), [Srinivasu and Nanduri \(2023\)](#), [Leelavathi and Nanduri \(2023\)](#), [Harsora and Nanduri \(2022\)](#), [Reddy et al. \(2022\)](#), [Nanduri and Revathi \(2020\)](#), [Ramya et al. \(2020\)](#), [Nanduri and Revathi \(2020\)](#) .

A previous study [Mahajan et al. \(2023\)](#) using YPV protocols documented 35 cases of manifestation in varying contexts and goals such as those related to employment, job promotion, financial gains, health, relationship issues, marriage prospects, valuables lost and found, business related issues etc.

Spiritual pilgrimages are integral to many cultures, yet they often involve significant physical, emotional, and logistical challenges. Midlife women, particularly those with limited travel experience and resources, face compounded risks including vulnerabilities, safety concerns, and financial constraints.

This case study explores its novel application in pilgrimage travel, documenting how YPV practices facilitated obstacle removal and optimized outcomes during a pilgrimage journey in November 2025 undertaken by a group of four women YPV practitioners.

METHODS

PARTICIPANTS

The sample in this study is a group of four women aged 41,55,55,58, who formed a homogeneous group of competent YPV healers and Arhat Yoga Practitioners.

The group, led by a senior practitioner (a senior YPV healer-trainer), undertook the 6-day pilgrimage starting from Tamil Nadu to Uttar Pradesh in India.

TRAVEL OBJECTIVES

- 1) Starting from their hometown in Tamil Nadu on 13th November, 2025, to do pilgrimage travel to Visit Ram Mandir in Ayodhya and Temples in Manona Dham (Near Bareilly, Uttar Pradesh) and return safely to hometown on 19th November 2025 (total of 6 days and 5 nights)
- 2) Overcoming any obstacles that may arise due to the challenges of unknown territory and uncertainties they struggle with. Against these objectives, their strengths and weaknesses are as stated below.

THEIR STRENGTHS

They were strongly motivated to undertake this travel and achieve the spiritual goals, while willing to face various challenges. They were aware of their individual strengths and weaknesses. Their belief system was also very strong – belief in their convictions and belief in the strengths of YPV protocols to support them in need.

THEIR CHALLENGES

None in the group were seasoned travellers, and this journey was the first of its kind and magnitude. Individually, each one was aware of one's limitations and lack of confidence, yet collectively they were confident. Their challenges included unfamiliar language, social habits, financial limitations, difficult weather conditions and travelling to an unknown territory. Potential issues and risks of Safety and security of themselves and their baggage were also prime on their minds.

YPV INTERVENTION COMPONENTS

Six YPV techniques were applied by the group daily:

- Blue Triangle Purification: Visualization for disintegration of obstacles.
- Manifestation: Intent-setting aligned with divine will.
- Blessings: Channelling divine energy for protection.
- Great Invocation: Universal prayer for guidance.
- Psychic Self-Protection (PSP): Shielding against physical, emotional, and mental threats.
- Diversion Targeting: Deflecting disruptions and negativity.

DATA COLLECTION

Travel itinerary (Annexure 1), and narrative documentation of journey events formed basic data documents.

DATA ANALYSIS

The data analysis consisted of comparing actual events Vs. planned events, comparing outcomes during consistent practice versus lapses.

FINDINGS

The issues they faced and how resolved are presented below:

- 1)** The issues: The group leader was initially (early November 2025) facing financial constraints. She was alone with the travel plan. She knew she could not make this travel all by herself. Then she sent out enquiries to her colleagues if any of them would be willing to join her in this travel.

How resolved: Through applying daily practices of YPV's manifestation protocol, blessings, and Great Invocation, she prayed for a group to form. These issues got resolved and group travel manifested smoothly. Flight and Flight bookings got confirmed without hitch.

- 2)** **The issues:** due to prior bookings, they had only 7 hrs and 41 minutes available in their hands from arrival in Ayodhya to departure from Ayodhya to visit Bareilly and onwards. This available time in Ayodhya was too tight; there were long queues for Darshan at Ram Temple. After finishing temple visits, they were left with only 25 minutes at hand to catch the train to move on to Bareilly on the same day (14 November).

How resolved: They invoked YPV manifestation protocols for dual darshan at Shri Ram Janmabhoomi Temple. As a result, a special permission got manifested to join group Aartis enabling quick darshan. They were able to exit the temple by 11.15 am, and board the train for 11.42 am departure.

- 3)** **The issues:** Without prior booking, accommodation in Bareilly was impossible, as they arrived in the evening of 14th. The darshan queues had 20 + hrs waiting for darshan

How resolved: Daily prayers and practices manifested an unexpected phone call with an offer of private accommodation. That person arranged a quick darshan also avoiding long waiting in Queues.

- 4)** **The issue, a Setback in Bareilly, 16th November:** Return journey on 16th from Bareilly to New Delhi. The Train's departure got delayed by nearly 4 hours, causing them to wait on the Bareilly station platform in shivering cold.

WHAT CAUSED THE ISSUE

Fatigue led to skipping morning invocation and prayer, that proved to them to be a critical lapse. After shopping that evening, they were scheduled to board their train at 11:45 PM. Unexpectedly, the train's departure got delayed to 3:45 AM. As a consequence, the four women shivered for nearly 4 hours in the biting cold waiting for the train. That besides, they had to haul heavy luggage at that hour because of non-availability of porters (coolies), while the train halted there for only 2 minutes. They were gripped by fear. This painful episode highlighted YPV's protective role which was missing at this moment.

RETURN JOURNEY (NOVEMBER 17–18, 2025): RESTORATION THROUGH RENEWAL

They resumed YPV manifestation practices that restored the smooth flow. They reached New Delhi Railway station on 17th around 9 am. Their connecting train to Chennai was at 4 pm. All required things manifested smoothly. A porter was readily available. Free resting place at an exclusive official lounge was made available to the group with food at affordable cost.

The findings from this study are summarised in [Table 1](#) below.

Table 1

Table 1 Findings Summary		
Aspect	With Consistent YPV Usage	Without YPV practices (Lapse)
Timings	Precise (e.g., dual darshan in 25 min, on-time trains, coach swap miracle)	Delays, panic (4-hr Bareilly wait)
Safety/Health	Protected, rested, immunity boosted (e.g., shielding, diversions)	Fear, cold exposure, exhaustion
Finances/Support	Low-cost tickets, free aids, miracles	Struggles, no help
Overall Fruitfulness	Divine guidance, zero excess costs, group formation	Difficult, frightening

THE LEARNING FOR THE GROUP

1) With YPV Practice:

- Precise timings (dual darshan in 25 minutes, on-time train connections).
- Safety and support (coolie assistance, free rest spaces, coach swap miracle).
- Financial optimization (low-cost tickets, free aids).
- Emotional wellness and confidence.

2) Without YPV Practice (Bareilly lapse):

- Train delays (4 hours).
- Cold exposure and exhaustion.
- Fear and logistical struggles.
- This comparative dynamic highlighted YPV's causal role in mitigating obstacles.

DISCUSSION

This case demonstrates YPV's potential as a supportive tool in pilgrimage travel, aligning with prior evidence of YPV's efficacy in psychosomatic healing and stress reduction. The findings suggest that energy-based practices can extend beyond clinical contexts into travel medicine and spiritual tourism. Limitations include the small sample size and narrative design; however, the natural control (lapse in practice) strengthens causal inference. Future research may employ mixed-methods designs to evaluate YPV's role in larger cohorts and diverse travel contexts.

A previous study by Mahajan et al [Mahajan et al. \(2023\)](#) presented outcomes of 35 individual cases of Manifestation activities on goals related to employment and job promotion, financial gains, health, relationship/marriage prospects, valuables lost and found, business related issues etc. It was found that 32 out of 35 cases achieved goals successfully because those 32 individuals strictly adhered to the stipulated YPV protocols, while in case of the remaining 3 cases, the persons seeking manifestation did not adhere to the YPV protocols, and consequently unsuccessful [Mahajan et al. \(2023\)](#).

This narrative of pilgrimage to Ram Mandir Temple and Manona Dham powerfully reveals YPV's indispensability as a transformative tool for obstacle removal in spiritual travel. Consistent daily practices—blue triangle purification, manifestation, blessings, Great Invocation, PSP shielding, and diversion targeting—not only ensured safe, timely, and economical journeys but also

orchestrated profound "miracles" that defied logistical odds: a 25-minute window for dual darshan amid Ayodhya's throngs, bypassing 20+ hour queues at Manona Dham, unexpected rural accommodations, effortless aids like coolies and rest spaces, etc. These outcomes optimized time, finances, health, and emotional security for four midlife women ill-equipped for travelling in unfamiliar territories, turning a high-risk odyssey into a divinely guided experience.

Critically, the single lapse on November 16—skipping morning invocation—provided a natural control, exposing stark contrasts: 4-hour train delays, biting cold exposure, luggage struggles, and heightened fears without YPV's protective energetic shield. This before-and-after dynamic empirically underscores YPV's causality, aligning with YPV healing principles where sustained energy alignment yields tangible results.

CONCLUSIONS

YPV Practices enhanced immunity, confidence, and emotional wellness, aligning with studies on YPV healing's psychosomatic effects. For midlife women—often balancing health and family—YPV's manifestation techniques made it possible to successfully undertake high-risk travels to pilgrim centres such as Ram Mandir and Manona Dham. This case underscores YPV's relevance for not only integrative health, but manifestation in the context of spiritual tourism, as travel medicine, warranting systematic further exploration.

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ANNEXURE 1:TRAVEL ITINERARY

- 1) on 19th October 2025, Booked by Air, Indigo Coimbatore to Lucknow for 4 women
Dep 13 Nov 16.20 Coimbatore Arr Bengaluru 13 Nov 17.35
Dep 13 Nov 19.25 Arr Lucknow 13 Nov 21.55
Transit: 21.55 on 13th to 01.10 on 14th – 3 hrs 15 minutes
- 2) On 19th Oct booked Lucknow to Ayodhya by Train for 4 women
Dep 14 Nov 01.10 LKO 3AC Arr Ayodhya Dham Jn 14 Nov 04.01 (travel 2.51 hrs)
Ram Mandir Ayodhya Visit - Available time 7 hrs and 41 mts.
- 3) On 19th Oct Booked by Train, Ayodhya Jn to Bareilly for 4 women
Dep 14 Nov 11.42 AY Vande Bharat CC Arr Bareilly 14 Nov 17.13 (5.31 hrs)
Manona Dham Visit, stay on 14th night, 15th day, 15th night, and 16th day,
- 4) On 15 Nov Booked by Train, Bareilly to New Delhi for 4 women
Dep Bareilly 16th Nov 23.49 /Actual 03-45 am on 17th) 2AC ShramJeevi Exp Arr 17th 04.40 (actual 9 am) New Delhi
- 5) On 19 Oct Booked by Train, New Delhi to MGR Chennai 4 women
11 ½ hrs in transit at New Delhi
Dep New Delhi 17 Nov 16.10 3 AC GT EXP ...ARR 19 Nov MGR Chennai 04.45
- 6) On 24 Oct Booked by Train, Chennai to Coimbatore 4 women
Dep Chennai 19 Nov 06.10 SL sitting, Kovai SF EXP ARR 19 Nov Coimbatore 14.05