

Pacific Northwest Pranic Healing

www.pnwpranichealing.com

info@pnwpranichealing.com

June 2009 Newsletter

“Imagine people not only talking about doing good things, but actually doing them.”

— GrandMaster Choa Kok Sui



A super huge Thank You to all the volunteers who organized and staffed the Clackamas County Health Expo! Clackamas County employees expressed great interest in Pranic Healing at the expo. Our volunteers performed demo treatments on so many people who expressed wonder and amazement at how much better they felt even after just 15 minutes of Pranic Healing. Congratulations to **Tess Crockett** for winning the raffle drawing for a free healing session. We are already planning our Expo events for next year, so if you know of a venue holding an event, please tell us!



(L to R) Maceo Pettis, Ryc Williamson, Liza Burney. Not pictured: Sarah Oliver, Alexis Cooper, Linda Merrick, Andrea Furber.

Calendar Summary:
(for complete listings, [click here](#))

Full Moon meditation
June 7, 7:00 pm

Intro
June 11 in Hillsboro

PH Level I
June 20-21 in Portland
June 27-28 in Seattle
July 11, 18, 25 in Portland

PH Level II
June 13-14 in Portland

Next Kriyashakti Group is June 21;
Please [rsvp](#) for meeting information.



Thank you to **Louise Gilman** who has served as our Treasurer for the past 5 years. She has generously donated so many hours to support this organization's financial health and well being. We are so grateful for her help! Thank you and welcome to **Vienna Howard**, who volunteered to be our new Treasurer! We look forward to having a wonderful working relationship!



Thank you to **Nadine Zimmerlund** for her very generous donation of a wonderful Dell laptop computer for us to use.

Seattle Pranic Healing Clinic

Starting June 8, the Seattle public clinic will meet in a new location. The Senior Center of West Seattle, 4217 SW Oregon St. from 7-9pm on the second Mondays. The public clinic is an opportunity for someone to experience the Twin Heart meditation and a brief healing with a student pranic healer. We donate our time in order to serve and to learn. We ask each healer to donate \$5-\$10 to cover the expenses. We ask each client to donate \$2-\$5 if they can. Please consider participating with this wonderful service to humanity. (If you think there is a health care crisis in this country, try pranic healing as a wonderful antidote!)

Location website: www.sc-ws.org

Directions to Senior Center of West Seattle: From I5: Take the West Seattle exit (Exit 163A), cross over the bridge and follow Fauntleroy up the hill. When Fauntleroy turns left toward the Vashon ferry, stay in the right-hand lanes for Alaska Street. From Alaska Street, turn right on 42nd to the parking lot.

Parking: The parking lot off 42nd Street offers free parking with a 3-hour limit. On-street parking is also readily available.
Practice Sessions: These will be held for pranic healers only on the 4th Monday, starting June 22, at Lauren's house in Greenwood. Basically, we switched the weeks between practice and clinic.



Victoria Day Retreat

What do people from Oregon, Washington, Vancouver, Victoria and the surrounding BC area have in common? Well, if they are Pranic Healers, they have COMMUNITY in common. Eight of us from the Portland area, and one person from Port Angeles, WA joined with the Canadians at the weekend retreat on Vancouver Island, B.C., lead by Master Nona. We focused on how “home” is not just where you live, but where people understand you. Shared experiences, shared values and welcoming people who provide support, purpose, acceptance and humor are all hallmarks of a Pranic Healing gathering. We invite you to consider joining us next year, Victoria Day weekend!

“The retreat was a powerful experience for me. I think that the forest setting, the relaxed atmosphere, the firm dedication of the group, the frequent meditations, and discussions by Master Nona all contributed. I came away with more personal insight and confidence about my path as a pranic healer. Thanks to all who participated.” Geoff Gordon

PH Level III
July 18-19 in Portland

Multnomah Day's Parade & Founder's Day Picnic
August 15 - Portland Area

“Arhatic By The Sea”
September 11-13 Oregon Coast

Anaheim, CA
July 24 - Feng Shui
July 25-26 - Kriyashakti®
July 27 - Inner Christianity Revealed with Master Stephen Co
[U.S. Pranic Healing Center](#)

World Invocation Day – 7th June 2009

The intention to produce greater human unity is growing daily within the hearts of people everywhere. To build this more just, interdependent global society, we need above all, more light, love and spiritual will.

On 7th June, people of goodwill from all parts of the world, and from different religious and spiritual backgrounds unite in invoking these higher energies by using a world prayer, the Great Invocation.

Will you join in this healing work by including the Great Invocation in your thoughts, prayers and meditation on World Invocation Day?

The Great Invocation
From the point of Light within the Mind of God
Let light stream forth into the minds of men.
Let Light descend on Earth.

From the point of Love within the Heart of God
Let love stream forth into the hearts of men.
May Christ return to Earth.

From the centre where the Will of God is known
Let purpose guide the little wills of men –
The purpose which the Masters know and serve.

From the centre which we call the race of men
Let the Plan of Love and Light work out
And may it seal the door where evil dwells.

Let Light and Love and Power restore the Plan on Earth.

www.lucistrust.org

Lakshmi Gayatri Mantra CD Now Available!

We have been waiting for the Lakshmi Gayatri Mantra CD by Grand Master Choa Kok Sui for over a year now!



And it could not come at a better time. When you listen and play this CD, you're aura and your basic chakras are filled with Prosperity Energies. As we know, like energies attract.

As you constantly bathe your energy field with Prosperity Energies, it will attract similar vibrations.

The CD can also be played in your workplace at a low volume to flood the place with Prosperity Vibrations. This will activate the work area and people's Basic Chakras to make them more productive.

Kriyashakti® and students can use this CD while doing Kriyashakti® to make their thoughtforms more powerful!

[Visit US Pranic Healing](#)

Now is the perfect time to take a Pranic Healing Level 1 class:

In PRANIC HEALING Level 1, you learn the basics of working with your energy aura, including learning to "scan," or feel the energy, to "sweep," or clean away congested energy, and to "energize," or supplement areas in your aura that have a pranic deficiency. You begin by learning to activate the energy centers, or "chakras," in the center of your hands. This enables you to become sensitive to prana and scan a person's - or your own - energy field to identify blockages and then cleanse, energize and revitalize the area with new prana.

PRANIC HEALING has been taught to doctors, nurses, massage therapists, acupuncturists, chiropractors, shiatsu practitioners, and many others in the healing field. It has allowed them to heal confidently and consistently in the shortest learning time possible. These professionals find PRANIC HEALING very effective and easy to apply.

Here are some of the other topics covered in PRANIC HEALING Level 1:

Energetic anatomy: You will learn to work with the network of charkas, meridians and auras to accelerate the healing processes of your body.

Preventive healing: You will learn to remove the negative energetic patterns of a disease to prevent it from fully manifesting as a physical ailment.

Self-Pranic healing: You will learn to apply these healing techniques to accelerate your own healing.

Step-by-step techniques for ailments related to your:

- respiratory system, e.g., asthma
- circulatory system, e.g., heart ailments
- gastrointestinal system, e.g., irritable bowel syndrome
- musculoskeletal system, e.g., arthritis and back pain
- reproductive system, e.g., menstrual problems
- You'll also learn remedies for such common problems as migraines and sinusitis.

Additionally, you'll learn to apply **distant healing** to loved ones who are not present in the room with you. All PRANIC HEALING courses are "experiential," which means that you learn by actually performing the techniques and exercises in class—on yourself and those around you. During class, all the principles will be explained thoroughly and you will practice the techniques exhaustively so you will be confident in your ability to produce positive results when you finish the course.

PRANIC HEALING Level 1 is a prerequisite to all other courses.

See calendar (above) for current course offerings.



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In Ancient times, Pranic Healing could only be practised by an elite few. My job was to develop a very effective healing system, which ordinary people could learn in just a short period. Anybody can practise pranic healing now. The knowledge of being able to deal with simple ailments is quite empowering.

-Master Choa Kok Sui

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