



# PACIFIC NORTHWEST PRANIC HEALING

# INSIGHT

"Imagine people not only talking about doing good things, but actually doing them."  
GrandMaster Choa Kok Sui

February 2010

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## Come to Clinic - Scientific Basis for Benefits of Volunteering

As Pranic Healers, we all know the energetic benefits of service, because we can scan the change in our heart and crown chakras. But did you know that in addition to these energetic benefits (or perhaps as a result of), there are scientifically documented health benefits? An abstract from "Is Volunteering Rewarding in Itself" by Stephan Meier and Alois Stutzer says, "We find robust evidence that volunteers are more satisfied with their life than non-volunteers."

Another study finds that volunteers help themselves to better health while helping others (Corporation for National and Community Service). In its 2007 review of a compelling collection of recent scientific research, *The Health Benefits of Volunteering* has found a significant connection between volunteering and good health. The report shows that volunteers have greater longevity, higher functional ability, lower rates of depression and less incidence of heart disease. "Volunteering makes the heart grow stronger," said David Eisner, CEO of the Corporation. "While the motivation is altruistic, it is gratifying to learn that their efforts are returning considerable health benefits."

Research suggests that volunteering is particularly beneficial to the health of older adults and those serving 100 hours annually. According to the report:

- A study of adults found that the positive effect of volunteering on physical and mental health is due to the personal sense of accomplishment an individual gains from his or her volunteer activities.
- Another study found that volunteering led to lower rates of depression in individuals.
- Two studies found that volunteering threshold is about 100 hours per year, or about two hours a week. Individuals who reached the threshold enjoyed significant health benefits.

"This is good news for people who volunteer," said Robert Grimm, Director of the Corporation's Office of Research and Policy Development and Senior Counselor to the CEO. "This research is particularly relevant to Baby Boomers, who are receiving as well as giving when they help others. Just two hours of volunteering a week can bring meaningful benefits to a person's body and mind."

These research projects are recent, but the idea is hardly a new one. The Greek philosopher Aristotle (384 - 322 BC) felt that "helping others is the way to higher individual wellbeing." So the message is clear: volunteer and be happier and healthier! And what better venue for your volunteer hours than a Pranic Healing clinic. This is a volunteer-based organization, meaning it cannot run without volunteers. We have many opportunities for you to get involved, practice your skills, learn some extra-curricular information, and at the same time, benefits others as well as yourself.

If you are a new Pranic Healer, you are always welcome to come to clinic ([check here for location info](#)) to just check it out, and receive a healing yourself to familiarize yourself with the clinic process. After that, if you feel like you want to pair up with someone more experienced to do a team-healing, that works too. Eventually you may want to move on to a healing on your own, with occasional supervision. Pretty soon you'll be doing healings by yourself, and maybe even doing some mentoring of the next group of new Pranic Healers.

"One thing that I can say for sure is in the years I have been attending Pranic Healing Clinics as a volunteer healer is that I always leave clinic feeling better than when I arrived. I have a sense of well being that comes from not only doing the meditation but knowing that I have contributed in some small way to someone feeling better. When I look around at the end of an evening at clinic it seems to me that everyone is smiling and their eyes are brighter than when they arrived. This gives me a tremendous sense of satisfaction."

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



[Full Moon meditation-Portland](#)  
February 27

### [Intro to PH - PDX](#)

Feb. 18 - 10-12 noon  
Feb. 23 - 6:30 - 8:30 pm  
March 6 - 2-4 West Linn  
March 20 - 12-4

### [Intro to PH - WA](#)

March 7 - 1-4 Kennewick  
March 7 - 6-8 Richland  
March 21 - 1-4 Kennewick  
March 21 - 6-8 Richland

### [PH Level I](#)

March 27 - 28 in Portland  
April 17 - 18 in Kennewick

### [PH Level II](#)

May 15 - 16 in Portland

### [PH Level II](#)

July 10 - 11 in Portland

### [Crystal Class](#)

March 13 -14 in Portland

### [Scanning Techniques/Skills](#)

April 17 in Portland

### [Kriyashakti Group](#)

March 20  
June 21  
August 15  
September 23  
December 21

### [Retreats](#)

Feb. 18 - 21 Arhatic  
May 22- 24 Canada

### [Weekend get-away](#)

Sept. 11-12 Arhatic

### [Wesak](#)

April 28

## [Scanning Techniques & Skills Review](#)

Saturday, April 17 10:30 AM to 4 PM

### FINE-TUNE YOUR ENERGY AWARENESS

- ⇒ Thoroughly clean your sensing tools
- ⇒ Feel energy—yours and your clients
- ⇒ Locate pain, congestion and blockage
- ⇒ Explore deep tissues, joints & organs
- ⇒ Scan for chakra activation & congestion
- ⇒ Practice, practice, practice

Portland West Hills Covenant Church  
5815 SW Gillcrest Ct. Portland, OR 97221

\$60 / Pay in advance: \$50

Instructor: Andrea Furber [andrea.furber@mac.com](mailto:andrea.furber@mac.com) 503-293-0481

## [PranaKids!](#)

A PranaKids program is in the works for Portland! We plan on starting our pilot program in MARCH 2010. We welcome any and all pranic healers to join us, in whatever capacity you would like to be involved. For those of you who have children or grandchildren, think of what an incredible gift it would be to introduce the pranic teachings to them in their youth. Those who are interested, please contact Lisa Merrick at [colorprana@gmail.com](mailto:colorprana@gmail.com).

\*\*Those who were previously interested and on the list-- please re-send me your information! Due to some computer errors, that information was deleted!

## [Testimonials](#)

We love to hear how Pranic Healing has changed your life, and especially about a particularly wonderful healing experience. This information is especially beneficial to people browsing our website for information about Pranic Healing. Testimonials from real people about actual healings are very powerful and help to convey the full range of healing possibilities with these simple, yet powerful techniques.

Right now, we have a few testimonials on our website, which are mostly about physical healing. We welcome all submissions, and especially encourage you to send in your information if you have had a psychotherapy treatment for a phobia, addiction or relationship issue that was healed. In addition, we are especially excited to hear from recent graduates of Level I to hear news of your successes. Please send your comments, with a photo if you like, to [info@pnwpranichealing.com](mailto:info@pnwpranichealing.com). Thank you!

## [PH Internet Resources](#)

US Pranic Healing (West Coast)

<http://www.pranichealing.com/>

Your Hands Can Heal You

<http://www.yourhandscanhealyou.com/>

Master Co on Facebook

<http://www.facebook.com/pages/Master-Stephen-Co/123010412591>

Center for Pranic Healing (East Coast US)

<http://www.pranichealingusa.com/>

Pacific Northwest Pranic Healing

<http://www.pnwpranichealing.com/>

Canadian Pranic Healing <http://www.pranichealing.ca/>

PranaTalk <http://www.pranatalk.com/>

PPM Audiostream archives

<http://www.meditatepeace.com/archives.htm>

Yahoo groups:

<http://health.groups.yahoo.com/group/phqanda/>

<http://health.groups.yahoo.com/group/Pranichealing/>

<http://health.groups.yahoo.com/group/seattlepranichealing/>



## [Full Moon Meditation in Portland](#)

February 27th, 2010  
7:00 pm

Join us this and every month for a Powerful Evening of Meditation as we gather together as ONE to be Divine Instruments of God's Infinite Love, Mercy and Compassion toward the Earth and all sentient beings.

Grand Master Choa will lead us in this Full Moon Meditation as we Bless Mother Earth and all of humanity.

Bring your projects to be blessed and enjoy tea and light snacks afterwards.

Dundee Rec Room—Waverley Greens Apts.  
10300 SE Waverley Ct.  
Milwaukie, OR 97222

For directions, please call Linda Merrick at 503-659-7463.

[pnwPranicHealing.com](http://pnwPranicHealing.com) link with directions

[Google maps link](#)