



News Flash: Last chance to sign up for Psychic Self Defense / Arhatic Prep class taught by Master Co on June 25/26/27. Contact Tom Park for information at 503.422.0200 or sign up [on line](#).

The Value of a Re-Treat

It happens most every Victoria Day weekend, the Pranic Healers gather at Camp Thunderbird, just outside of Victoria, BC for three days of teachings, personal reflection and camaraderie such as we cannot experience in our regular everyday lives. The value of taking this time off, of focusing our attention on the way Pranic Healing informs so much about our daily lives, really highlights the contribution Master Choa Kok Sui made to all of us with his great teachings.

A retreat is an opportunity to review and remember all the wonderful information we learned in Level I, like the benefit of doing a "self-Namaste" every morning. This reminder helps to re-energize a personal practice that had maybe been taking some time off.

A retreat is also an opportunity to connect up with Pranic Healers from all over and learn what they are doing in their community to help spread the teachings. Some Pranic Healers focus on PH in the schools, others in the environment with Pranic Farming or working with natural disasters. Others still with Pranic Healing for Animals. With this, we remember the breadth and depth of the teachings, and re-affirm to apply it in more areas of our own personal lives.

Mostly, a retreat is our chance to re-connect within ourselves the joy, wonder and amazement of Pranic Healing. Of seeing old friends, and making new ones. To keep the connections within this community strong. Because no one should be a Lone Ranger.

So, re-treat yourself to the magic of Pranic Healing, and remind yourself how much Pranic Healing has changed your life. Make some plans to attend a Pranic Healing event and watch your life expand with possibility.

Atma Namaste!



MTH at the outdoor chapel.



Master Nona



Evening bonfire ceremony.

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

 **Full Moon meditation—Portland**
June 24, 7 pm

Intro to PH
June 19 - Vancouver WA
July 10 - NW Portland
July 12 - PCC Sylvania
July 13 - Seattle WA
July 17 - Beaverton, OR
July 24 - Vancouver WA
July 29 - Seattle, WA
August 3 - PCC SE PDX
August 7 - PCC N. PDX
August 12 - Seattle, WA

PH Level I
Aug 15 - Seattle
Aug. 21 - 22 Portland

PH Level III
July 10 - 11 Portland

Kriyashakti Group
June 21
August 15
September 23
December 21

PH Retreats
Sept. 24 - California

Arhatic Retreats
Oct. 30 Vancouver BC

Weekend get-away
Sept. 11-12 Arhatic / Oregon Coast



A big Pranic Healing "Thank You" to all the Portland-area people who have offered your homes as Home-Stay

locations for the upcoming Master Co class. We so appreciate your generosity!



GMCKS Flower Essences

What are Flower Essences?

Flower essences are the blossoms of plants prepared from a sun infusion in a bowl of water, then further diluted, potentized, and then preserved with vodka. These preparations embody the distinct imprint, or energetic pattern of each flower species. These flower essences were made at the GMCKS Ashram in India by Pauline Sainsbury and Janet Mierau, two Pranic Healers from Canada, from flowers out of Master Choa's personal garden. They all contain golden energy. As a Pranic Healer, you can scan them and see for yourself.

The following flower essences are offered in the set:

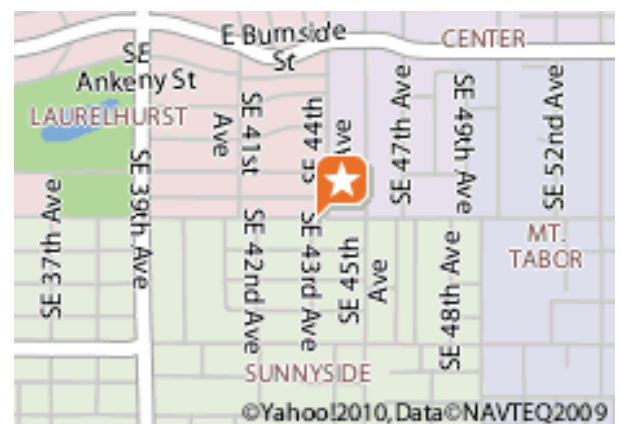
- Blood
- Clairvoyance
- Navel
- Correct Expression
- Spleen
- Love and Gratitude
- Physical Permanent Seed
- Serenity
- Non-Lying
- Brain
- Spiritual Healing
- Golden Rule
- Nervous System
- Perineum

For ordering information, contact Pauline at 604.724.2114 or email her at paulesainsbury@hotmail.com. All essences are \$20 each. Proceeds from sales benefit the local PH group. These are not available anywhere else.

Look at all those Intro classes in July! This is a perfect time to introduce a friend to Pranic Healing.

Portland Wednesday Clinic
has moved to:
4312 SE Stark St
Portland, OR 97215

For more info, contact Andrea at 503.293.0481
Same time 10 am - 12 noon, new place.



Full Moon Meditation - Portland

June 24, 2010 7:00 pm
NEW DATE FOR THIS MONTH ONLY

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 link with directions
[Google maps link](#)