



PACIFIC NORTHWEST PRANIC HEALING

# INSIGHT

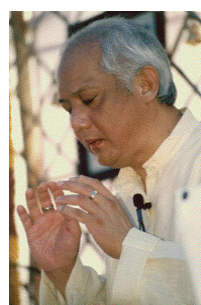
"Imagine people not only talking about doing good things, but actually doing them."  
GrandMaster Choa Kok Sui

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## IT'S COLD AND FLU SEASON SO TAKE CARE OF THE LYMPHATIC SYSTEM!

The throat chakra affects the immunity and defense system since it controls and energizes the lymphatic system which filters virulent microbes and destroys them. The lymphatic system produces antibodies and an important variety of white blood cell called lymphocyte. The lymphocytes have 'memory' of invading microbes and are responsible for the immunization of the body against infections. The throat chakra, through the jaw minor chakras, controls and energizes the tonsils. The thymus gland is controlled and energized by the throat chakra and the heart chakra. Thymus produces T-lymphocytes, or T-cells which fight off viruses, fungi, parasites, cancer cells, and transplanted foreign tissues and organs. The thymus is responsible for regulating the immune and defense system from attacking the body's own tissues or organs. The spleen is controlled and energized by the spleen chakra and the throat chakra. The spleen filters and destroys abnormal cells and disease causing germs. The throat chakra through the navel chakra controls and energizes the lymph nodes in the abdominal area. The throat chakra -- through the armpit, elbow, hand, perineum, hip, knee and sole minor chakras -- controls and energizes the lymph nodes in the arms and legs.



...  
The immunity and defense system can be enhanced by stimulating and strengthening the bone marrow which produces the white blood cells. This is done by strengthening the basic chakra.

...  
The spleen purifies the blood flowing through it by filtering and destroying abnormal cells and disease causing germs. By stimulating and strengthening the spleen, the immunity and defense system will be enhanced. Patients suffering from severe infection have dirty and sluggish spleen chakra. The physical spleen is also adversely affected. Therefore, in severe infection cases, it is a must to treat the spleen chakra.

The pranic energy level of the entire body can be greatly increased by cleansing and energizing the spleen chakra. This has a strengthening effect on the whole body.

---Master Choa Kok Sui, Advanced Pranic Healing pp. 116-119

### PORTLAND/VANCOUVER HOLIDAY PARTY

SAVE THE DATE

DEC 5

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

It's time! Monday night! Doors open at 6:30 pm. The vegetarian potluck dinner is at 7pm and the White Elephant Gift Exchange (\$20 max) and Raffle are the highlights of the evening! We are still accepting donations for the Raffle, so if you would like to contribute, please bring your item to the party and we will help you get it submitted. We welcome Pranic Healing related items, certificates for services, vacation rentals, lottery tickets and such. Please no artwork. Many thanks to all our Raffle donors!



Barberton Grange  
[9400 NE 72nd Ave.](http://9400 NE 72nd Ave.)  
Vancouver, WA 98665

Hope to see you there!

### PORTLAND FULL MOON MEDITATIONS

Announcing the reactivation of Portland Area Full Moon Meditations beginning in January 2012. Sunday January 8<sup>th</sup> at 7 PM will be our first re-gathering for using Full Moon energies to bless the earth, the USA, Oregon, our greater Metro Area, our neighborhoods, our neighbors, our families, ourselves and all our projects. Join others to increase your capacity to sooth, heal, bless and enhance all that receives this powerful energy for good at the home of Bud and Andrea Furber, 5741 SW 52<sup>nd</sup> Ave. Portland, 97221. 503-293-0481. [andrea.furber@mac.com](mailto:andrea.furber@mac.com)



Plan ahead:  
February: Wednesday the 8<sup>th</sup> at 7 PM  
March: Thursday the 8<sup>th</sup> at 7 PM  
April: Thursday the 5<sup>th</sup> at 7 PM

### Intro to PH

Feb 4 McMinnville  
Feb 11 Portland  
Mar 19 Portland  
April 28 Portland

### PH Level I

Jan 28 Portland  
Feb 24 Seattle  
Feb 25 McMinnville  
Mar 10 Portland  
Nov 11 Seattle

### PH Level II

Feb 25 Seattle

### Healing for Healers

Dec 14 Lake Oswego, OR (2nd Wed.)

### Holiday Party

Dec 5 Vancouver

Please [submit](#) all content for the next newsletter by January 15th. Thank you.