



PACIFIC NORTHWEST PRANIC HEALING INSIGHT

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

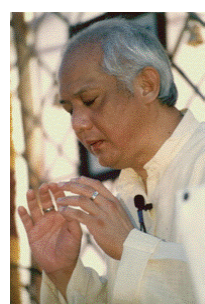
February 2012

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“HEALER4HEALER - THE BEGINNING”

BY JONNETTI BERNARD

When I came to Pranic Healing, my life was a mess. Although this situation served to jump-start my Spiritual Journey, I could feel the chaos swirling about me and was concerned that some of this energy might be transferring to the people I was working on at clinic. Self-cleaning alleviated the turmoil to some extent, but not entirely: so I sought help from other Pranic Healers to remove what I could not. That decision turned out to be a great help.



As the years went by, I watched people just learning to be Pranic Healing healers come to clinic to get healings. Upon speaking to them, I found they were struggling with the same thoughts and concerns I had had: How can I heal another when I have all this disorder about me? The idea of Healers helping Healers heal formed and in the mid - 2000's, circumstances came together for Healer4Healer to be born. The premise was simple: exercise, Twin Hearts, split into pairs for 45 minute healings each, then closing circle. The monthly group was small, but helpful for those who came. I considered it a success. After a few months, circumstances changed and Healer4Healer drifted back into the cosmos with the blessing that somehow, someday, it would return when ready.

“HEALER4HEALER - THE NEXT PHASE”

BY LINDA NEGRIN

I was one of the healers who benefited from Jonnetti's idea. Now, as a Pranic Healing Teacher, I see the need for an environment for new students to practice without the pressure of working on the general public; as well as the need for healers to receive healing. This past fall, I restarted Jonnetti's Healing4Healers to serve both purposes. Each month we discuss the needs of each participant, which range from healing, to review of protocols, meditation with Master Co online, or even experimentation. We'd like this to be a bit of playground-time, where we get to enjoy Pranic Healing for the fun of it! There is openness to meet the wants and needs of those who come.

We meet the 2nd Wednesday of every month on the Marylhurst University campus (between Lake Oswego and West Linn on Highway 43). Below is our list of dates for 2012. Feel free to come once, or come every month. If you have questions, contact me at lindanegrinph@gmail.com or 503-866-2901.

Healing4Healers dates for 2012:

January 11, February 8, March 14, April 11, May 9, June 13, July 11, August 8, September 12, October 10, November 14, December 12.

All meetings will be from 7pm to 9 pm at Marylhurst University, 17600 Highway 43, Marylhurst, OR 97036, in the Willow Room (in the Clark Commons Building where the Bookstore is located).

MCMINNVILLE AREA PRANIC HEALERS - FEATURED CLASS FOR FEBRUARY

SUNDAY FEBRUARY 5, NOON - 2PM INTRO TO PRANIC HEALING

FEBRUARY 25 - 26 LEVEL I PRANIC HEALING

Held at Inner Oasis. This is a great opportunity for pranic healers outside the Portland area to share Pranic Healing with friends and family. [RSVP](#) to sign up for either class. Remember, with the [Referral Rewards program](#), when a person you refer signs up for a Level I class, you receive a voucher worth \$100 towards the cost of a higher level class for yourself!

EXCERPT FROM MIRACLES THROUGH PRANIC HEALING: CHARACTER-BUILDING: THE FIVE VIRTUES

Pranic Healers are supposed to be models for patients and their communities. As such, the development of the virtues is very important:

Loving-kindness and Non-injury: Loving-kindness and non-injury simply means absence of cruelty. Loving-kindness may be expressed physically, verbally and mentally. Being polite, courteous and helpful are acts of loving-kindness. Verbally, you can say words that are nurturing and encouraging. People are just like plants that need to be nurtured to bloom and grow. For instance, you can show appreciation or give recognition for the achievements of a person. In this way, he is inspired to become better. Mentally, loving-kindness means blessing other people.



In pranic healing, loving-kindness means healing a patient, even if the patient cannot afford to pay. It is healing others out of kindness and compassion.

Non-injury is refraining from hurting other people physically, verbally and psychically. On a physical level, non-injury means “Thou shalt not kill” or hurt other people out of anger or malice. The practice of harmlessness towards other creatures is also very important. Sometimes, however, a person may have to take the life of an animal to provide food for his family. The act of killing should not involve any cruelty, malice or enjoyment in seeing the animal suffer. Termination of rats, cockroaches, mosquitoes and insects is permissible for hygienic reasons.

Verbal injury is avoiding the use of harsh or injurious words which often take a longer time to heal than physical injury. A physical wound takes only one or two weeks to heal but the wounds caused by a tactless or malicious remark can take years to heal, if ever they do get healed at all. Therefore, watch your words that they do not hurt others. If you have to criticize another person, do it with love and softness. In other words, criticize with a heart. You will notice that this is more effective because the person will be more receptive.

...
In pranic healing, non-injury means not misusing one’s psychic powers.

Loving-kindness and non-injury are necessary for proper and harmonious interhuman relationships. If everybody practices them, the world would be a better place to stay. P. 351-352

**Calendar
Summary:
(for complete
listings,
click here)**

Intro to PH

Feb 4 - OHSU (Energy Hygiene)
Feb 5 McMinnville
Feb 8 Hillsboro
Feb 11 Portland
Feb 27 Portland (Energy Hygiene - OSM)
Mar 19 Portland
April 7 Portland (Superbrain Yoga)
April 14 Portland
April 28 Portland

PH Level I

Feb 24 Seattle
Feb 25 McMinnville
Mar 10 Portland

PH Level II

Feb 25 Seattle

Healing4Healers

2nd Wednesday
7 - 9 pm Lake Oswego, OR

Portland Full Moon Meditation

Feb 8 7pm
March 8 7pm
April 5 7pm

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