



*“The more you develop the virtues,
the stronger your connection
to God will become.”
~ Master Choa Kok Sui*

PACIFIC NORTHWEST PRANIC HEALING NEWS

Introducing the Pranic Healing Studio: a place for practice

There are dance studios to practice dancing techniques; there are art studios to practice artistic skills; and there are yoga studios to practice asanas. Now, there’s a studio to practice Pranic Healing.

Pacific Northwest Pranic Healing is proud to be sponsoring these practice opportunities and to be presenting our first set of offerings. The driving force behind this concept comes from former PNWPH President, Linda Negrin: “Implementing these skills into daily life activities is imperative. Using these skills on ourselves, even before using them on others, is the absolute best way to know the power of them. When you heal yourself and have that direct experience of what happens in your own body, that’s when you deeply understand the gift of these teachings. Master Co spoke in the Mahasamadhi video on March 19 about having a compelling reason to do what we do. My compelling reason for encouraging and mentoring Pranic Healing practitioners to develop these skills deeply is to eliminate suffering so that peace can shine forth. Yes, these teachings have the power to do this, IF we practice, practice, practice. And I want practice to be fun, engaging, and fit into everyone’s schedule which is why the offerings are short, but intense, engagements (1-2 hours). We’re going to offer them on different days, at different times, and in various locations as we develop more offerings, to make them as available as possible.” *(See page two for more information)*



Special Event: Wesak Festival

Sunday April 29, 4:30 p.m. Portland

Join the Pranic Healing & Arhatic Yoga community in Portland for this powerful full moon meditation. Once a year, on what is considered to be the most powerful full moon of the year, your Higher Soul gets the chance and privilege to immerse itself in a downpour of Divine Energy to purify your vehicles, chakras and physical body as well as to use that energy to bless Mother Earth. Consequently, as you Bless Mother Earth you are generating tremendous amounts of good karma that can be utilized to bring forth Prosperity, Joy and Happiness in both your Spiritual & Material Life. The energy generated when you meditate during the Wesak Full Moon is equivalent to meditating continuously for several months!

The peak of the full moon is at 5:58 p.m. Pacific Time. We will time our meditation to be in deep meditation at that point. Doors will open at 4:30, the event will formally begin at 4:45. Multnomah Arts Center, Room #30 (7688 SW Capitol Hwy). **RSVP REQUIRED**
[Click Here to Register](#) *(please note this is not open to the public; it is for PH & Arhatic Graduates)*

✧ PRANIC HEALING in OREGON ✧



CLASSES WITH
LIZA BURNEY

liza@heart-to-heart-healing.com

LEVEL 1
PRANIC HEALING

MAY 12-13 IN PORTLAND

LEVEL 2
ADVANCED PH
AUG 4-5 IN BEND

CLASSES WITH
TERESA EVANS

teresa@pranahealthservices.com

CRYSTAL HEALING

JUNE 9-10
IN MEDFORD

LEVEL 1
PRANIC HEALING

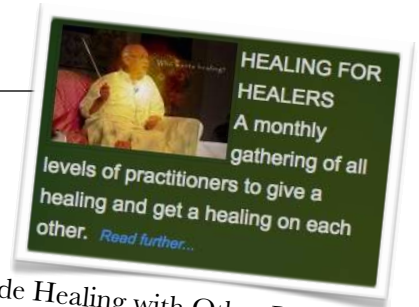
JULY 14-15 IN MEDFORD



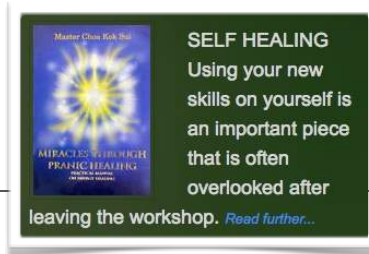
You've taken a Pranic Healing class and learned all these amazing skills. Now what? Come Practice, Learn, and Explore.



Informal Discussion
Q&A
[Read More](#)



Trade Healing with Other Practitioners
[Read More](#)



1 1/2 Hour Guided Self Healing Sessions using specific protocols
[Read More](#)

✧ Healing Clinics - Oregon ✧

MONDAYS
10am-12pm
A Healing Space
171 Lawrence St.
Eugene, OR 97401
Phone: 541-525-1209

TUESDAYS
7pm-9pm
The Unity Center West Linn
20255 Willamette Dr.
West Linn, OR 97068
Phone: 503-697-9765

WEDNESDAYS
10am-12pm
Center for Spiritual Living
6211 NE MLK Jr. Blvd.
Portland, OR 97211
Phone: 503-289-2858

✧ PRANIC HEALING in OREGON cont'd ✧

✧ Healing Practice ✧

Bend

Location: 1769 SW Forest Ridge, Bend, 97702

Monday, April 2 at 10 AM.

Monday, May 7 at 10 AM.

Tuesday May 22 at 6:30 PM.

For more info contact

Andrea Furber 971-400-7103 (text)

Portland

Healing for Healers

Location: Multnomah Arts Center

7688 Sw Capitol Hwy, Room #8 Portland, OR 97219

April 24 ~ 7-9:00 p.m.

For more info contact liza@heart-to-heart-healing.com

✧ Meditation Practice - Oregon ✧

FULL MOON MEDITATIONS

BEND:

April 29 at 7 PM (Wesak)

1769 SW Forest Ridge, Bend

Meditation CD with Master Choa

Kok Sui

April 30 at 6 PM

The Studio, 29 NE Greeley Ave, Bend

Lecture and mediation streaming with

Master Stephen Co.

May 29 @ 7 PM

1769 SW Forest Ridge, Bend

Meditation CD with Master Choa

Kok Sui

May 30 at 6 PM

The Studio, 29 NE Greeley Ave, Bend

Lecture and mediation streaming with

Master Stephen Co.

PORTLAND:

April 1 - Festival of Easter

April 29 - Wesak ~

Special Time: 4:30 - 7 p.m.

May 27 - Festival of Goodwill

Meditation: 1-2 p.m. (except Wesak)

Multnomah Arts Center

7688 SW Capitol Hwy, Room #30

Social Hour:

Prosperity Pie Shoppe

7814 SW Capitol Hwy



TWIN HEARTS PRACTICE

First Mondays, 7-9 p.m.

Alma Education Space

1233 SE Stark St.

Portland, OR 97214

Organizer:

Victoria Quinn-Stephens

503 956 8731

[Details and more info here](#)

Every Wednesday,

10:30 a.m.

Marylhurst University

Davignon Hall Room 217

17600 Highway 43

Marylhurst, OR 97036

Led by Linda Negrin

Please RSVP:

cultivateinnerpeace@gmail.com

✧ PRANIC HEALING in WASHINGTON ✧

LEVEL 1 PRANIC HEALING

MAY 5-6
AND JULY 7-8
IN BELLEVUE WITH GAYLE NELSON

[MORE INFO](#)

FULL MOON MEDITATION SEATTLE

Contact
Eduardo Sztokbant
eduardo@pranamatters.com
for details.



✧ Healing Clinics - Washington ✧

1st & 3rd MONDAYS
7pm-9pm
Seattle Unity Church
200 8th Ave. N., **Seattle**
Contact: Eduardo Sztokbant
eduardo@pranamatters.com

2nd THURSDAYS 7-8:30pm
East-West Bookshop
6407 12th Ave NE
Seattle
Contact: Eduardo Sztokbant
eduardo@pranamatters.com

1st & 3rd FRIDAYS
7:00 p.m.
Blue Mountain Yoga+
803 Carlsborg Road Suite D
Sequim, WA 98382
Contact: Mary Campbell
(360)504-2058
marycampbell2250@yahoo.com

For latest and updated information on schedules, visit:
<https://www.meetup.com/PranicHealingSeattle>

For detailed information about classes and intros
in the Pacific Northwest visit
www.pranichealing.com/events or www.pnwpranichealing.com

* Special Events Around the Region *



Wesak Festival Full Moon Meditation

with Master Stephen Co in California

April 29: 9 a.m. - 8 p.m.

The Wesak Full Moon Meditation is a very Sacred Event for your Soul and subtle bodies. Many may not realize the true importance of this event. It is a priceless opportunity that only comes once a year for your Soul to bathe in Blessings that our human minds have yet to comprehend.

[Details Here](#)

MCKS

PRANIC HEALERS' RETREAT

WITH MASTER NONA

(NEW LOCATION) LAKE COWICHAN MAY 18^{3 PM} - MAY 20^{3 PM}



19th Annual Pranic Healers' Retreat

With

Master Nona Castro



Master Nona Castro, an international lecturer & instructor of Pranic Healing and Arhatic Yoga, will share her love and knowledge of Pranic Healing in the majestic COWICHAN

VALLEY beside Cowichan Lake north of Duncan - <http://cowichanlakecentre.ca>

Join this annual gathering of meditation, practice and healing

Meals & Accommodation included:

6 to a dorm style room - heated with
bedding

Breakfast	Saturday, Sunday
Lunch	Saturday & Sunday
Dinner	Friday & Saturday

Friday May 18^(3pm) - Sunday May 20^(3pm)

For More Information Contact:

Chris Beaubien

T: 250-590-1398 E: beaubien@shaw.ca

W: www.pranichealingvictoria.ca

Cost: \$345

**+
Tithe to Master Nona
\$100 - \$250**

After April 28th cost: \$375 +
tithe

Cash or Cheque only