

AUGUST 2017
INSIGHT

*"Imagine people not only talking about
doing good things, but actually doing them."*

~ Master Choa Kok Sui

PACIFIC NORTHWEST PRANIC HEALING NEWS

31-DAY MEDITATION CHALLENGE WITH MASTER CO IS UNDERWAY!

Starting August 1st and for the rest of the month you can come to this page and participate in a Global Meditation to Bless Mother Earth and all her inhabitants. Participate in this 31 day Meditation Challenge as a form of Global Service.

Each day you can come back to this page and click on the tabs above that say "Monday", "Tuesday", "Wednesday", etc to tune into the specific meditation for that day.

Do meditation every day or as often as possible over the month of August.

Do meditations on your own when time permits, or tune in at set times in the day when others around the world will also be meditating.



When should I Meditate?

Do your meditation either individually or with a group at either 7AM or 7PM in your own Country's timezone.

Example: North America 7am EDT / 7am PDT and 7pm EDT / 7pm PDT

Europe, Africa, Asia 7am and again at 7pm (in your respective area)

What is the Schedule?

Every Monday is Emotional Healing

Every Tuesday is Physical Healing

Every Wednesday is Healing for Mother Earth

Every Thursday is Prosperity Healing

Every Friday is Relationship Healing

Every Saturday is Spiritual Healing

Every Sunday is Global Healing

[Click here to go to the Meditation Challenge](#)

PURPOSE OF ARHATIC YOGA

The purpose of Arhatic Yoga is to produce intelligent, compassionate, good-hearted, powerful disciples who will become great divine servants.

To do this, it is necessary to eliminate pride, self conceitedness and self delusions. A person with great pride will not become a great servant; he will make other people his servants. ~ Master Choa Kok Sui, *The Origin of Modern Pranic Healing and Arhatic Yoga*, p. 169.

NEW ARHATIC PRACTICE NIGHT ~ PORTLAND

A new evening Arhatic meditation is now available in the Portland area!

To support our practice as Arhatic meditators, Gina Keller has offered her home in Beaverton for meditating together on second Wednesday evenings. The next event is Wednesday August 9 at 7pm. Gina's address is 9625 SW Duncan Lane, Beaverton, OR 97005. Please RSVP Aarti at gkeller42@hotmail.com

There is tremendous value in group meditation both energetically and for getting support in the practice. As Arhaties our collective energy supports the growth and sustenance of Pranic Healing in our area. It would be very helpful to do your exercises before you show up to maximize the time for meditating.

* PRANIC HEALING in OREGON *

LEVEL 1

PRANIC HEALING
SEPTEMBER 9-10

IN BEND

OCTOBER 28-29

IN PORTLAND

LEVEL 2

ADVANCED PH

NOV 11-12

IN PORTLAND



WITH LIZA BURNEY

liza@heart-to-heart-healing.com

FULL MOON MEDITATION

PORTLAND: SUNDAY AUGUST 6

Meditation: 1-2 p.m.

Multnomah Arts Center
7688 SW Capitol Hwy ~ Room #30

Social Hour: Until 4:00 p.m.

Prosperity Pie Shoppe
7814 SW Capitol Hwy

Future dates:
Sept 10, Oct 8,
Nov 5, Dec 3.



Prayer Circle



We have a circle of healers ready to offer prayers and blessings to those who request it. To make a request, please email prayers@pnwpranichealing.com with the name and location (city, state, country) of the person needing blessings.

* 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

* Upcoming Intros - Oregon *

Tue, Aug 1	Introduction to Pranic Healing®	Liza Burney	Bend, OR
Wed, Aug 2	Learn to Meditate for Stress Release and Emotional Healing	Liza Burney	Bend, OR
Fri, Aug 4	Intro: SuperBrain Yoga® & Pranic Healing®	Liza Burney	Bend, OR
Sat, Aug 26	Introduction to Pranic Healing®	Liza Burney	Portland, OR

✧ PRANIC HEALING in WASHINGTON ✧

LEVEL 1 BASIC PRANIC HEALING

WITH GAYLE NELSON
SEPTEMBER 23-24
IN BELLEVUE

[MORE INFO](#)

FULL MOON MEDITATION SEATTLE

Aug 6 th (Sunday)

FOUNDER'S DAY MEDITATION

August 15, Tuesday



Contact Eduardo at
(206) 432-0669 or
eduardo@pranichealing.com for details.

✧ Healing Clinics - Washington ✧

1st & 3rd MONDAYS
7pm-9pm
Seattle Unity Church
200 8th Ave. N., **Seattle**
Phone: 303-817-0498

1st THURSDAYS 7-8:30pm
East-West Bookshop
6407 12th Ave NE
Seattle contact:
eduardo@pranichealing.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 detailed information about classes and intros
in the Pacific Northwest visit
www.pranichealing.com/events or www.pnwpranichealing.com