

DECEMBER 2017
INSIGHT

Holiday Blessings
to All

P F I C N O R T H W E S T P R A N I C H E A L I N G N E W S

WHY TWIN HEARTS*

Being so easily available, Meditation on Twin Hearts is often taken for granted by the practitioners on the spiritual path, not knowing the miraculous effects it creates in our aura and our chakras.

Though short, the energy generated by Twin Hearts can equal hours and hours of meditation and deep relaxation and it all relies on the spiritual technology behind its practice.

Meditation on Twin Hearts in ancient days was only revealed to advanced Yogis and spiritual practitioners to accelerate their spiritual growth. It is believed to be the foundation of all spiritual practices as it develops the Crown chakra.

Without activation of the Crown chakra, illumination is almost impossible!

Twin Hearts thus works on two main human chakras – the Heart and the Crown – that serve as communication channels between us and the higher soul, or higher self.

In fact there are many methods of activating the Crown, such as chanting mantras, pranayama and Yoga... However they are not fast enough. One of the fastest ways to activate the Crown chakra is to activate the Heart...

The secret therefore relies on activating the Heart! Without activation of the Heart, Crown chakra cannot be activated.

Therefore during the meditation we become channels to bless the earth, and every person and every being on earth, with Loving-Kindness using

our Heart and Crown chakras. This process helps to activate both Heart and Crown chakras to a great extent.

Furthermore though becoming a channel to bring about greater peace, joy, happiness and love to the planet earth, we get cleansed and filled with energies of higher vibration. Purification here happens in various levels of etheric, emotional and mental, that is a necessity for spiritual growth.

The Good Karma generated through blessing, further helps to accelerate our spiritual

development and attract good people and incident into our lives.

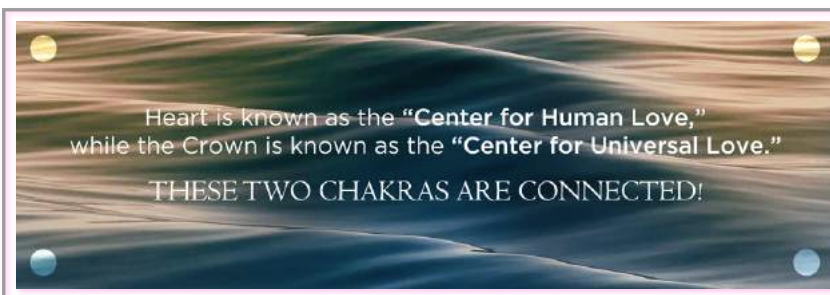
Once the Heart and Crown are activated, the second phase of the meditation begins, where the activated Crown chakra is used to achieve

greater levels of illumination. This is done by visualizing a point of light on top of the head and chanting a Mantra that is often OM, Amen or Amin.

Focusing on the point of light provides an anchor for the consciousness not to jump from a thought to another. So the mind achieves stillness.

Therefore to experience higher levels of consciousness, hear the whisper of the higher soul and experience the inner world, we need to achieve stillness.

Meditation on Twin Hearts is truly one of the greatest gifts to humanity... Spread the Light by sharing it with all!



Reprinted from <http://pranaworld.net/why-twin-hearts/>

✧ PRANIC HEALING in OREGON ✧



CLASSES WITH
LIZA BURNEY

liza@heart-to-heart-healing.com

LEVEL 2
ADVANCED PH
JAN 20-21 IN PORTLAND



CLASSES WITH
TERESA EVANS

teresa@pranahealthservices.com

LEVEL 1
PRANIC HEALING
DEC 9-10 IN MEDFORD

LEVEL 2
ADVANCED PH
JAN 13-14 IN MEDFORD

LEVEL 3
PRANIC PSYCHOTHERAPY
FEB 24-25 IN MEDFORD



FULL MOON MEDITATION
PORTLAND: SUNDAY DEC 3

Meditation: 1-2 p.m.
Multnomah Arts Center
7688 SW Capitol Hwy ~
Room #30

Social Hour:
Prosperity Pie Shoppe
7814 SW Capitol Hwy

Future dates:
Jan 28, Mar 4, Apr 1

✧ 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

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.

✧ Upcoming Intros - Oregon ✧

Sat, Dec 9 Introduction to Pranic Healing®

Liza Burney Portland, OR

Get all the details at: www.pnwpranichealing.com/events

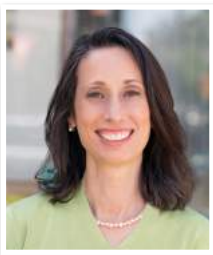
✧ PRANIC HEALING in WASHINGTON ✧

LEVEL 1 PRANIC HEALING

DECEMBER 2-3
IN KENNEWICK

WITH LIZA BURNEY

liza@heart-to-heart-healing.com



LEVEL 1 PRANIC HEALING

MAY 5-6

IN BELLEVUE WITH GAYLE NELSON

[MORE INFO](#)

FULL MOON MEDITATION SEATTLE



Contact Eduardo S. at
eduardo@pranichealing.com
for details.

✧ Healing Clinics - Washington ✧

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

2nd THURSDAYS 7-8:30pm
East-West Bookshop
6407 12th Ave NE
Seattle
Contact: Eduardo S. -
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 latest and updated information on schedules, visit:
<https://www.meetup.com/PranicHealingSeattle>

✧ Upcoming Intros - Washington ✧

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