

DECEMBER 2018
INSIGHT

*“Purify yourself,
Practice diligently,
Spread the teachings.”
MCKS final words to his students*

PACIFIC NORTHWEST PRANIC HEALING NEWS

A Step Further Than Organic

From PranaWorld.net

“Science has studied nutrition from the chemical viewpoint: proteins, carbohydrates, sugars, minerals, fats and vitamins. So far, science at the present moment is not aware of the existence of prana; therefore, has not studied nutrition from the pranic viewpoint: the quantity and types of color prana contained in foods, and how prana affects the human body.”

~ Master Choa Kok Sui

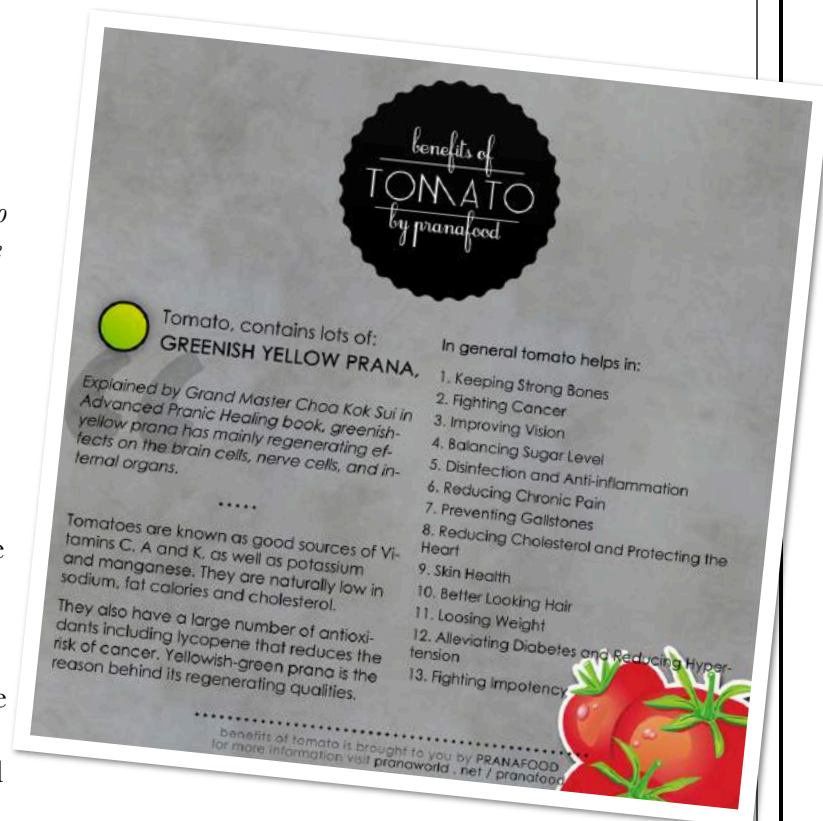
One of the subjects that cannot be fully explained by science but through Pranic Healing in this case is the difference between fresh and preserved food. We often hear the nutrition advisors emphasize on the intake of fresh food rather than preserved ones, or fresh vitamins rather than synthetic ones. Although preserved food and synthetic vitamins have the same amount of proteins, carbohydrates and other chemicals, their supply of prana, also known as vital energy or chi, compared to the fresh food is very less.

In order to have good health it is highly important to have a balanced diet; not only in terms of proper intake of “chemicals or nutritive mix” but also the proper combination of color pranas that is a necessity for a healthy living.

Learn about the pranic effects of many common foods in the Prana Foods section of Prana World.



GUIDED SELF HEALING SESSION
Saturday February 2: 10:15-11:45
Focus on Forgiveness with Linda Negrin



Save the Dates in 2019

April 6-7:

**ACHIEVING ONENESS WITH
THE HIGHER SOUL**
with Teresa Evans (SW Portland)

May 11:

NATURE DEVAS
with Master Nona Castro (SW Portland)

For more information contact Linda Negrin at
cultivateinnerpeace@gmail.com

✧ PRANIC HEALING in OREGON ✧



CLASSES WITH
LIZA BURNEY
liza@heart-to-heart-healing.com

LEVEL 1 PRANIC HEALING

JAN 4-5 IN PORTLAND
JAN 19-20 IN DEPOE BAY
FEB 9-10 IN SALEM
APR 6-7 IN BEND

LEVEL 2
ADVANCED PH
FEB 23-24 IN PORTLAND

CLASSES WITH
TERESA EVANS

teresa@pranahealthservices.com

LEVEL 1 PRANIC HEALING

DECEMBER 8-9 IN MEDFORD
FEBRUARY 23-24 IN EUGENE

LEVEL 2
ADVANCED PH
COMING SOON

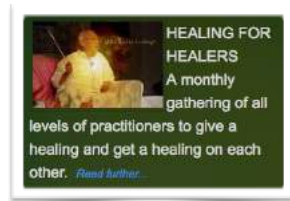
LEVEL 3
PRANIC
PSYCHOTHERAPY
COMING SOON



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: 503-330-7971
aarti@purepranahealing.com

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

December 3 ~ 6:30 p.m.

For more info contact

Andrea Furber 971-400-7103 (text)

Portland

Healing for Healers

Location: Multnomah Arts Center

7688 Sw Capitol Hwy, Portland, OR 97219

December 18 ~ 7-9 p.m. Room #30

Contact Liza Burney for information

RSVP and More info:

[PH Studio Healing for Healers](#)



* Meditation Practice - Oregon *

FULL MOON MEDITATIONS

PORTLAND:

Once a month, Sundays:

January 20,

February 17, March 17,

April 21, May 19

Meditation: 1-2 p.m.

Multnomah Arts Center

7688 SW Capitol Hwy, Room #30

Social Hour follows Meditation:

Prosperity Pie Shoppe

7814 SW Capitol Hwy

TWIN HEARTS PRACTICE

PORTLAND:

First Mondays

7:15 p.m. to 9:15 p.m.

Awakening Wellness Center

1016 SE 12th Ave, Portland

Sophie Piedra-Mansuet

healing.prana.art@gmail.com

BEND:

Dec 22 @ 7 PM

1769 SW Forest Ridge, Bend

Meditation CD with Master Choa

Kok Sui

Dec 23 at 6 PM

The Studio, 29 NE Greeley Ave, Bend

Lecture and mediation streaming with

Master Stephen Co.

BEND:

Tuesdays

6:45 p.m. to 8:15 p.m.

The Blissful Heart Studio

29 NW Greeley

Bend, Or 97701

Andrea Furber 971-400-7103

* Upcoming Intros - Oregon *

Introduction to Pranic Healing*

START DATE:

12/08/2018 - 9:00am

END DATE:

12/08/2018 -
11:00am

INSTRUCTOR:

Liza Burney

LOCATION: **Portland, OR**

[MORE INFO](#)

✧ PRANIC HEALING in WASHINGTON ✧

LEVEL 1
PRANIC HEALING
IN BELLEVUE
WITH GAYLE NELSON
COMING SOON

[MORE WA EVENTS 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

2nd SATURDAYS
10:00am - 12:00pm
Senior Center of West Seattle
4217 SW Oregon St, **Seattle**
Contact: Meghan Kaul -
meghan@pranichealing.com

Last SUNDAYS
2:00 pm - 4:00 pm
A Path To Avalon
437 N Olympic Ave #D
Arlington, WA 98223
Contact: Denise Clark -
whitehorsehealingarts@clarknursing.org
(360) 631-0550

✧ Upcoming Intros - Washington ✧

[MORE INFO](#)

For detailed information about classes and intros
in the Pacific Northwest visit
<https://pranichealing.com/learn> or www.pnwpranichealing.com

✧ SPECIAL EVENTS IN THE REGION ✧

Archangel CLASS

WITH
MASTER NONA

BE BLESSED BY THE
PRESENCE OF ANGELS.

The roles of angels are often perceived as protecting and guiding human beings and carrying out Divine tasks.

Come and spend a day with Master Nona Castro and deepen your understanding of the angelic realm.

The class covers information such as:

- becoming aware that we are truly never alone;
- the many ways that angels help us;
- a potent tool for healing ourselves and enhancing assistance to others;
- an amazing meditation that brings awareness of the powerful and loving presence of the great Archangels, Ariel, Raphael, Michael and Gabriel.



Sat., Dec. 22, 2018
10:00 am - 9:00 pm

Seattle Unity
200 8th Ave. N.
Seattle, WA 98109
Suggested Donation: TBA
(Lunch and dinner break)

For more information —
Contact: Louis Mason 425.821.7633



PURCHASE TICKETS HERE:

<https://archangel-class.brownpapertickets.com/>

