

F E B R U A R Y 2 0 1 7

# INSIGHT

Regulate your mind.

Do not worry excessively about the future.

If you have done everything that has to be done, the future will take care of itself." ~ MCKS



P A C I 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

## TALE FROM REAL LIFE: DOUBLE HERNIA

Periodically I do a healing for my brother in Los Angeles, who is a very successful (translate: extremely busy) CPA and Financial Planner. Generally I do the usual cord cutting, general sweeping, cleansing the solar plexus, and stress relief work. On Thanksgiving day, I called to say hi, and he did not sound like himself. I figured it was probably the stress of having family over and doing all the work of creating the meal. But something "wasn't right." The next day, I got a call from him that he'd been to the hospital due to severe lower abdominal pain, and turns out he had a double hernia! We began discussing surgery, should he do it before I was scheduled to be there in a couple of weeks, should he wait until I get there, etc. He wasn't in an emergency situation, thank goodness. The intestines were not being strangled, so he had time to rest and consider his options. I told him I'd find the protocol for hernia, and begin right away.

I gave him some assignments including deep breathing exercises, rest, and making sure to send lots of love to his intestines. (In my experiences working with my own body, I have discovered this piece is particularly important: to love the part that is problematic. It is easy to get angry with the part of our body that is malfunctioning. Some of my greatest shifts have occurred when I realized I was doing that, and began reassuring the body part that I'd take care of it, that I am grateful to it for all the years it has worked so hard and well for me, and blessing it with waves and waves of love.)

I found the protocol for hernia and began working. With each passing day, the pain lessened and lessened. I began work on a Friday. On Tuesday, he went back to the doctor, who couldn't understand what had happened, but things were so greatly improved, he didn't think surgery was necessary. By the end of that week, the pain was gone, the bulges of the hernia were no longer there, and my brother's energy level was good. I went to visit him a week later, and he seemed very much himself. I continue to do the protocol for him once a week, but now, another month later, he is still a.o.k.

I believe a part of my brother's healing has been his active and willing participation in the process. He actively engages his mind, follows the instructions I give him, and, I believe, does his own healing! ~ *Linda Negrin, Portland, OR*



## IN MEMORIAM

Our colleague and friend John Paine passed from his physical body Tuesday January 24 after being ill for some time. Let's honor John, a fellow seeker who did much service and made us laugh, and ask for Blessings for him to assist with his Journey home.



John's family will be having a memorial service Saturday, February 4 at the World Forestry Center, Cheatham Hall (address 4033 Southwest Canyon Road, Portland, OR 97221). The reception will be from 12:00 Noon until 4 PM. The first hour will be for mingling and the service starts at 1 PM.

# \* PRANIC HEALING in OREGON \*

## LEVEL 1 BASIC PRANIC HEALING

2017 DATES ~ TBD



Liza Burney  
[liza@pranichealing.com](mailto:liza@pranichealing.com)

In the meantime, explore Liza's [Pranic Healing for Animals Events](#)  
Discover how to create wellness, reduce stress and enhance your pet's life. This practice will help you develop your own innate healing skills to assist healing your pets.



## LEVEL 2 ADVANCED MAY 6-7, 2017 WITH TERESA EVANS IN PORTLAND



Teresa Evans  
[teresa@pranahealthservices.com](mailto:teresa@pranahealthservices.com)

## \* 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](mailto:prayers@pnwpranichealing.com) with the name and location (city, state, country) of the person needing blessings.

## \* Upcoming Intros - Oregon \*

Wed, Feb 8	Introduction to Pranic Healing®	Liza Burney	Hillsboro, OR
Sat, Feb 25	Intro: SuperBrain Yoga® & Pranic Healing®	Liza Burney	Portland, OR

FULL DETAILS AT [WWW.PRANICHEALING.COM/EVENTS](http://WWW.PRANICHEALING.COM/EVENTS)

# ✧ PRANIC HEALING in WASHINGTON ✧

## FULL MOON MEDITATION ~ SEATTLE

*Dates Vary - Please Contact*

Eduardo for information

[du@du.net.br](mailto:du@du.net.br) or

call 206-432-0669



## ✧ 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](mailto: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](mailto:marycampbell2250@yahoo.com)

## ✧ Upcoming Intros - Washington ✧

For detailed information about classes and intros  
in the Pacific Northwest visit  
[www.pranichealing.com/events](http://www.pranichealing.com/events) or  
[www.pnwpranichealing.com](http://www.pnwpranichealing.com)

*Do you have any stories to tell, or insights from using your Pranic  
Healing skills? We're always looking for stories to share with our  
community! Send your submissions to:*

[\*submissions@pnwpranichealing.com\*](mailto:submissions@pnwpranichealing.com)