



FEBRUARY 2018

INSIGHT

*“Purify Yourself.
Practice Diligently.
Spread the Teachings.”
~ Master Choa Kok Sui*

PACIFIC NORTHWEST PRANIC HEALING NEWS

MASTER CHOA’S GUIDANCE FOR TODAY’S CHALLENGES

The more I practice the Meditation on Twin Hearts, and the more deeply I delve into Master Choa’s teachings in light of my studies of the yogic and buddhist traditions, the more clear Master’s wisdom becomes. The teachings he offers in such simple fashion are the fundamental roots of the ancient wisdom that are truly an operator’s manual for how to be a human being. I recently re-read his book, *Meditations for Soul Realization*, which lays out a very complete path for spiritual practice. I see clearly how his teachings line up with the eight limbs of Yoga:

First limb: Yama and Niyama =
Character Building and the Five Virtues;

Second limb: Asana (Postures/Hatha) =
Exercises before & after meditation;

Third limb: Pranayama =
Pranic Breathing & Balanced Breathing;

Fourth, Fifth and Sixth limbs =
Pratyahara (withdrawal of the senses),
Dharana (concentration),
Dhyana (prolonged awareness) =
all three of these limbs are incorporated into the Twin Hearts Meditation and the Meditation on the Soul;

Eighth limb: Samadhi (Union/Oneness) =
The culmination of practice.

In these very challenging times we are experiencing right now, this practice is truly imperative. Working within ourselves as Master guides us, we can effect great and positive change in ourselves and in the world as a result of our personal work. I encourage every pranic healer to heed Master’s final words to us: purify yourself, practice diligently, and spread the teachings. Participate in the events happening in your area. Let us all be instruments of divine light, love and power, purifying ourselves and being the change we wish to see in the world around us.

Blessings to all ~ Linda Negrin

Necessity of Activating the Heart and Crown Chakras *(excerpted from Meditations for Soul Realization by Master Choa Kok Sui)*

The body has chakras. Chakras are energy centers with certain psychological and spiritual functions. One of the important centers is the heart center, also known as the Anahata Chakra. This chakra is connected with love, compassion and devotion. The heart chakra is the emotional heart. When you love your partner, parents, children, or relatives, it is the heart chakra manifesting.

There is also a divine heart and this is located on top of the crown. It is called the crown center. In Sanskrit it is known as the Sahasrara chakra. The crown center is the center of divine love, the center of divine union or yoga. Unless your crown center is activated, you will not experience soul realization or divine union with your higher soul. But before it can be activated, the heart center must be activated first. The crown center involves universal love. When a person does not have love for his own parents or relatives, how can he expect to have love for many people, including other beings?

Intuitive Intelligence and Mental Intelligence

The crown chakra is the intuitive center. What is intuition? What is the difference between intuitive intelligence and mental intelligence? The difference is similar to a man who can see and a man who is blind. If a blind person wants to know an elephant, he has to touch it for quite some time to gather data and process them in order to have an idea of the shape of the elephant. A person who has eyes to see will simply open his eyes and say “That is an elephant,” and will know exactly what an elephant looks like. Intuitive intelligence is just like opening your eyes and saying, “I know what that is.” Mental intelligence requires study and the use of logic through inductive and deductive reasoning. The prolonged practice of Meditation on Twin Hearts for Peace and Illumination gives a person partially the ability to “see” and “penetrate” very quickly. People with intuitive intelligence will become very superior.

✧ PRANIC HEALING in OREGON ✧



CLASSES WITH
LIZA BURNEY

liza@heart-to-heart-healing.com

LEVEL 1 PRANIC HEALING

FEB 24-25 IN EUGENE
MAR 24-25 IN BEND

LEVEL 2
ADVANCED PH
AUG 4-5 IN BEND



CLASSES WITH
TERESA EVANS

teresa@pranahealthservices.com

LEVEL 3
PRANIC PSYCHOTHERAPY
MAR 24-25 IN MEDFORD



LEVEL 3: PRANIC PSYCHOTHERAPY &
PSYCHIC SELF-DEFENSE
FEB 17-18 IN PORTLAND AT MARYLHURST UNIVERSITY
A PACKED WEEKEND WITH CHANDAN PARAMESWARA
[MORE INFO HERE](#)

SAVE THE
DATE!

✧ 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 - Oregon ✧

Sun, Feb 25	MCKS PRANIC HEALING® Level I	Liza Burney	Eugene, OR
Sat, Mar 3	Intro: SuperBrain Yoga® & Pranic Healing®	Liza Burney	Portland, OR
Sun, Mar 25	MCKS PRANIC HEALING® Level I	Liza Burney	Bend, OR
Sun, Aug 5	MCKS ADVANCED PRANIC HEALING® Level II	Liza Burney	Bend, OR

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

✧ PRANIC HEALING in OREGON cont'd ✧

✧ Healing Practice ✧

Bend

Location: 1769 SW Forest Ridge, Bend, 97702

Monday, February 5 at 10 AM.

Tuesday, February 20 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 #7 Portland, OR 97219

February 28 ~ 7-9:00 p.m.

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

✧ Meditation Practice - Oregon ✧

FULL MOON MEDITATIONS

BEND:

February 2 at 6 PM

The Studio, 29 NE Greeley Ave, Bend
Lecture and mediation streaming with
Master Stephen Co.

PORTLAND:

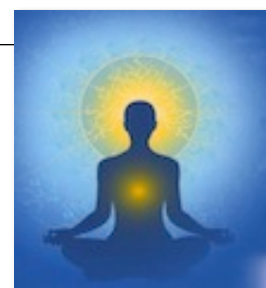
Mar 4, April 1

Meditation: 1-2 p.m.

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

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.

✧ PRANIC HEALING in WASHINGTON ✧

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 - Washington ✧

Sun, Feb 4	Introduction to Pranic Healing®	Meghan Kaul	Bellevue, WA
Fri, Feb 9	Introduction to Pranic Healing®	Eduardo Sztokbant	Seattle, WA
Sun, May 6	MCKS PRANIC HEALING® Level I	Gayle Nelson	Bellevue, WA

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