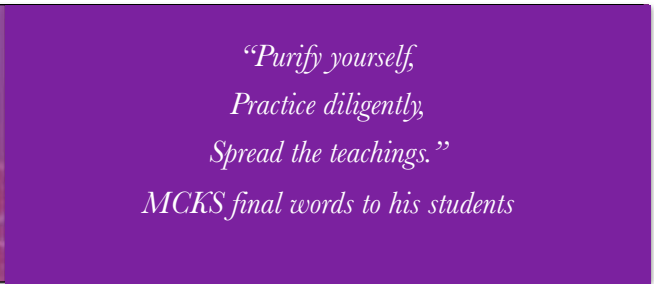




FEBRUARY 2019

# INSIGHT



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

## PACIFIC NORTHWEST PRANIC HEALING NEWS

### Master Choa Kok Sui on Forgiveness

**“The act of forgiving is therapeutic and necessary for good health.” ~ MCKS, Advanced Pranic Healing**

*The following is taken directly from Miracles Through Pranic Healing by Master Choa Kok Sui.*

“As stated in the prayer of St. Francis of Assisi, ‘It is in pardoning that we are pardoned,’ and in the Lord’s Prayer, ‘One must first forgive others before one can seek divine forgiveness’ (Matthew 6:12)... ‘For if ye forgive men their trespasses, your Heavenly Father will also forgive you but, if ye forgive not men their trespasses, neither will your Father forgive your trespasses’ (Matthew 6:14-15).”

- a) Make a list of all your enemies and those who have hurt you.
- b) Mentally visualize forgive each one of them.
- c) Mentally bless each one of them with what is best for them. Example: “May you be blessed with what is best for you.”
- d) Mentally request for the Lord’s mercy and forgiveness.
- e) Repeat the entire process for as long as necessary until one feels an inner sense of forgiveness.

It is possible for patients with very severe or terminal illness to be healed through the law of mercy and the law of forgiveness.”

Next Up in the Studio:  
**Focus on Forgiveness**



**A GUIDED  
SELF HEALING SESSION**

*with Linda Negrin*

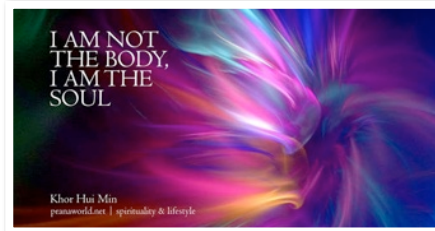
Saturday February 2: 10:15-11:45

Come prepared to implement Master Choa’s forgiveness practice for someone you need to forgive, to ask forgiveness from someone, and to forgive yourself.

[REGISTER NOW](#)

**Save the Date**  
**May 11:**  
NATURE DEVAS  
with Master Nona Castro (SW Portland)

For more information contact Linda Negrin at  
[cultivateinnerpeace@gmail.com](mailto:cultivateinnerpeace@gmail.com)



**ACHIEVING ONENESS  
WITH THE HIGHER SOUL**  
in Portland, OR

April 6-7, 2019 with Teresa Evans  
No pre-requisite. Register at:

<https://cultivateinnerpeace.brownpapertickets.com/>

# ✧ PRANIC HEALING in OREGON ✧



CLASSES WITH  
LIZA BURNEY  
[liza@heart-to-heart-healing.com](mailto:liza@heart-to-heart-healing.com)

## LEVEL 1 PRANIC HEALING

FEB 9-10 IN SALEM  
MAR 2-3 IN PORTLAND  
APR 6-7 IN BEND

LEVEL 2  
ADVANCED PH  
FEB 23-24 IN PORTLAND

CLASSES WITH  
TERESA EVANS  
[teresa@pranahealthservices.com](mailto:teresa@pranahealthservices.com)



LEVEL 1  
PRANIC HEALING  
FEBRUARY 23-24 IN EUGENE  
APRIL 27-28 IN MEDFORD

LEVEL 2  
ADVANCED PH  
JUNE 1-2 IN MEDFORD

LEVEL 3  
PRANIC  
PSYCHOTHERAPY  
COMING SOON

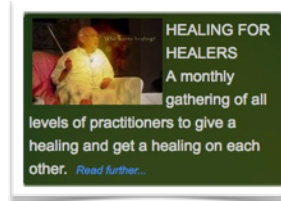
ACHIEVING  
ONENESS WITH  
THE HIGHER SOUL  
APRIL 6-7  
IN PORTLAND  
FOR MORE INFO:  
[CULTIVATEINNERPEACE@GMAIL.COM](mailto:CULTIVATEINNERPEACE@GMAIL.COM)



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](mailto: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

Monday February 4 ~ 10 a.m.

For more info contact

Andrea Furber 971-400-7103 (text)

### Portland

Healing for Healers

Location: Multnomah Arts Center

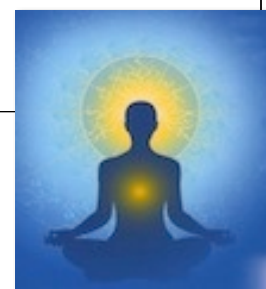
7688 Sw Capitol Hwy, Portland, OR 97219

Dates TBD~ 7-9 p.m.

Contact Liza Burney for information

RSVP and More info:

[liza@heart-to-heart-healing.com](mailto:liza@heart-to-heart-healing.com)



## ✧ Meditation Practice - Oregon ✧

### FULL MOON MEDITATIONS

PORTLAND:

**Once a month, Sundays:**

**February 17, March 10,**

**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

BEND:

**@ 7 PM**

1769 SW Forest Ridge, Bend

Meditation CD with Master Choa

Kok Sui

**@ 6 PM**

62898 NE Bilyeu Way, Bend

Lecture and mediation streaming with

Master Stephen Co.

### 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](mailto:healing.prana.art@gmail.com)

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

EUGENE:

**Third Thursdays**

**7:15 p.m. to 8:45 p.m.**

A Healing Space

171 Lawrence St.

**Eugene, Or**

Paul Brown

[info@pranahealthservices.com](mailto:info@pranahealthservices.com)

## ✧ Upcoming Intros - Oregon ✧

**Introduction to Pranic Healing®**

LOCATION: **Portland, OR**

START DATE:

02/21/2019 - 6:30pm

END DATE:

02/21/2019 - 8:30pm

INSTRUCTOR:

Liza Burney

[MORE INFO](#)

# ✧ PRANIC HEALING in WASHINGTON ✧

**LEVEL 1**  
**PRANIC HEALING**  
IN BELLEVUE  
WITH GAYLE NELSON  
**FEBRUARY 16-17**  
**MAY 26-27**

[MORE WA EVENTS INFO](#)

**FULL MOON  
MEDITATION  
SEATTLE**

Contact  
Eduardo Sztokbant  
[eduardo@pranamatters.com](mailto:eduardo@pranamatters.com)  
for details.



## ✧ Healing Clinics - Washington ✧

1st & 3rd MONDAYS  
South Lake Union  
Seattle Unity Church  
(Library Room)  
7:00pm - 9:00pm  
200 8th Ave N  
**Seattle**, WA 98109  
Contact: Eduardo Sztokbant  
[eduardo@pranamatters.com](mailto:eduardo@pranamatters.com)  
(206) 432-0669

2nd WEDNESDAYS  
West Seattle #2  
Inner Alchemy  
6:30pm - 8:30pm  
7354 35th Ave SW  
**Seattle**, WA 98126  
Contact: Meghan Kaul  
[meghan@pranichealing.com](mailto:meghan@pranichealing.com)  
(503) 277-8391

NEW LOCATION:  
Bellevue Red Lion Hotel,  
Medina Room  
Wednesday, February 20th  
7:00pm - 9:00pm  
11211 Main St  
**Bellevue**, WA, 98004  
Contact: Andrea Bushroea  
[bushroea@gmail.com](mailto:bushroea@gmail.com)  
(206) 697-9760

2nd THURSDAYS  
Northeast Seattle  
East West Bookshop  
7:00pm - 8:30pm  
6407 12th Ave NE  
**Seattle**, WA 98115  
Contact: Eduardo Sztokbant  
[eduardo@pranamatters.com](mailto:eduardo@pranamatters.com)  
(206) 432-0669

4th THURSDAYS  
West Seattle #1  
Senior Center of West Seattle  
6:30pm - 8:30pm  
4217 SW Oregon St  
**Seattle**, WA 98116  
Contact: Meghan Kaul  
[meghan@pranichealing.com](mailto:meghan@pranichealing.com)  
(503) 277-8391

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)

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](mailto:whitehorsehealingarts@clarknursing.org)  
(360) 631-0550

## ✧ Upcoming Intros - Washington ✧

**Introduction to Pranic Healing®**

**LOCATION: Federal Way, WA**

**START DATE:**

02/21/2019 - 6:30pm

**END DATE:**

02/21/2019 - 8:30pm

**INSTRUCTOR:**

Meghan Kaul

[MORE INFO](#)

For detailed information about classes and intros  
in the Pacific Northwest visit

<https://pranichealing.com/learn> or [www.pnwpranichealing.com](http://www.pnwpranichealing.com)