

JANUARY 2019  
INSIGHT

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

PACIFIC NORTHWEST PRANIC HEALING NEWS

## I Am The Soul

by Khor Hui Min [From PranaWorld.net](http://PranaWorld.net)

A few years ago, during a full moon meditation, I sat with others in a circle, crossed-legged on the floor, and we meditated together. It was a guided meditation, and as usual, we followed the instructions and the visualization exercise.

However, sometime in the middle of the meditation, with my eyes closed, I saw the whole room as it was, but the people had all become grey and transparent, and in the middle of each chest, was a spark of light, like the bright flame of a candle.

As I watched this vision silently and peacefully, I understood that our bodies are empty vessels, empty containers for the soul in which to live out their lives in order to learn our lessons. The scene was beautiful and profound, and I sat there admiring it.

If you had seen this, you would have understood that all dramas in life are petty and trivial. In the great vastness of existence and space, all things will pass, along with your troubles and challenges...

*... continue reading at [PranaWorld](http://PranaWorld)*

## Tales from Real Life

### MAGNUS GETS NEW KNEES

In early November, in the Nextdoor Digest for our area, I ran across a GoFundMe plea from a man who needed to get what is known as TPLO done on his dog. Magnus, a rescue Scott type American Bulldog with the sweetest face, had injured the anterior cruciate ligament in both knees, and at 2 years old was facing an uncertain future. Although the owner came up very short on raising the needed funds for the knee replacement surgery, he decided to go ahead and have it done anyway to prevent Magnus from suffering even more pain and problems.

I volunteered to do energy work in conjunction with the surgery, and asked the members of my healing group for suggestions on how to treat him, thinking this would be a great opportunity to get in some practice since one of our members is possibly looking at knee replacement surgery this year.

*... continue reading on next page*



### ACHIEVING ONENESS WITH THE HIGHER SOUL

Class Coming to Portland, OR  
April 6-7, 2019 with Teresa Evans  
A unique opportunity to take this course in a relaxed, two-day format, allowing time for exploration & absorption of this priceless teaching from Grandmaster Choa Kok Sui.

No pre-requisite.

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

*“Magnus Gets New Knees” continued ...*

Based on their suggestions, on the day of his surgery I went to work on Magnus. First I cleaned him, then the operating theater, the surgeon, anyone else connected with the surgery. I also cleaned and energized the replacements for his knees, plus I removed all cords to the people who had donated, those who work in the vet’s office, friends and family, and did Pranic Psychotherapy on the owner for fear and anxiety.

As soon as I heard Magnus was out of surgery, I did the post surgery protocol. The next morning, I swept his aura which was gray from the anesthesia, then cleaned and balanced his chakras, and treated him for trauma, both physical and psychological. His Throat and Secondary throat were particularly affected due to the breathing tube inserted during the long surgery.

In the early part of his healing, I treated the ligaments, tendons, bones, bone marrow and his circulatory system. All of Magnus’s chakras were checked, cleaned, energized and balanced twice a day. The surgery was done on November 20, so he was home with his family for the long Thanksgiving weekend.

The following Monday, because it was necessary for him to stay still and not gnaw at his stitches, he had to go in his crate with a cone-of-shame, which led to more psychological work for trauma, anxiety and feelings of betrayal. I kept any treatments for pain to a minimum because he was on heavy pain meds, plus, since dog’s can’t reason, I figured any twinges of pain might keep him from hurting himself by getting too active. When his stitches started to itch, and he showed some interest in them, I began treating the incision sites for that and to speed up the healing. Soon, I heard, “His bruising is almost gone and his incisions looked pretty good. His pain level seems to have dropped quite a bit - no panting or squirming.” But the owners needed to keep Magnus on sedatives to insure against him undoing the healing by getting overly active too soon.

At his two week post surgery visit to the vet, Magnus was “walking very well for so early in the game.” The owner gave him two types of sedatives before taking him in and Magnus was still a bit too energetic for the vet’s liking, so he was sent home with higher doses of one sedative. Magnus still had another month of confinement and using a sling for walking out to potty before they start rehabilitation to slowly build back his muscles and ligaments.

In the meantime, I continue to check on Magnus energetically and look forward to the time when I actually get to meet him.

**Save the Date in 2019**

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

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



Next Up in the Studio:  
**Focus on Forgiveness**  
with Linda Negrin  
GUIDED  
SELF HEALING  
SESSION

Saturday February 2: 10:15-11:45

# ✧ 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

JAN 5-6 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](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

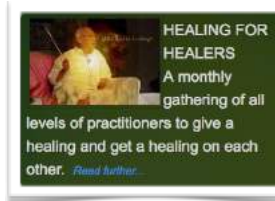
ACHIEVING  
ONENESS WITH  
THE HIGHER SOUL  
APRIL 6-7  
IN PORTLAND  
FOR MORE INFO:  
[CULTIVATEINNERPEACE@GMAIL.COM](mailto:CULTIVATEINNERPEACE@GMAIL.COM)



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 January 7 ~ 10 a.m.

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:**

**January 20,**

**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:

**Jan 20 @ 7 PM**

1769 SW Forest Ridge, Bend

Meditation CD with Master Choa

Kok Sui

**Jan 21 @ 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



## \* Upcoming Intros - Oregon \*

[MORE INFO](#)

# ✧ PRANIC HEALING in WASHINGTON ✧

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

[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  
7pm-9pm  
Seattle Unity Church  
200 8th Ave. N., **Seattle**  
Contact: Eduardo Sztokbant  
[eduardo@pranamatters.com](mailto:eduardo@pranamatters.com)

2nd THURSDAYS 7-8:30pm  
East-West Bookshop  
6407 12th Ave NE  
**Seattle**  
Contact: Eduardo Sztokbant  
[eduardo@pranamatters.com](mailto: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](mailto: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](mailto: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](mailto:whitehorsehealingarts@clarknursing.org)  
(360) 631-0550

## ✧ Upcoming Intros - Washington ✧

**Introduction to Pranic Healing\***

LOCATION: **Seattle, WA**

START DATE:

01/26/2019 - 1:00pm

END DATE:

01/26/2019 - 3:00pm

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)