



*“The more you develop the virtues,
the stronger your connection
to God will become.”
~ Master Choa Kok Sui*

PACIFIC NORTHWEST PRANIC HEALING NEWS

Mid-February I was fortunate enough to have the whole weekend available to repeat (for the 5th or 6th time :-)) Pranic Psychotherapy and Psychic Self Defense. It’s been awhile since my life has allowed me the luxury to put aside an entire weekend to be fully present in a class. What a blessing it was! And (again) a powerful reminder of the value of repeating classes whenever and wherever we can.

Repeating classes is valuable in so many ways: learning the material and the skills more deeply; hearing the teachings presented in a slightly different way from another a teacher which sparks a new insight; having practice time. It’s also about being with others in the community who are like-minded, like-hearted, and like-spirited.

At classes, I’m often struck by the shared humor amongst Pranic Healers. Stories or anecdotes that we laugh at have meaning and depth that others who are not in this type of practice just simply cannot appreciate. It’s fun to laugh with people who get the same fun out of joke or “ah-ha” moment. And doesn’t THAT make the solar plexus feel better?!

Master Choa’s teachings unite those of us who have embraced them, at a level well beyond the tangible, and when we gather together the blessings we receive are precious beyond words. Be sure to check out the next few pages of the newsletter to find out where and when other happenings are happening. If you’re ready for an extended experience, check out the May Pranic Healing Retreat with Master Nona in Canada (see page 5). All of these and the other classes around the Northwest are a great opportunity to come out and get yourself charged up.

Oh yes, that’s the other really amazing benefit of being all together: getting charged up. When we learn, practice, and meditate together, our chakras expand and the great spirit of our teacher blesses us all with cleansing and purification. If you want to increase your light, love and power, participating in events is a sure fire way to do just that.

May the spring bring fresh and powerful growth into your life, your work, your dreams. Blessings always ~

Linda Negrin

THE FIVE VIRTUES

Character Building: The Five Virtues

- Loving-kindness & Non-injury
- Generosity & Non-stealing
- Honesty & Non-lying
- Industriousness & Non-laziness
- Moderation & Non-excessiveness

We all receive this teaching in Level 1 Pranic Healing. At the time, it’s in the context of how to appropriately use the power we’ve just learned, and how to become a better healer and human being. We’ve probably also encountered some form of this teaching growing up, though perhaps not in such a clear and succinct way as Master communicates.

These are all qualities to develop deeply and apply in every aspect of our lives. In *Miracles Through Pranic Healing* Master says of how to practice: “One should try to master one virtue at a time. Preferably, one should try to practice and concentrate on one virtue for about two months. Meditate on what you have done the whole day in relation to the virtue. Be aware of the good things you have done. This will develop your self esteem. At the same time, be aware of your mistakes. This is called inner reflection. Mentally erase the negative event and imagine you are doing the right thing at least five times. This is called firm resolution. The mechanism behind this is that repeated wholesome thought manifests as wholesome action. Repeated wholesome action will in the long run manifest as virtue. One should intensively practice inner reflection and firm resolution for at least two years.”

✧ PRANIC HEALING in OREGON ✧



CLASSES WITH
LIZA BURNEY

liza@heart-to-heart-healing.com

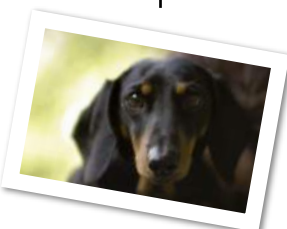
LEVEL 1 PRANIC HEALING

MAR 24-25 IN BEND
MAY 12-13 IN PORTLAND

LEVEL 2
ADVANCED PH
AUG 4-5 IN BEND

CANINE WELLNESS CLASS
FEB 27 ~ 6:30-8:30 P.M.

[with Liza. Click here for more info](#)



CLASSES WITH
TERESA EVANS

teresa@pranahealthservices.com



LEVEL 3
PRANIC PSYCHOTHERAPY
MAR 24-25 IN MEDFORD

✧ 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 ✧

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, March 5 at 10 AM.

Tuesday, March 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:

March 1 at 7 PM

1769 SW Forest Ridge, Bend

Meditation CD with Master Choa

Kok Sui

March 3 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

✧ 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 ✧

Mon, Mar 19	Introduction to Pranic Healing®	Meghan Kaul	kent,WA	More Info
Sat, Mar 31	Introduction to Pranic Healing®	Meghan Kaul	Seattle,WA	More Info
Sun, May 6	MCKS PRANIC HEALING® Level I	Gayle Nelson	Bellevue,WA	More Info

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

MCKS

PRANIC HEALERS' RETREAT

WITH MASTER NONA



(NEW LOCATION) LAKE COWICHAN MAY 18 3 PM - MAY 20 3 PM



19Th Annual Pranic Healers' Retreat With Master Nona Castro



Master Nona Castro, an international lecturer & instructor of Pranic Healing and Arhatic Yoga, will share her love and knowledge of Pranic Healing in the majestic COWICHAN VALLEY beside Cowichan Lake north of Duncan - <http://cowichanlakecentre.ca>
Join this annual gathering of meditation, practice and healing

Meals & Accommodation included:
6 to a dorm style room - heated with
bedding

Breakfast	Saturday, Sunday
Lunch	Saturday & Sunday
Dinner	Friday & Saturday

Friday May 18 (3pm) - Sunday May 20 (3pm)

For More Information Contact:
Chris Beaubien

T: 250-590-1398 E: beaubien@shaw.ca
W: www.pranichealingvictoria.ca

Cost: \$345

+
Tithe to Master Nona
\$100 - \$250

After April 28th cost: \$375 +
tithe

Cash or Cheque only