Apply Master’s Teaching Every Day

by Linda Negrin

Even though I have been a disciple of Master Choa for fifteen years now, I still go back to his basic teachings every day, especially with so much anger, hatred and bigotry being put in our view these days. Humanity’s flaws seem overly amplified right now, and I, as so many others of us do, struggle some days to know how I can help alleviate the suffering being created by these manifestations. I remind myself daily, that if I can implement the virtues in every one of my thoughts, words and actions, then I am doing not only what is within my ability, but also that which is my responsibility. It is a very helpful practice to focus on a particular virtue for a period of time, truly measuring every day, in every instance, how your thoughts, words, and actions are in alignment with the virtue. For this month, I offer a brief part of Virtue 1: Loving-kindness & Non-injury from “Miracles Through Pranic Healing” by Master Choa Kok Sui. I encourage all of us to re-read from the Level 1 book the section on character building and make a commitment to implementing these teachings fully. As we behave differently, then the manifestations around us will move in accordance with that behavior, and we can minimize (even eliminate) so much suffering:

“Pranic healers are supposed to be models for patients and their communities. As such, the development of the virtues is very important:

~continued on page 2

Tales from Real Life

My sister contacted me 3 weeks ago. After 5 weeks following chiropractor's and doctor's instructions to heal elbow tendonitis, the swelling had not gone down much and moving it was excruciating. Hence, the call.

That night I followed the instruction: "Apply localized sweeping & energizing on the affected part," which was the elbow.

The feedback next morning: Some difference, but not much.

So, I decided to follow the above instruction with more specificity: I googled "muscles of elbow and forearm" and tracked down the specific parts most affected: the Palmaris Longus & the flexor Carpi Ulnaris. I then scanned for what type of energy was stuck in those muscles: dirty yellow energy. I proceeded to do localized sweeping on the specific parts, with the clear intention to remove dirty yellow energy. The result: tightness disappeared. Next I found dirty red energy in the Olecranon Bursa. An hour after sweeping these two dirty colors from the affected parts and energizing each appropriately, the swelling, tightness and pain were completely gone. After two weeks of regular cleansing/energizing the affected parts, my sister has finally gone back to work, reporting only occasional and minimal discomfort.

The body is a complex organism and tracking down the "affected part" is a time consuming, repetitive process. Yet the effort can, and does, produce a highly effective and rapid healing. ~ JB, Portland, OR
continued from page 1

“Loving-kindness and Non-injury: Loving-kindness and non-injury simply means absence of cruelty. Loving-kindness may be expressed physically, verbally and mentally. Being polite, courteous and helpful are acts of loving-kindness...

Mentally, loving-kindness means blessing other people...

Non-injury is refraining from hurting other people physically, verbally, and psychically. On a physical level, non-injury means ‘Thou shalt not kill’ or hurt other people out of anger or malice...

Verbal non-injury is avoiding the use of harsh or injurious words which often take a longer time to heal than physical injury... Therefore, watch your words that they do not hurt others.

On a more subtle level, non-injury means minimizing or abstaining from excessive mental criticism. Avoid animosity also.

Loving-kindness and non-injury are necessary for proper and harmonious interhuman relationships. If everybody practices them, the world would be a better place to stay.”
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March 23-24 in Portland
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June 8-9 in Eugene

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April 6-7 in Portland

For more info: cultivateinnerpeace@gmail.com

Healing Clinics - Oregon

Mondays
10am-12pm
A Healing Space
171 Lawrence St.
Eugene, OR 97401
Phone: 541-525-1209

Second Tuesdays
7pm-9pm
The Unity Center West Linn
20255 Willamette Dr.
West Linn, OR 97068
Phone: 503-330-7971
aarti@purepranahealing.com

Wednesdays
10am-12pm
Center for Spiritual Living
6211 NE MLK Jr. Blvd.
Portland, OR 97211
Phone: 503-289-2858

www.pnwpranichealing.com / info@pnwpranichealing.com
\*\*PRANIC HEALING in OREGON cont’d\*\*

\* Healing Practice \*

**Bend**
Location: 1769 SW Forest Ridge, Bend, 97702
Monday March 4 ~ 10 a.m.
Monday April 1 ~ 10 a.m.
For more info contact
Andrea Furber 971-400-7103 (text)

**Portland**
PH Studio Guided Self-Healing Practice:
Physical/Mental Regeneration
with Linda Negrin
Saturday March 9 - 10:15-11:45 p.m.
More info PNWPH PH Studio Offerings

\* Meditation Practice – Oregon \*

**FULL MOON MEDITATIONS**

**PORTLAND:**
*Once a month, Sundays:*
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:**
*Weds March 20 @ 7 PM*
*Sat April 20 @ 7 PM*
1769 SW Forest Ridge, Bend
Meditation CD with Master Choa Kok Sui

**THIRD THURSDAYS**
**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

**MEDITATIONS**

**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

For information on upcoming Free Introductory Talks in Oregon, click here

WWW.PNWPRANICHEALING.COM / INFO@PNWPRANICHEALING.COM
PRANIC HEALING in WASHINGTON

LEVEL 1
PRANIC HEALING
IN BELLEVUE
WITH GAYLE NELSON
MAY 26-27

MORE WA EVENTS INFO

Full Moon Meditation
Seattle
Contact
Eduardo Sztokbant
eduardo@pranamatters.com
for details.

Healing Clinics - Washington

1st & 3rd MONDAYS
South Lake Union
Seattle Unity Church
7:00pm - 9:00pm
200 8th Ave N,
Seattle, WA 98109
Contact: Eduardo Sztokbant
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
(503) 277-8391

2nd & 4th WEDNESDAYS
Bellevue Red Lion Hotel,
Medina Room
7:00pm - 9:00pm
11211 Main St,
Bellevue, WA, 98004
Contact: Andrea Bushroe
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
(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
(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

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
(360) 631-0550

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

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