

MAY 2018

# INSIGHT

*“Healing is  
Meditation in Motion.”  
~GMCKS*

PACIFIC NORTHWEST PRANIC HEALING NEWS

## May in the Studio

**Saturday Morning May 12**  
**@Multnomah Arts Center**  
**Guided Self Healing Session**  
**Respiratory Ailments**

A great time of year to come do a treatment on yourself for respiratory challenges such as allergies and spring colds. Check out the specific and register here:

[PH Studio Guided Self Healing](#)

**Wednesday Evening May 16**  
**@Prosperity Pie Shoppe**  
**PH Q&A**

Open discussion and q&a; all levels of practitioners come out to talk about what we're doing with Pranic Healing.

[PH Studio PH Q&A](#)

**Thursday Evening May 24**  
**@Multnomah Arts Center**  
**Healing for Healers**

Practice by working on other healers.

[PH Studio Healing for Healers](#)

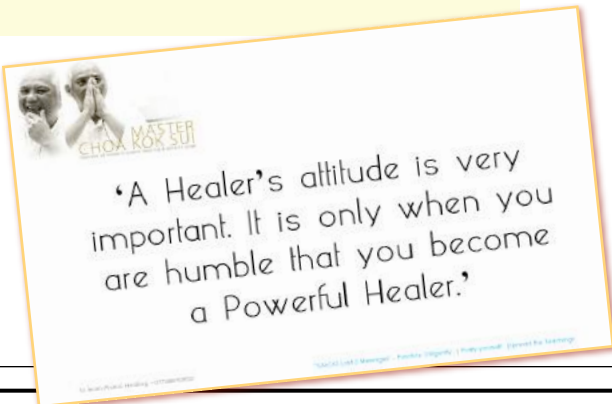
## Tales from Real Life:

### Meniscus Tear Repaired!

What seemed to her to be out of nowhere, Pranic Healer Masha Sanders one afternoon suddenly couldn't walk and her knee felt like it was in a vice. After hours at urgent care and then the hospital, she was sent home to bed, with crutches, her leg in a brace and a diagnosis of a meniscus tear. Evidently, this can happen rather spontaneously as the body ages. Masha put the call out to her healing group (a group of five practitioners who meet every week for discussion and practice). Her four colleagues put together a schedule to do the prescribed treatment twice a day for the coming week, each person taking a day to do it morning and night.

Each day Masha reported feeling better and better. After about seven days she went to Physical Therapy. Her Physical Therapist was confused. Seeing Masha walk across the office the way she did, she couldn't figure out what the diagnoses had been the previous week. She thought it was a meniscus tear; she double checked Masha's chart. Yes, that was what it was. But in only seven days for Masha to be moving as well as she was? Masha explained a little bit about Pranic Healing to the therapist who was very intrigued.

Her healing group kept up with constant treatments and within less than a month, Masha had her regular mobility back and even was able to sit cross legged during meditation again. Applied immediately and consistently to an injury, Pranic Healing is truly miraculous!



# ✧ 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

MAY 12-13 IN PORTLAND  
SEPT 8-9 IN PORTLAND

LEVEL 2  
ADVANCED PH  
AUG 4-5 IN BEND

CLASSES WITH  
TERESA EVANS

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

## CRYSTAL HEALING

JUNE 9-10  
IN MEDFORD

LEVEL 1  
PRANIC HEALING

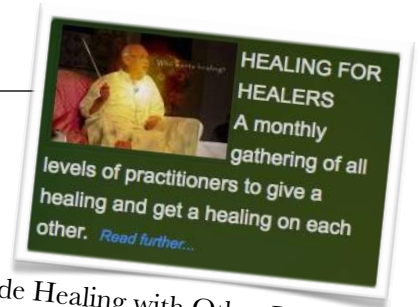
JULY 14-15 IN MEDFORD



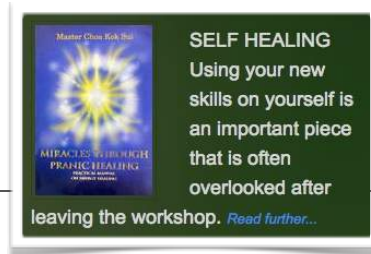
You've taken a Pranic Healing class and learned all these amazing skills. Now what? Come Practice, Learn, and Explore.



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

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, May 7 at 10 AM.

Tuesday May 22 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, Portland, OR 97219

Thursday May 24 ~ 7-9:00 p.m.

Tuesday June 12 ~ 7-9:00 p.m.

RSVP and More info:

[PH Studio Healing for Healers](#)

## \* Meditation Practice - Oregon \*

### FULL MOON MEDITATIONS

#### BEND:

#### May 29 @ 7 PM

1769 SW Forest Ridge, Bend

Meditation CD with Master Choa

Kok Sui

#### May 30 at 6 PM

The Studio, 29 NE Greeley Ave, Bend

Lecture and mediation streaming with

Master Stephen Co.

#### PORTLAND:

#### May 27 - Festival of Goodwill

June 24

July 29

*Meditation: 1-2 p.m.*

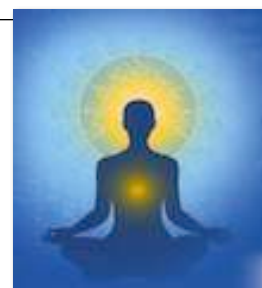
Multnomah Arts Center

7688 SW Capitol Hwy, Room #30

*Social Hour:*

Prosperity Pie Shoppe

7814 SW Capitol Hwy



### TWIN HEARTS PRACTICE

**Every Wednesday,  
10:30 a.m.**

Marylhurst University

Davignon Hall Room 217

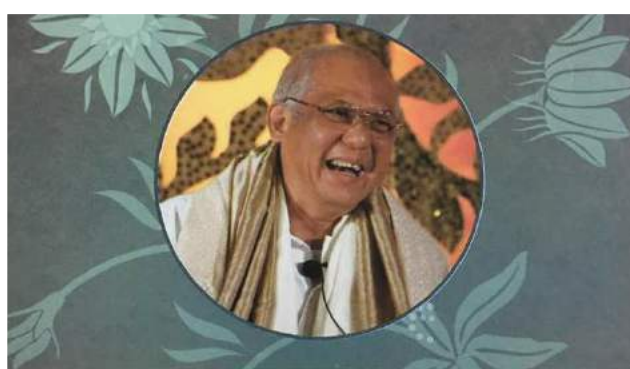
17600 Highway 43

Marylhurst, OR 97036

Led by Linda Negrin

Please RSVP:

[cultivateinnerpeace@gmail.com](mailto:cultivateinnerpeace@gmail.com)



'Spiritual Development  
means seeing life  
accurately and then taking  
proper action.'

# ✧ PRANIC HEALING in WASHINGTON ✧

**LEVEL 1**  
**PRANIC HEALING**  
IN BELLEVUE WITH GAYLE NELSON

**MAY 5-6**  
**JULY 7-8**  
**SEPT 29-30**

**FULL MOON**  
**MEDITATION**  
**SEATTLE**

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



**LEVEL 1**  
**PRANIC HEALING**  
IN KENNEWICK WITH LIZA BURNEY

**AUG 18-19**

[MORE WA EVENTS INFO](#)

## ✧ 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)

## ✧ Upcoming Intros - Washington ✧

Fri, Jun 29

Introduction to Pranic Healing®

Eduardo Sztokbant

Seattle, WA

[MORE INFO](#)

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

[www.pranichealing.com/events](http://www.pranichealing.com/events) or [www.pnwpranichealing.com](http://www.pnwpranichealing.com)



# \* Special Events Around the Region \*

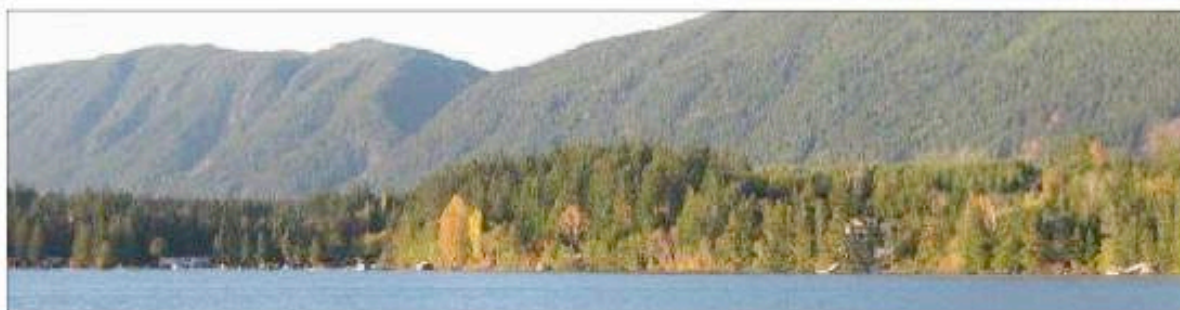
MCKS

## PRANIC HEALERS' RETREAT

WITH MASTER NONA



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



## 19<sup>th</sup> 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](mailto:beaubien@shaw.ca)  
W: [www.pranichealingvictoria.ca](http://www.pranichealingvictoria.ca)

**Cost: \$345**

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

After April 28th cost: \$375 +  
tithe

Cash or Cheque only

Prices are Canadian Dollars. Please  
check online for conversion rates.