

MAY 2019

INSIGHT

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

PACIFIC NORTHWEST PRANIC HEALING NEWS

Apply Master's Teaching Every Day

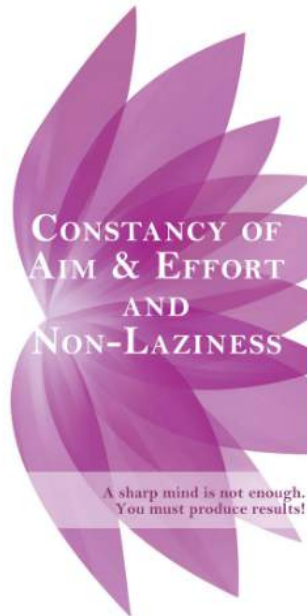
by Linda Negrin

*“Constancy of aim and effort
is the quality needed for greatness.”*

~MCKS,

Compassionate Objectivity Sutra

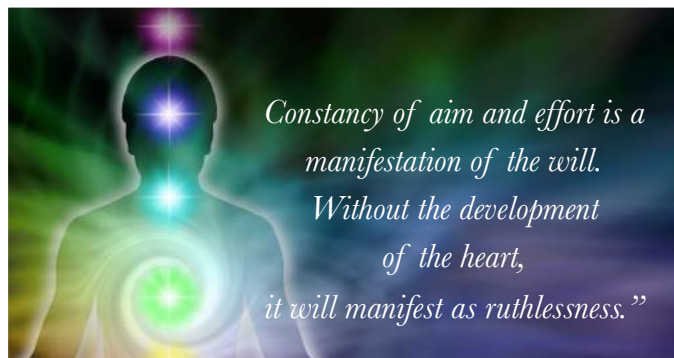
Another of the virtues Master directs us to develop is Industriousness and Non-Laziness. In *Miracles Through Pranic Healing* Master Choa explains: “In Pranic Healing, industriousness means studying pranic healing books thoroughly. It also means practicing different pranic healing techniques regularly so that one becomes very skillful. It also means healing the patient thoroughly. Industriousness also implies a strong sense of responsibility. If one is given a certain task to do, one has to perform it properly and completely. It also means non-procrastination. Another term for industriousness is ‘constancy of aim and effort.’ Constancy of aim and effort and non-laziness is the key to success and spiritual development.”



Real Life Application

Last month over lunch during the Achieving Oneness with the Higher Soul class in Portland, OR, a Pranic Healing Practitioner shared a story that is an example of constancy of aim and effort in action. A friend of hers had atrial fibrillation after having a valve replacement surgery. The PH Practitioner asked if she could work on the A-Fib before her friend would be seeing the doctor again in a few weeks. The PH Practitioner applied the protocol for A-Fib every day for many days, then scanned every day to see if it was necessary that day. She also scanned the valve that had been replaced and cleaned it as necessary. After a few weeks, her friend went back to the doctor and low and behold, no A-Fib. Since that time, the PH Practitioner continues to monitor her friend's heart, and if she needs to do the protocol, or just some cleaning she does.

While we wish that something would be “completely healed” and not need ongoing attention, many physical challenges are not like that. However, with constancy of aim and effort, we can effect real improvement and maintain a steady and consistent state of well being using Master's protocols and their guidelines.



✧ COMING SOON ✧

[MAY 11: PORTLAND, OR](#) ~ Still a few spots available!



NATURE DEVAS - THE ELEMENTAL LIFE
WORKING WITH THE ELEMENTS OF
Mother Nature
plus a special bonus talk on the Archangels!
Master Nona—well-known for her Archangel class—
presents a new offering about Mother Nature.
We will learn about the elemental beings of nature who support the structure of all life,
and how to partner creatively with these special energies
to help heal ourselves, others and the planet herself.

Saturday, May 11, 2019
9:00 am to 7pm
Clackamas Community College
19600 S Molalla Ave, Oregon City, OR 97045

Early Registration: \$145 by April 27th (includes lunch and afternoon snack)
Registration After April 27th: \$185
Space is limited, so please register with a deposit of \$50.
Prerequisite: Basic Pranic Healing

Questions or more information, contact Linda Negrin
cultivateinnerpeace@gmail.com

To register:
<https://mastermona.brownpapertickets.com>

🕒 Saturday, May 18, 2019
1:00 PM to 4:00 PM

📍 Online at www.pranichealing.com



**Wesak Meditation on Twin Hearts - online
with Master Co www.PranicHealing.com**

Wesak is a unique and powerful spiritual event that only occurs once a year. This is regarded as the most powerful Full Moon of the year, and it shouldn't be missed!

It is a time of great opportunity for us as spiritual seekers to actively participate in a sacred event that showers Mother Earth and all of her inhabitants with an immense amount of energy and blessings. As we bless the Earth, we too are immersed in that downpour of Divine Energy.

In Eastern Traditions, Wesak also marks the anniversary of the Lord Buddha's Birth, attainment of enlightenment and physical death. During the Wesak Festival, the Teachings of the Lord Buddha are shared. The focus is on the teachings of the Four Noble Truths and the Eightfold Path.

* PRANIC HEALING in OREGON *



CLASSES WITH

LIZA BURNEY

liza@heart-to-heart-healing.com

LEVEL 1
PRANIC HEALING
MAY 4-5 IN KENNEWICK WA
JUNE 1-2 IN PORTLAND

LEVEL 2
ADVANCED PH
JUNE 8-9 IN PORTLAND

CLASSES WITH

TERESA EVANS

teresa@pranahealthservices.com

LEVEL 1
PRANIC HEALING
JUNE 8-9 IN EUGENE

LEVEL 2
ADVANCED PH
JUNE 1-2 IN MEDFORD

LEVEL 3
PRANIC
PSYCHOTHERAPY
COMING SOON



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](#)



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

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

SECOND SUNDAYS
4:00 - 5:30 pm
The Blissful Heart Studio
Yoga Barn
45 NW Greeley
Bend, Or 97701
Andrea Furber
971-400-7103

✧ PRANIC HEALING in OREGON cont'd ✧

✧ Healing Practice ✧

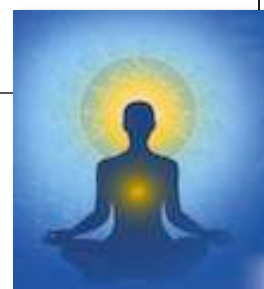
Bend

Location: 1769 SW Forest Ridge, Bend, 97702
For more info contact
Andrea Furber 971-400-7103 (text)

Portland

PH Studio Guided Self-Healing Practice:
Scanning Practice
with Linda Negrin & special guest Aarti Kapila
Saturday May 4 - 10:15-11:45 p.m.

[More info PNWPH PH Studio Offerings](#)



✧ Meditation Practice - Oregon ✧

FULL MOON MEDITATIONS

PORTLAND:

Once a month, Sundays:
May 19 (Wesak),
June 16, July 14, August 18

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:

Contact Andrea for Date
7:15 p.m. - 8:45 p.m.
The Blissful Heart Studio -
Yoga Barn
45 NW Greeley
Bend, Or 97701
Andrea Furber 971-400-7103

TWIN HEARTS PRACTICE

PORTLAND:

First Mondays
7:30 p.m. to 9:15 p.m.
Awakening Wellness Center
1016 SE 12th Ave, Portland
Sophie Piedra-Mansuet
healing.prana.art@gmail.com

Fourth Mondays
7:00 p.m. to 9:00 p.m.
DAYA Yoga Foundation
5210 SW Corbett Ave
Portland, OR 97239
Victoria Quinn-Stephens
vqs@earthlink.net

BEND:

Tuesdays
7:15 p.m. - 8:45 p.m.
The Blissful Heart Studio -
Yoga Barn
45 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

[For information on upcoming Free Introductory Talks in Oregon, click here](#)

✧ PRANIC HEALING in WASHINGTON ✧

LEVEL 1 PRANIC HEALING

WITH LIZA BURNEY

MAY 4-5 IN KENNEWICK

WITH GAYLE NELSON

MAY 25-26 IN BELLEVUE

JUNE 29-30 IN SEQUIM

FULL MOON MEDITATION SEATTLE

Contact

Eduardo Sztokbant

eduardo@pranamatters.com

for details.



[MORE WA EVENTS INFO](#)

✧ 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

(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

[For information on upcoming Free Introductory Talks in Washington, click here](#)

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

<https://pranichealing.com/learn> or www.pnwpranichealing.com