



NOVEMBER 2018

INSIGHT

“By loving a person intensely and recognizing the divinity, you achieve a certain degree of oneness.” ~ MCKS

PACIFIC NORTHWEST PRANIC HEALING NEWS

The Role of Self-Love in Spiritual Development

From PranaWorld.net

Why is self-love necessary for spiritual development? On the Arhatic Yoga path we learn that good self-esteem is part of being humble.

We need to perceive who we are rightly and accurately. We see clearly our weaknesses and without judgment we work to grow in those areas. We recognize our strengths and give permission to embrace them and feel good about them. Being humble is not false modesty where we say we are not as good at something as we actually are, or pretend to be worse than we are for fear of appearing arrogant. It is knowing oneself deeply and honestly, embracing and loving all of it for growth, and developing genuine confidence in strengths and using them.

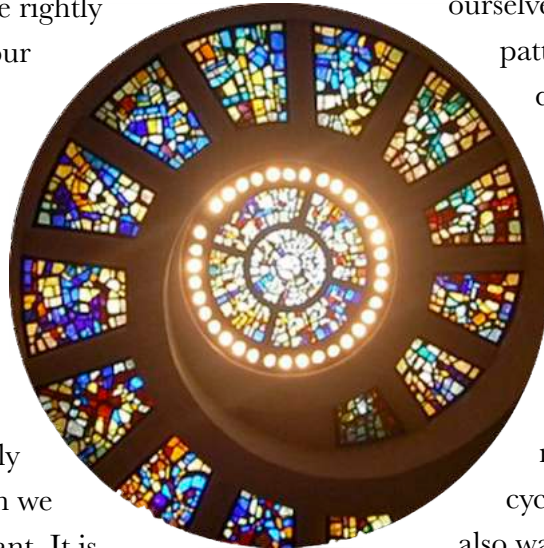
In order to achieve this we have to develop mindfulness of our thoughts, our self-talk, and our emotional and physical reactions to situations. For

example, how we receive a compliment for a job well-done, or how quickly we learn from making mistakes, reflects what we believe about ourselves. We all have subconscious

patterns and reaction cycles we’ve developed through our life experiences and to grow spiritually we often need to reprogram them. We can do this more rapidly through self-love. As we look at ourselves we have to be mindful of what is ours and aware of what is not. When we recognize reaction cycles that no longer serve us we also want to shift into our higher will so

we can respond rather than react based on subconscious programming.

For two techniques that will help you get started visit PranaWorld.net for this full article.



Blessings to everyone for a joyful and peace filled holiday season. Our gratitude to each of you for the work you do in this world, the love you bring to all those you encounter, and the good will & willingness to do good that you embrace in everyday life. Blessings be to you; blessings be to our teacher; blessings be to all the great compassionate ones; blessings be to all. ~ always in love, and in love in all ways.



GUIDED SELF HEALING SESSION
Saturday Nov 10: 10:15-11:45
with [Linda Negrin](#)

✧ PRANIC HEALING in OREGON ✧



CLASSES WITH
LIZA BURNEY
liza@heart-to-heart-healing.com

LEVEL 1 PRANIC HEALING

JAN 4-5 IN PORTLAND
JAN 19-20 IN DEPOE BAY
FEB 9-10 IN SALEM

LEVEL 2
ADVANCED PH
FEB 23-24 IN PORTLAND

CLASSES WITH
TERESA EVANS

teresa@pranahealthservices.com

LEVEL 1 PRANIC HEALING

DECEMBER 8-9 IN MEDFORD
FEBRUARY 23-24 IN EUGENE

LEVEL 2
ADVANCED PH
COMING SOON

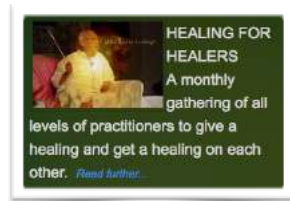
LEVEL 3
PRANIC
PSYCHOTHERAPY
COMING SOON



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](#)



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

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

December 3 ~ 6:30 p.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

November 20 ~ 7-9 p.m. Room #7

December 18 ~ 7-9 p.m. Room #30

Contact Liza Burney for information

RSVP and More info:

[PH Studio Healing for Healers](#)



* Meditation Practice - Oregon *

FULL MOON MEDITATIONS

PORTLAND:

Once a month, Sundays:

November 18, January 20, February 17, March 17, 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:

Nov 23, Dec 22 @ 7 PM

1769 SW Forest Ridge, Bend

Meditation CD with Master Choa

Kok Sui

Nov 24, Dec 23 at 6 PM

The Studio, 29 NE Greeley Ave, 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

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 *

Introduction to Pranic Healing®

START DATE:

12/08/2018 - 9:00am

END DATE:

12/08/2018 -

11:00am

INSTRUCTOR:

Liza Burney

LOCATION: **Portland, OR**

[MORE INFO](#)

✧ PRANIC HEALING in WASHINGTON ✧

LEVEL 1
PRANIC HEALING
IN BELLEVUE
WITH GAYLE NELSON
NOV 24-25

[MORE WA EVENTS INFO](#)

**FULL MOON
MEDITATION
SEATTLE**

Contact
Eduardo Sztokbant
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

2nd THURSDAYS 7-8:30pm
East-West Bookshop
6407 12th Ave NE
Seattle
Contact: Eduardo Sztokbant
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

2nd SATURDAYS
10:00am - 12:00pm
Senior Center of West Seattle
4217 SW Oregon St, **Seattle**
Contact: Meghan Kaul -
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
(360) 631-0550

✧ Upcoming Intros - Washington ✧

Introduction to Pranic Healing®

LOCATION: **Seattle, WA**

Friday November 2 ~ 7-8 p.m.

INSTRUCTOR:

Eduardo Sztokbant

[MORE INFO](#)

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

* SPECIAL EVENTS IN THE REGION *



Pranic Psychotherapy LEVEL 3

Prerequisite Basic Pranic
Healing Level 1
Saturday - 9am to 10pm

Acheiving Oneness

Pre-requisite: none
Sunday - 9am to 10pm

PRANIC PSYCHOTHERAPY® is the application of PRANIC HEALING® techniques to healing and alleviating emotional and mental imbalances. Negative emotions and traumatic experiences are essentially negative thought forms and emotional energies lodged in the aura and in the critical energy centers. These energies are often difficult to release, requiring months or even years of traditional psychotherapy to experience any improvement. But PRANIC PSYCHOTHERAPY® offers you the ability to quickly and safely release these crippling energetic patterns.

Register at
www.pranichealing.com

NOVEMBER

10-11

Ancient meditations, kept secret for centuries, will be revealed and taught to the public. These techniques allow you to accelerate the Union of your incarnated soul (often described as the personality or lower self) with your Higher Soul (Higher Self).

Archangel CLASS

WITH
MASTER NONA

BE BLESSED BY THE
PRESENCE OF ANGELS.



The roles of angels are often perceived as protecting and guiding human beings and carrying out Divine tasks.

Come and spend a day with Master Nona Castro and deepen your understanding of the angelic realm.

The class covers information such as:

- becoming aware that we are truly never alone;
- the many ways that angels help us;
- a potent tool for healing ourselves and enhancing assistance to others;
- an amazing meditation that brings awareness of the powerful and loving presence of the great Archangels, Ariel, Raphael, Michael and Gabriel.

Sat., Dec. 22, 2018
10:00 am - 9:00 pm

Seattle Unity
200 8th Ave. N.
Seattle, WA 98109
Suggested Donation: TBA
(Lunch and dinner break)

For more information —
Contact: Louis Mason 425.821.7633



PURCHASE TICKETS HERE:

<https://archangel-class.brownpapertickets.com/>

