



S E P T E M B E R 2 0 1 7

INSIGHT

“Regulate your mind.

*Do not worry excessively about the future.
If you have done everything that has to be done,
the future will take care of itself.”*

P A C I F I C N O R T H W E S T P R A N I C H E A L I N G N E W S

WHAT IS YOGA?

Yoga is basically a Sanskrit word meaning “to yoke,” “to join” or “to unite.” In esoteric sciences this union refers to the union of the incarnated soul with the higher soul. The incarnated soul is often called the individual self in general term, the Holy Spirit in Christianity, the Jivatma in Hindu tradition and the Personality in Theosophy terminology; the higher soul in this case is believed to be the divine, the universal spirit or the cosmic consciousness in general term, the I AM in Christianity, the Atma in Hindu tradition and the Ego in Theosophy terminology.

According to Master Choa Kok Sui, this union can happen in several stages.

The first stage is when one realizes that he is the soul occupying various bodies; a spiritual being of divine light, love and power. This realization is however still in the intellectual level. The first stage happens when one realizes that he is not his physical body, not his emotions, nor his thoughts; the emotions and the thoughts are only products of the soul.

The second stage in this case happens when one experiences himself as the soul, during meditation or any other spiritual practice, not being able to feel his physical body. The spiritual practitioner may have an out-of-body experience where the soul uses the other subtle bodies and is able to travel faster than the speed of light. He further might experience the nature of the soul as a being of light, traveling in all directions.

In the third stage the yogi, as the incarnated soul, may have the experience of being united with the higher soul. He may further experience oneness with other souls, including other human souls, animals, nature etc.

Last stage is the experience of oneness with God, where the spiritual practitioner experiences oneness with God and oneness with all. Such soul can be literally called a God-realized person.

The degree of realization or union highly depends on the size of the spiritual connection between the incarnated soul and the higher soul which is often called the Spiritual Cord or Antahkarana. The thicker the size of this connection, the more control the higher soul

“The quality of the development of the Soul is reflected in the “vehicle”... Integrity or wholeness is based on connectedness with the Higher Soul. The word “whole” means to be complete... Soul Energy makes the body whole.”

Master Choa Kok Sui

gains over the mind and the emotions. The weaknesses and unwholesome actions and behaviors are basically the result of less soul connection; when the higher soul loses control over the incarnated soul and its vehicles.

Therefore, one of the very basic requirements for Yoga or union is having a wholesome character, which is often taught as character building. One cannot achieve oneness while being still enslaved by lower thoughts and emotions.

There are many branches of Yoga that introduce different means to make the oneness possible including Hatha Yoga, Bhakti Yoga, Raja Yoga, Jnana Yoga, Karma Yoga and Tantra Yoga. **Arhatic Yoga** is another method of achieving oneness developed by Master Choa Kok Sui which is in fact a synthesis of different Yogas suitable for people with various backgrounds who want to pursue spirituality and at the same time living a normal life.

Article from <http://pranaworld.net/what-is-yoga/>

* PRANIC HEALING in OREGON *

LEVEL 1

PRANIC HEALING
SEPTEMBER 9-10

IN BEND

OCTOBER 28-29

IN PORTLAND

LEVEL 2

ADVANCED PH

NOV 11-12

IN PORTLAND



WITH LIZA BURNEY

liza@heart-to-heart-healing.com

FULL MOON MEDITATION

PORTLAND: SUNDAY SEPTEMBER 10

Meditation: 1-2 p.m.

Multnomah Arts Center
7688 SW Capitol Hwy ~ Room #30

Social Hour: Until 4:00 p.m.

Prosperity Pie Shoppe
7814 SW Capitol Hwy

Future dates:

Oct 8,

Nov 5, Dec 3.



Prayer Circle



We have a circle of healers ready to offer prayers and blessings to those who request it. To make a request, please email prayers@pnwpranichealing.com with the name and location (city, state, country) of the person needing blessings.

* 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 Intros - Oregon *

Sat, Sep 30 Intro: SuperBrain Yoga® & Pranic Healing®

Liza Burney Portland, OR

✧ PRANIC HEALING in WASHINGTON ✧

LEVEL 1 BASIC PRANIC HEALING

WITH GAYLE NELSON
SEPTEMBER 23-24
IN BELLEVUE

[MORE INFO](#)

LEVEL 2 & LEVEL 3 WITH CHANDAN PARAMESWARA ADVANCED PH & PSYCHOTHERAPY

OCT 14-16

IN SEATTLE

[MORE INFO](#)



FULL MOON MEDITATION SEATTLE

September 5

Contact Eduardo at
(206) 432-0669 or
eduardo@pranichealing.com for details.



✧ Healing Clinics - Washington ✧

1st & 3rd MONDAYS
7pm-9pm
Seattle Unity Church
200 8th Ave. N., **Seattle**
Phone: 303-817-0498

1st THURSDAYS 7-8:30pm
East-West Bookshop
6407 12th Ave NE
Seattle contact:
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 detailed information about classes and intros
in the Pacific Northwest visit
www.pranichealing.com/events or www.pnwpranichealing.com

✧ Upcoming Intros - Washington ✧

Fri, Sep 8	Introduction to Pranic Healing®	Eduardo Sztokbant	Seattle, WA
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