

Pacific Northwest Pranic Healers

June 2008 Newsletter

"Imagine people not only talking about doing good things, but actually doing them."
— GrandMaster Choa Kok Sui



Special Master Co appearance in Portland, OR!

Master Co will be teaching two very special higher courses, Om Mani Padme Hum and Spiritual Essence of Man on June 13 & 14. You will learn the deeper understanding of this powerful mantra and its numerous benefits and applications. Experience "Yoga", or union with the Higher Soul, as you are guided in Meditation with this powerful Mantra. Participate in a unique and powerful spiritual workshop to experience the Divine essence within your chakras and energy bodies. You will be empowered with deeper knowledge and practices once divulged only to inner disciples of Egyptian and Indian Mystery Schools! Contact Park Productions today! 503.422.0200

Pranic Healer's Retreat in Vancouver, BC

Master Nona will be leading a retreat August 1st (evening), 2nd, and 3rd, 2008. The opening night, Friday the 1st is registration and a fun evening for students and their families. She will bless the children who come. Saturday will be The Lord's Prayer, with Master Nona's version of the chakras and the Holy Spirit. This is very powerful and very informative. On Sunday will be Pranic Healing in your life - info from the Convention, as well as other healing ideas. This will be discussion and Q and A. This is a great time to get in on the latest news and ideas. Cost for the whole retreat is \$475 CDN. This will take place at the Residence Inn - Marriott in downtown Vancouver. The YMCA hotel is a good deal as you can get 4 and sometimes 6 to a room, and they have parking too. For Registration Form and information, please see <http://www.pranichealing.ca/>.

Calendar:

Om Mani Padme Hum and
Spiritual Essence of Man with Master Co*
June 13 & 14 at Shilo Inn, 11707 NE Airport Way

Committees:

Service committee Sat., June 21 at 10am.

Marketing committee Mon., July 14, 7 pm.

Rsvp to Liza Burney for location information.

Vancouver Canada Retreat

August 1,2,3 with Master Nona

World Invocation Day

June 18, 10:30 am www.pranatalk.com

Full Moon meditation

June 18, 7:00 pm with Linda Merrick

Intro to Pranic Healing

June 6 in Bend with Andrea Furber

PH Level 1

July 19 & 20 in Bend with Andrea Furber

July 19 & 20 in Portland with Teresa Evans

PH Level 3

June 21 & 22 in Portland with Teresa Evans

Kriyashakti and Pranic Feng Shui

with Master Co and Master Nona**

July 25, 26, 27 in the Los Angeles area

Forest Grove Clinic CANCELLED June 11, July 23

Annual Picnic—August 9—DATE CHANGE

How to contact us:

Teresa Evans: 503-224-9401

Andrea Furber: andreaforber@mac.com

Linda Negrin: linda@avalonspiritualcenter.com

Liza Burney: lizaburney@yahoo.com or 503.502.5186

Linda Merrick: 503-659-7463

*Park Productions: 503-422-0200

**Register at www.pranichealing.com or 888-470-5656

Service Opportunities

Looking for people interested in helping out at the

Portland Metro Health, Wellness & Fitness Expo

October 4-5, 2008 at the Oregon Convention Center.

Do you have training in **MARKETING**? Are you willing to use your skills to promote Pranic Healing? The Marketing Committee would like to meet you! Contact Liza Burney. Thanks!

Wanted: Conference space available on evenings and weekends for Pranic Healing classes. Looking in the range of 1200 to 2000 square feet. Please contact Andrea with information.

Tip of the Month

At the end of Twin hearts meditation, we can bless our special goals and projects no matter how big or small. This can be even more powerful at the Full Moon.

Benefits of Service

Atma Namaste. Karma yoga is the practice of selfless action for humanity and for our beloved mother earth. The impetus for practicing originates in our thoughts and manifests thru our actions. Ultimately the practice of karma yoga (or selfless service) opens the gateway of the heart and leads us beyond the limitations of our personalities, uplifting the true self, or the atma, into an increased degree of union with our higher soul, with our spiritual teacher and with God. This ever increasing oneness occurs as a manifestation of intelligent action thru doing service. In the Golden Lotus sutra, creative transformation, it states, "Love combined with power, manifests as service. And the greater our service, the greater our spiritual development. When we do service, our energy level increases. As we do service, energy is directed to us and we become empowered. The practice of doing service develops the inner power within us. The results are dependent on mastery of karma yoga. Having a sharp mind is not enough. We must produce results."

Doing service is a non-sectarian, non-religious form of devotion to humanity expressing itself thru the action of good will and the will to do good. In the beginning, some students may ask questions like, where should I do service? Some may say, maybe I should wait to go to the right place to do service. Maybe I should wait until I can go to India, or to China, or to Africa and then I can begin doing service. Or some students may ask, what kind of service should I do? Or sometimes students may ask, What is the right time to do service? So what are the answers to these questions? Where do you start? The answer is very simple. You start wherever you are, and the time is now.

What kinds of service can we do? As Pranic Healers and Arhatic yogis, we can do service through healing and through teaching the courses of Grand Master Choa Kok Sui. We can do service through using Kriyashakti for the benefit of other people, for projects, and in order to become powerful disciples who can ably do this great spiritual work. We can do service by spreading the Meditation on Twin Hearts through the Planetary Peace movement, or we can do service for humanity through feeding programs, through spreading Superbrain yoga to handicapped or under-privileged children who might not otherwise be able to change their lives without this simple transformational technique. Or we may do service through taking the amazing Superbrain yoga technique into our local schools, so that in the future our leaders will become smarter and more balanced. We can do service in shelters for the homeless, in shelters for battered women and children, and service for the aged, who are alone and lonely. And we can do service in the name of social justice, charitable works are all around us in endless number.

Doing service is a manifestation of loving kindness, which is a manifestation of the development of the heart. It is through our active intelligence that we can look and find more ways through which we can serve. No one is really exempt from doing service. Even if an individual is confined to their bed, they may recite mantras, or pray in the name of the teacher and to God, because invoking and praying is extremely useful. This can be used as a tool to raise the universal consciousness for the benefit of humanity. The benefits of doing service include but are not limited to: the rapid development of the heart, a stronger sense of self esteem, deep inner peace, joy and happiness, and a greater sense of satisfaction in our lives. There is a strong sense of knowingness when we are aware that we are doing the right thing in our lives. Do we all remember the teaching, As We Give So Shall We Receive? So we may also encourage others to do service, and in doing so, we will be encouraged to do more service. And as we feed others, we will be fed, physically, mentally, emotionally and spiritually. As we teach others, we will be taught. By showing compassion to every sentient being, mercy and compassion will be shown to us. By doing service we manifest correct expression. We must serve with courage, with regularity, with tenacity, with devotion, and with love. Doing service in the name of Grand Master Choa Kok Sui is the right thing to do. In our lives, doing service has no beginning and no end. It is a constant process. Doing service is an active meditation. Doing service is an act of prayer and praise to the Supreme Being. It is through selfless service that we develop. It is through this development that our souls become purified. This is because service and tithing are avenues thru which the soul manifests itself. We must remember that service together with meditation is one of the fastest ways to achieve illumination.

— Charlotte Anderson, PPM Audio Stream, May 2008 www.ppmaudiostream.org

This Audio Stream is a service of The Planetary Peace Movement International (www.meditatepeace.com), which provides the Twin Hearts Meditation under the name Planetary Meditation for Peace and Divine Healing - 24 hours daily without charge to listeners. All done under the specific instructions of Master Choa Kok Sui.

Charlotte Anderson, co-founder with Master Choa Kok Sui, of the Planetary Peace Movement International, is also the compiler, editor, and transcriber of MCKS most recent books, including 'The Origins of Modern Pranic Healing,' 'The Existence of God is Self Evident,' 'The Sphinx,' and the 7 Golden Lotus Sutras. She has made a significant contribution to Pranic Healing around the world.

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