

# Pacific Northwest Pranic Healers

## August 2008 Newsletter

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



### Pranic Healing Potluck Picnic

Our annual potluck picnic is a relaxed way to get to know your pranic healer friends a little better, and meet new ones! Join us for an afternoon of friendly conversation, good music and great energy on the Sandy River,

**Saturday, August 9 from 2 pm to 6 pm.**

We'll have awesome vegetarian food and lots of fun. There is great hiking, too. Bring a chair if you can, a guitar if you would like, and leave the rest to us!

♥ Much thanks to Tom and Diane for hosting us. ♥

Vegetarian dish by  
last name:  
A-H bring a salad  
I-P bring an entrée  
Q-Z bring a dessert



RSVP to Liza  
by August 5 and  
you will receive a  
map and address  
information.

### Calendar:

#### Vancouver Canada Retreat

August 1, 2, 3 with Master Nona see <http://www.pranichealing.ca/> for more information.

Annual Picnic—August 9 (see info above)

Founder's Day August 15 (see article below)

 Full Moon meditation (see below)

August 16, 7:00 pm with Linda Merrick

#### PH Level I

August 20 & 21 with Andrea Furber

October 4 & 5 in Spokane with Arnon Davidovici

#### How to contact us:

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Linda Negrin: [linda@avalonspiritualcenter.com](mailto:linda@avalonspiritualcenter.com)

Liza Burney: [lizaburney@yahoo.com](mailto:lizaburney@yahoo.com) or 503.502.5186

Linda Merrick: 503.659.7463

Arnon Davidovici: 310.562.4548

#### Tip of the Month

When you practice energetic hygiene diligently, your energy body becomes more refined; the particles of prana that make up your energy aura become cleaner and smaller, and vibrate at a higher frequency. There are five keys to energetic hygiene: emotional regulation, proper diet, physical exercise, clean environment and the frequent use of salt in all its cleansing applications. -Your Hands Can Heal You

Friends in Pranic Healing,

Through the last couple of years we've seen the emergence of dozens of Pranic Healing students. Our hearts are full of appreciation for the time you've spent with us, for the expansion of your energy awareness and for the healing you have begun in your own space.

No matter when you took your first PH class, we want you to know that there is continued love for you and support for your journey available at the Tuesday clinic (7:15 PM-Multnomah Arts Center). We are here both to be of service and to nurture you in your path of service. Stop by. Say hello. Receive a healing. Dust off your PH tools. Deepen your understandings. Provide a healing. Get/give a hug. See you soon!

Blessings for an abundant summer!

Andrea and Teresa

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.

## Founder's Day

*(The following is a heartfelt message from GrandMaster Choa Kok Sui's children on the upcoming Pranic Healing & Arhatic Yoga Founder's Day or now called Master Choa Kok Sui Day on August 15, 2008 - GJM)*

Dear Friends,

Do you have someone in your life whom you have loved and shared something special and now you live in the memory of that beautiful someone because that person is gone? Do you still do things in memory of that beautiful someone? We suggest that this will be the essence of our Founder's Day or Master Choa Kok Sui's Day on **August 15, 2008**.

Let's do things in memory of a Teacher who is a Man and a friend we love and shared many beautiful things. You can join your Pranic Healing group in your area where you can do a shared memory that you remember doing while he was in physical incarnation.

#### Suggested Pranic Healing & Arhatic Yoga Group Activities:

You may organize a big workshop or a group vigil that will include intense meditation for 3 hours. Do Arhatic Yoga group practice. Do Meditation(s), Feeding Program, Healing, Blessing, Great Invocation, Planting Trees, Public Talks, Public Meditation on Twin Hearts or sharing of fond memories.

On your own, if you cannot join a group; do a loving activity which you have shared with the Master Choa. It can be a personal Twin Hearts Meditation, Special Blessing to the World, A Great Invocation, Lord's Prayer, Circulation of Energy, Practicing Silence or anything you feel like to honor the Master on his birthday.

In shared loving spirit, we will do our own gift in soul work in memory of our dad and founder.

Sincerely yours,

Christine

Cathy

Jason

Karen

### Portland Founder's Day

Full Moon Meditation and Celebration with Dessert Potluck

Saturday, August 16 at 7:00 p.m.

This evening celebrates the Life of modern day Founder of Pranic Healing, Grand Master Choa Kok Sui, a truly amazing Teacher. We will do Meditation on Loving Kindness to bless the earth. Please join us in the replenishment and empowerment of our energy bodies with the energy of Full Moon meditation. Scan your spiritual cord before and after the meditation—what a difference! This is a truly special way to honor this Great Soul by doing service to humanity and Mother Earth! Enjoy some time to connect with other pranic healers and eat some yummy dessert after the meditation!

Dundee Recreation Room of the Waverley Green Apartments

10300 SE Waverley Ct., Milwaukie, OR 97222

For directions, please call Linda Merrick at 503-659-7463

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