



# PACIFIC NORTHWEST PRANIC HEALING

# INSIGHT

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

March 2010

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## Energy Hygiene and Your Environment

Certain places are intrinsically dirtier than others. The room of a sick person, a typical hospital, an office with poor circulation and florescent lights, and a building in which the occupants are smokers are all energetically dirty environments. If you spend time in these surroundings, you are exposed to greater-than-average energetic contamination. Thus you may need to practice energetic hygiene more diligently and more regularly - for example, cutting cords and performing general self-sweeping. You can also directly clean the area.

Some techniques to clean a room or building of dirty energy include:

1. Burn incense.
2. Chant "OM" or "amen"
3. Open all windows and curtains to let fresh air in and sunlight in
4. Spray the area with salt water from a sprayer
5. Loud clapping
6. Sweep the room with electric violet.

--excerpt from Your Hands Can Heal You,  
by Master Stephen Co and Eric Robins, MD, on p. 163

**Research:** Investigation of the Effects of Pranic Healing Techniques on Birthing Process and Maternal Outcomes, by Andrea Tarabek, R.N., and Jim Sorden, Senior Certified Pranic Healer

**Abstract:** "Pranic Healing is a natural healing technique which utilizes "life energy" to accelerate the body's ability to heal itself. The Pranic Healing System uses techniques not only to work on physical and emotional conditions, but also to enhance many other areas of life. One of the basic concepts in Pranic Healing is that when one has more "life energy," the body tends to heal itself more quickly. Another fundamental concept of the Pranic Healing System, in addition to the importance of the *volume* of vital energy, is the *quality* of the energy. According to the principles in Pranic Healing, healthy individuals tend to have "cleaner" energy whereas sick or depleted individuals tend to have more what is called "dirty" or "diseased" energy. Based on these principles, a person's environment may have either a positive or negative effect on him or her due to the quality and quantity of vital energy existing in the room. This is especially important during recovery from physical ailments or during medical procedures.

Specific techniques are used to remove "dirty and diseased" energies from a physical environment and to increase the "positive and healthy" energy level of that environment. In this double blinded study, we seek to evaluate these techniques by observing their possible effects on the condition of patients during the birthing process. A total of 978 vaginal births were studied at a Level 1 Birthing Center in Santa Barbara, California. Pranic Healing techniques were applied from February through December of 2003 to prepare birthing rooms for the labor and delivery process. The data for 256 births during this period was compared with data for 722 births in the years 2000, 2001 and 2002.

According to the statistics gathered, preparing birthing rooms by using Pranic Healing techniques had a positive effect on the birthing process and maternal outcome. Specifically, it was observed that there were an increased percentage of births with intact perineum, an increased percentage of non-medicated births and a reduction in the number of complications." <http://www.pranichealingusa.com/articles/4Research%20Pranic%20Healing%20and%20Birthing.pdf>

**Calendar Summary:**  
(for complete listings, [click here](#))



**Full Moon meditation—Portland**  
March 29

### Intro to PH - OR

March 6, 2-4 West Linn  
March 20, 12-4 - NW Portland  
April 10, 1-4 SE Portland  
April 17, 1-4 SE Portland  
May 15, 2-4 SE Portland

### Intro to PH - WA

March 7 - 1-4 Kennewick  
March 7 - 6-8 Richland  
March 21 - 1-4 Kennewick  
March 21 - 6-8 Richland

### PH Level I

March 27 - 28 in Portland  
April 17 - 18 in Kennewick

### PH Level II

May 15 - 16 in Portland

### PH Level III

July 10 - 11 in Portland

### Crystal Class

March 13 -14 in Portland

### Scanning Techniques/Skills

April 17 in Portland

### Kriyashakti Group

March 20  
June 21  
August 15  
September 23  
December 21

### Retreats

March 19 - 21 Arhatic / NJ  
May 21- 24 Canada

### Weekend get-away

Sept. 11-12 Arhatic / Oregon Coast

## Save the Date:

**March 19** - Mahasamadhi  
of Grandmaster Choa Kok Sui



**March 29**  
Aires Full Moon



**April 28** - Wesak  
Taurus Full Moon



**May 27**  
Gemini Full Moon



## Meditation at the Full Moon

Meditation is a potent method of service to humanity when the mind is used as a channel for the reception of the energies of light and love and the will-to-do-good, and their direction into human consciousness. And the moment of the full moon each month offers the greatest opportunity for meditation - particularly in group formation - to be used as a means of cooperation with the divine Plan or Intention for our world. - [www.lucistrust.org](http://www.lucistrust.org)

## Scanning Techniques & Skills Review

Saturday, April 17 10:30 AM to 4 PM

Portland West Hills Covenant Church  
5815 SW Gillcrest Ct. Portland, OR 97221  
\$60 / Pay in advance: \$50  
Andrea Furber [andreaforber@mac.com](mailto:andreaforber@mac.com) 503-293-0481

## Intro to Pranic Healing - Portland

Saturday, March 20, 12:00 to 4:00 PM

New Renaissance Bookstore  
1338 NW 23rd Ave, Portland, Oregon 97210  
<http://www.newrenbooks.com/>  
\$40 - register with New Renaissance Bookstore

## 11th Annual Camp Thunderbird Retreat

May 21 (6 pm), 22, 23 and 24 (noon) in Victoria, BC

Come and join Master Nona Castro in this annual gathering of meditation, fun, healing and practice. This international lecturer and instructor of Pranic Healing and Arhatic Yoga shares her love and knowledge of Pranic Healing in the beautiful setting of the Sooke Hills at Camp Thunderbird in BC, Canada. For more information about the event, see [www.pranichealing.ca](http://www.pranichealing.ca). For carpool information, send email to [info@pnwpranichealing.com](mailto:info@pnwpranichealing.com).



## Intro to PH for Animals

Saturday, March 6, 2:00 to 4:00 PM

West Linn Public Library  
1595 Burns St., West Linn, OR

Do you know someone who might be interested in Pranic Healing? Do they love animals? Then this is the Intro for you! Share your love of Pranic Healing with your friends and relatives by bringing them to this Intro and help them experience the benefit that Pranic Healing can offer - for both themselves and their pets. Animals attend in spirit only. [RSVP](#) please.



## Full Moon Meditation in Portland

March 29th, 2010 7:00 pm

Join us this and every month for a Powerful Evening of Meditation as we gather together as ONE to be Divine Instruments of God's Infinite Love, Mercy and Compassion toward the Earth and all sentient beings. Grand Master Choa will lead us in this Full Moon Meditation as we Bless Mother Earth and all of humanity.

Bring your projects to be blessed and enjoy tea and light snacks afterwards.

Dundee Rec Room—Waverley Greens Apts.  
10300 SE Waverley Ct.  
Milwaukie, OR 97222

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

[pnwPranicHealing.com](http://pnwPranicHealing.com) [link with directions](#)  
[Google maps link](#)