

Pranic Healing™ Association of Manitoba

NEWSLETTER ♦
JULY 2026



BASED ON THE TEACHINGS OF GRAND MASTER CHOA KOK SUI

Here's what has happened in 2026 and what's to come:

February Highlights

- We participated in the Winnipeg Wellness Show at the Viscount Gort, where Healings were very well received. Two people expressed interest in further healing sessions — a big thank you to all the healers who volunteered!
- Our very first Healing retreat was held at 667 Stafford St., featuring Twin Hearts meditation, hands-on healing practice, and a wonderful potluck lunch. We heard many requests to host this again!
- Our 'Buy 2 Get 1' CD sale was a great success, helping many enjoy the various MCKS meditations at home.

May and June Highlights

- The powerful Wesak Full Moon meditation led by Master Nona in May brought groups together both in-person and via Zoom from across Canada and South America. The energy was dynamic and uplifting.
- June 13-14, we hosted the Pranic Psychotherapy (level 3) course led by Aiydin from British Colombia. He was joined by Marina who assisted him. The course was enlightening and fun, with new and returning students alike deepening their knowledge. We practiced one-on-one healings using psychotherapy techniques and shared a delicious potluck.

In this newsletter you can expect:

Community
Updates

Our weekly twin
hearts zoom link

Our Social Media
Links

August Potluck
Invitation

Our Social Media
Links

Gratitude
Highlights



Community Updates

Regular Meditation Sessions

- Twin Hearts Meditation: Held twice weekly on Zoom — Tuesdays at 7:00 pm and Saturdays at 10:00 am. In-person sessions take place on the 2nd and 4th Tuesdays at 667 Stafford St. These sessions include distant blessings, readings from MCKS sutras, one-on-one healings, and refreshers of Pranic Healing™ practices from his books.
- ARHATIC Meditation: Meets twice a month on the 1st Monday at 7:00 pm and the 3rd Thursday at 10:30 am via Zoom for those who have completed the course.
- Master Nona's Monthly Full Moon Meditations: Master Nona continues to inspire with her spiritual meditations and messages connecting participants across Canada and South America. Invitations and Zoom links are sent out by email before each event.



Social Media

Pranic Healing™ Association of Manitoba (PHAM) now has a new committee to boost our outreach.

We are active on our website, Facebook, and Instagram to share updates and promote our events. Your ideas are very welcome — just send us an email.

We are looking to organize intro sessions, Level 1 and Level 2 PH courses. Please let us know if you know anybody interested or curious about Pranic Healing™!



Gratitude

A huge thank you to our PHAM Executive Committee:

Colette, Joan, Cindy, and Seema.

And to all members and volunteers who help make our community vibrant - your dedication brings us together to learn, heal, and grow through Grand Master Choa Kok Sui's wonderful time-honoured teachings.



Links:

 registrarpranichealingmb@gmail.com

 www.pranichealingmb.com

 [Pranic Healing Association Manitoba](#)

 [pranichealingpham](#)

 [667 Stafford Street - in person meditations](#)



Online Twin hearts zoom information (Tuesdays and Saturdays):

[Link to Twin Hearts Zoom Meeting Room](#)

Thank you for reading!

