

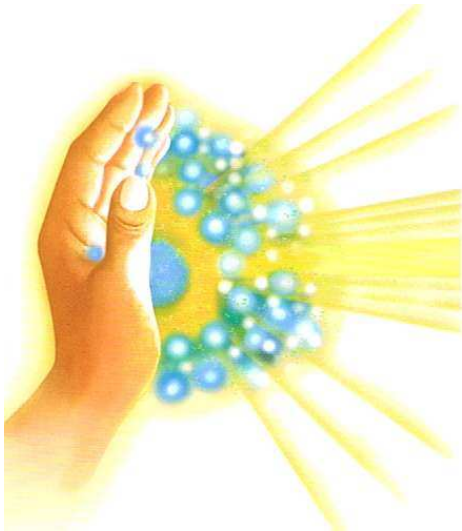
# **Self Healing Workshop Coming to Castro Valley.**

**Learn and Apply the Science of Life Force Energy**

**Taught By**

**Scott Alexander and Kathryn Barile**

**(Personally trained by Grand Master Choa Kok Sui and Master Stephen Co.)**



Self Healing offers a revolutionary step-by-step program of exercises, practices, and techniques that enable anyone regardless of age, disposition, attitude or aptitude to quickly and effectively call upon his or her body's energy for optimal health and healing. This includes speeding recovery from a wide range of physical, psychological and emotional ailments.

One of the most rapidly growing fields of complementary medicine is "energy medicine," a broad range of alternative healing remedies in which universal life force is used to heal the body, mind and spirit.

**PRANIC HEALING** is a highly developed and tested system of energy medicine that utilizes prana to balance harmonizes and transforms the body's energy process. This is simple yet powerful and effective system of no-touch energy healing originates and developed by Grand Master Choa Kok Sui, the creator of Pranic Healing.

The key to Pranic Healing is knowing how to increase your pranic energy and exactly where to apply the cleansing, energizing and stabilizing techniques. Pranic Healing does not require intuition or uncommon abilities. Students learn to draw in chi energy and then direct it to the patient for healing without draining the healer.

After more than 30 years of research on thousands of patients Grand Master Choa Kok Sui, discovered that every health problem has a unique energy pattern and chakras associated with it. He studied Eastern and Western methods of healing and synthesized the essence of ancient oriental healing practices into a comprehensive system of techniques that can be practiced by everyone

Pranic Healing is taught in over 85 countries world-wide.

**Topics include: Taking control of your health; removing stress; regulating your emotions; purging your aura and chakras of negative energies; step-by-step techniques for healing yourself of 24 of the most common health problems; secret 9 Tibetan Super Yoga exercises; achieving inner peace and stillness w/o years of training; breathing exercises to increase your aura by 500+%; stop negative people from draining your life force and much more...**

**Venue: 21847 Redwood Road, Castro Valley, CA 94546**

**Date: 8<sup>th</sup> Dec 2006, Time: 7p.m to 10p.m**

**Entry fee \$35 in advance or \$45 at door. Call now to reserve your seats!!**

**To Nisha Jagad #408-210-0955 or email at [nishajagad@yahoo.com](mailto:nishajagad@yahoo.com)**

**Visit: [www.pranichealing.net](http://www.pranichealing.net)**