



# PRANA STUDIES

Detroit, MI



### History of the Twin Hearts Meditation

The Twin Hearts Meditation was developed by Master Choa Kok Sui, founder of Pranic Healing and Arhatic Yoga. This guided meditation will help you flush out negative thoughts and emotions that congest our mind and body every day. Testimonials of personal healing and positive life transformation have been incredible.

Meditating on the Twin Hearts enables the body to absorb a tremendous amount of energy which many refer to as Prana, chi, ki or life force energy.

This has a flushing and cleansing effect, then stimulating and energizing effect through the practitioners system resulting in better physical, emotional and mental health.

For Stress Relief & Wellbeing. Scientifically validated to reduce stress and anxiety, increase memory, focus and positive brain activity. Flush out negativity and achieve peace and stillness in less than 30 minutes.

### Scientifically validated Impact of Meditation on Twin Hearts:

- **Happier, Calmer and More Peace**
- **Increased Focus**
- **Increased Memory Recall**
- **Increased Gamma Wave Activity**

It is practiced in over 126 countries around the world.

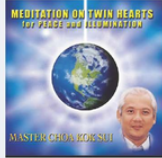
Technique to achieve summation of Universal Consciousness... It is also a form of world service that helps to bring harmony by blessing the earth with loving-kindness, peace, joy and good will. It does not follow any specific religious belief, doing the meditation involves blessing the earth with peace, love, light and joy.

The Meditation on Twin Hearts brings a tremendous amount of spiritual energy, peace, love, prosperity and happiness in the practitioner's life. It is a noble tool that raises one's vibrations toward higher states of awareness and expanded levels of consciousness. Presently being practiced globally by tens of thousands of people of different regions and backgrounds, the Meditation on Twin Hearts is extraordinary in its simplicity with amazing and dramatic results.

Meditation on Twin Hearts is a powerful form of meditation, it enhances your physical, mental, emotional and spiritual well-being. If practiced regularly, it brings about a deep inner transformation and expansion of consciousness.

The twin hearts refer to the heart chakra, the center of the emotional heart, and the crown chakra, the center of the divine heart.

When you meditate on these twin hearts, divine energy flows into your crown chakra from where it is distributed to all parts of the body. The crown chakra can be activated when the heart chakra is sufficiently activated.



For more information please contact:  
Rose Fritsch  
rose@pranichealing.com  
248-736-4655



We invite you to visit the US Pranic Healing® website [www.pranichealing.com](http://www.pranichealing.com) to learn more about Pranic Healing®, Arhatic Yoga®, Spiritual courses, Prosperity Courses and so much more.



### Learn More...

Learn about Pranic Healing® at our Introductory (Intro) Courses, experience a healing at our Community Healing Clinics. Join us for our group Meditation on Twin Hearts gathering, or take the Pranic Healing Course.

For a calendar of all of these Michigan events, visit: [www.pranichealingmichigan.com](http://www.pranichealingmichigan.com)



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### What is Pranic Healing®?

Pranic Healing® is a simple yet powerful and effective system of no-touch energy healing originated and developed by Grand Master Choa Kok Sui. It is based on the fundamental principle that the body is a self-repairing living entity that possesses the innate ability to heal itself.

Pranic Healing® works on the principle that the healing process is accelerated by increasing the life force or vital energy on the affected part of the physical body. Pranic Healing® is applied on the bio-electromagnetic field known as the aura, or energy body, which is a mold or blueprint that surrounds and interpenetrates the physical body. This energy body absorbs life energy and distributes it throughout the physical body to the muscles, organs, glands, etc.

The reason Pranic Healing® works on the energy body is that physical ailments first appear as energetic disruptions in the aura before manifesting as problems in the physical body. You can learn to perform Pranic Healing® on yourself and your loved ones in these powerful result-oriented workshops.



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energy body as well as the physical body.

We will discuss the how the Pranic Healing® method uses protocols or a cookbook approach that is easy to learn and extremely effective.

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## Choa Kok Sui Healing® Community Clinic

Experience the miracle  
of Pranic Healing®



### Meditation on Twin Hearts®

The Meditation on Twin Hearts® is a guided meditation that will help flush out negative thoughts and emotions that congest our mind and body. Meditating on the twin hearts has a flushing and cleansing effect resulting in better physical, emotional and mental health.

### Experience a Healing Session

Pranic Healers will be offering healing sessions for all that attend.

"Everyone has the innate ability to heal and relieve pain..." -Master Choa Kok Sui

### Upcoming Events:

Soul Practices  
800 Hilton (Room 2)  
Ferndale MI 48220

- Sunday, January 26 | 11 AM-12:30 PM
- Tuesday, February 3 | 7:15-8:45 PM

Center for the Healing Arts  
38245 Mound (Bldg. E)  
Sterling Heights, MI 48310

- January 28, Tuesday | 7:15-8:45 PM
- February 18, Tuesday | 7:15-8:45 PM



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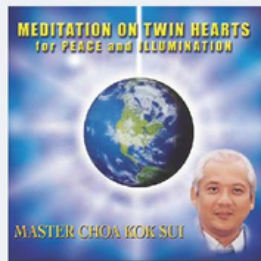
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## Hearts

While there are many techniques for activating the chakras, this is an effective and safe method by using the heart and crown chakras for blessing the earth with loving kindness. As they become channels for the flow of spiritual energies, they get activated in the process. And by blessing the earth, you are in turn blessed many times. It is that is the law. The best way to explain and the uniqueness of twin heart meditation would be to take you through the various steps.

## Learn More...

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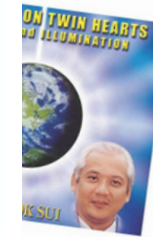
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## GRAND MASTER CHOA KOK SUI

Founder • Teacher • Author • Healer  
The Scientist • Businessman • Philanthropist



Grand Master Choa Kok Sui, known to tens of thousands of Pranic Healers and Arhatas Yoga practitioners worldwide as Master Choa or MCKS, is the president of the Institute For Inner Studies, Inc. and World Pranic Healing Foundation, Inc. He is also founder of Modern Pranic Healing® and Arhatas Yoga®.

As a spiritual teacher and guru to tens of thousands of Pranic Healers and Arhatas Yoga practitioners worldwide, he has traveled ceaselessly across the globe, teaching people from all walks of life. He is indeed a unique spiritual teacher for our modern times. One of his distinctive qualities as a teacher is his ability to synthesize arcane and deep metaphysical principles into simple concepts and applications.

Grand Master Choa is a spiritual teacher and a true embodiment of his teachings. His rare depth of wisdom is a result of the alchemy of his experiences as an enlightened guru, chemical engineer, philanthropist, businessman and scientist. His more than 30 years of research and proclivity for experimentation on the wise use of subtle energy has made him a Master of Energies.

Before departing from his physical being on March 19, 2007, Grand Master Choa Kok Sui's last message to his students was:

- Practice Diligently
- Purify yourself
- Spread the Teachings



**THE MINDS EYE**  
WHERE WISDOM & WISDOMS BECOME ONE




## OPEN / WALK-IN COMMUNITY HEALING CLINIC

First Saturday of the Month • 11:00 - 12:30 p.m.



These OPEN/Walk-in clinics are designed to introduce our customers and clientele with Master Choa Kok Sui's Pranic Healing® and the extraordinary subtle world of energy. An all-inclusive and soothing setting, our senior Pranic Healers are on hand to answer your questions and give further information about upcoming clinics. Aftercare guidelines are provided to each participant, along with an overview of how to register and take advantage of the monthly clinics if you and/or loved ones qualify to participate.


These Community Healing clinics are done on a volunteer basis and your donations are greatly appreciated as they help with the upkeep of the building with supply costs as well as scholarship training for future Pranic Healing students.

**Arhatas Yoga Practice**  
Exercise and Practice following Saturday Clinics • 1:00 - 2:00 p.m.  
• Breathing Exercises, Meditation(s) Blue Pearl, Dhyana, Prosperity\* or Sadana\*  
\*Must have seen or more of Practitioners attending

**Clinic Guidelines / What to expect:**


- Wear comfortable clothing
- Energetic exercises
- Participants under 16 and pregnant women should be pre-approved to attend (Please see Jennifer Koss)
- Abridged version of Twin Hearts 20-minute meditation
- Soothing music
- New participants are to sign in and are seen on a first come first serve basis
- Participants sit in folding chairs
- Senior Pranic Healers have taken all of the following class levels: Basic-1, Advanced 2, and Pranic Psychotherapy 3
- Complimentary 15 min sessions

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## COMMUNITY HEALING NIGHT / STUDENT CASEWORK CLINIC

Second Tuesday of the Month • 7:00 p.m.





These Healing clinics are designed to help our pranic healing students who are studying for certification to familiarize themselves with protocols and private session practice. Customers and clientele who attend these are pre-registered, may be assigned to a healer, and are required to fill out participation forms for casework and study. A more therapeutic setting, this clinic includes the playing of the mantra OM to help pranic energy flow and maintain quality vibration of the room. All levels of Pranic Healing students are working together towards proficiency and execution of MCKS healing protocols. Specific aftercare guidelines, Q & A, along with an overview of how to make the most of your Pranic Healing Session.

Community Healing Night clinics are offered on a volunteer basis and your donations are greatly appreciated as they help with the upkeep of the building with supply costs as well as scholarship training for future Pranic Healing Students.

**Community Healing Nights Guidelines / What to expect:**

- Wear comfortable clothing
- Exercises and information
- Participants under 16 must be able to sit still for the 30-minute session (Questions please direct to Jennifer Koss)
- Meditation on Twin Hearts 15-minute meditation
- Mantra OM license
- Participants sit or recline
- All students levels working on Certification and proficiency of skill
- Pre-Registered 30-minute sessions - donations expected

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## PRANIC HEALING STUDENTS ONLY SKILL BUILDING SUPPORT CLINIC

Fourth Thursday of the Month • 7:15 p.m.

You have to be honest with yourself. Self honesty results in rapid spiritual development.

Master Choa Kok Sui

These student only clinics are designed to help support MCKS Pranic Healing® graduates on their journey in fine-tuning their skills as MCKS Pranic Healer. Whether you are interested in seeing clients or have taken the class for your families, benefits all students of all levels are welcome. Attendees are encouraged to work on self-healing, distant protocols or on a specific case to gain confidence and proficiency in their practice.

In addition to providing new students with an overview of upcoming events and fundraising opportunities, it is a space to engage in short discussions, skill-building exercises with Associate Pranic Healers and/or an instructor attending.

**Student Healing Clinic Guidelines / What to expect:**

- PRANIC HEALERS ONLY
- Exercises
- Deep Cleansing Meditation: Twin Hearts
- Self-Healing or Psychological Health
- 17-minute meditation-heart bath
- One Healing 45-min Session (Self-Healing, Distant, or other PH work)
- Technique Review
- Seasonal protocols - Respiratory, Cold & Flu, Allergy season, etc.
- Hand lockout/yoga
- Questions & Answer

**Arhatas Yoga Practice**  
Exercise and Practice following Thursday Student Clinics • 8:30 p.m.  
• Breathing Exercises, Meditation(s) Blue Pearl, Dhyana, Prosperity\* or Sadana\*  
\*Must have seen or more of Practitioners attending

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