



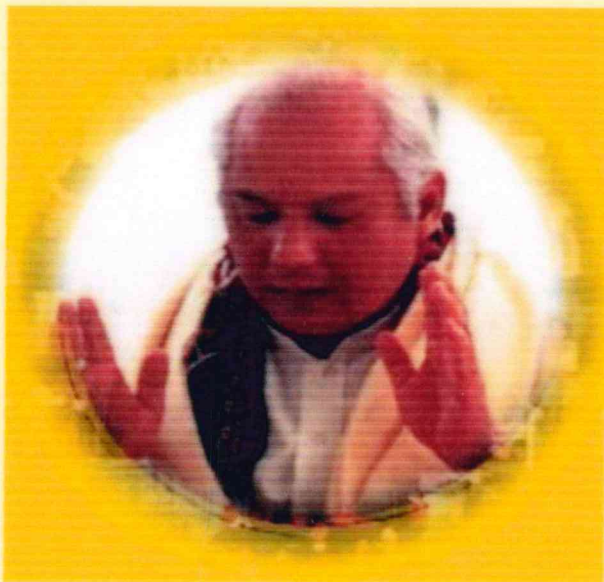
## Pranic Healing in Ireland

### Welcome to Meditation on Twin Hearts

**MEDITATION ON TWIN HEARTS (MTH)** is an advanced meditation technique aimed at achieving illumination or universal consciousness. It is also an instrument of world and community service that eventually harmonizes the earth by blessing it with loving-kindness, peace, joy and goodwill.

Meditation on Twin Hearts is a noble tool that hopes to raise one's vibrations toward higher states of awareness and expanded levels of consciousness. Presently being practiced globally by hundreds of thousands of people of different religions and backgrounds, the Meditation on Twin Hearts is extraordinary in its simplicity with amazing and dramatic results.

**Grand Master Choa Kok Sui**, the modern founder of *Pranic Healing and Arhatic Yoga* Spiritual teacher and inspiration to millions of people worldwide introduced this meditation as a powerful tool for spiritual development.



**"Meditation on Twin Hearts is one of the most powerful meditation tools for spiritual development. It is a true gift from The Great Ones."  
- Grand Master Choa Kok Sui**

FOR MORE INFORMATION ON TWIN HEARTS MEDITATIONS & PRANIC HEALING IN IRELAND VISIT:

[WWW.PRANICHEALINGINIRELAND.COM](http://WWW.PRANICHEALINGINIRELAND.COM)

[WWW.UKPRANICHEALING.CO.UK](http://WWW.UKPRANICHEALING.CO.UK)

[WWW.PRANICHEALING.COM](http://WWW.PRANICHEALING.COM)

[WWW.MEDITATIONONTWINHEARTS.ORG](http://WWW.MEDITATIONONTWINHEARTS.ORG)

# GMCKS PRANIC HEALING®

## What is Pranic Healing?

### Pranic Healing in Ireland



**Pranic Healing®** is a highly evolved and tested system of energy medicine developed by GrandMaster Choa Kok Sui that utilizes *prana* to balance, harmonize and transform the body's energy processes. *Prana* is a Sanskrit word that means *life-force*. This invisible bio-energy or vital energy keeps the body alive and maintains a state of good health.

*"In Ancient times, Pranic Healing could only be practiced by an elite few. My job was to develop a very effective healing system, which ordinary people could learn in just a short period. Anybody can practice pranic healing now. The knowledge of being able to deal with simple ailments is quite empowering"* -Master Choa Kok Sui

**Pranic Healing®** works on the principle that the healing process is accelerated by increasing the vital energy to the affected part of the physical body.

**Pranic Psychotherapy®** is the application of Pranic Healing® techniques in healing and alleviating stress, emotional and mental imbalances

**Pranic Healing®** is applied through & on the energy body because physical ailments first appear as energetic disruptions in the aura before manifesting as problems in the physical body. Therefore there is no need for physical contact with the subject



**PRANIC HEALING®** is a comprehensive modern system of energy medicine. The techniques taught are very effective and easy to apply. You can learn to perform Pranic Healing® on yourself and your loved ones in these powerful result-oriented workshops!



For more information visit:

[www.pranichealinginireland.com](http://www.pranichealinginireland.com)

Email: [info@pranichealinginireland.com](mailto:info@pranichealinginireland.com)

Pranic Healing is not meant to replace conventional medicine but rather to complement it. For Chronic or serious conditions Pranic Healing should be used in conjunction with the appropriate medical supervision/treatment. If symptoms persist a medical professional is to be consulted immediately.



Pranic Healing is a science that uses Laws of Nature which people do not know or are not aware of. Miracles are fantastic events which utilize hidden Laws of Nature. Miracles do not break the Laws of Nature; they are actually based on them"  
GrandMaster Choa Kok Sui



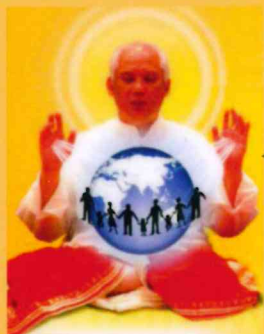
**Les Flitcroft**  
Director & Senior Instructor of the Institute of Pranic Healing UK & Ireland  
Pranic Healing Courses are taught regularly throughout Ireland by Senior Pranic Healer Les Flitcroft  
Direct student of GrandMaster Choa Kok Sui & Licensed Instructor For UK & Ireland

Pranic Healing® can be used as a very effective treatment to address physical and emotional imbalances and improve the quality of most every aspect of our lives

# Why do Meditation On Twin Hearts?



*"Meditation on Twin  
Hearts is one of the most  
powerful meditation tools  
for spiritual development.  
It is a true gift from the  
Great Ones"*  
Master Choa Kok Sui



*"Just as Pranic Healing  
can 'miraculously' cure  
simple & severe ailments;  
Meditation on Twin  
Hearts, when practiced by  
large numbers of people  
can miraculously heal the  
entire earth - Thereby  
making the earth more  
peaceful & harmonious  
- GMCKS*



Join us for the  
Twin Hearts Meditation  
A powerful but simple  
meditation to enhance  
well being & good  
health!

"When you do **Meditation on Twin Hearts**, you become a spiritual conductor. Your body will become filled with light, hope and strength. Through the practice of Meditation on Twin Hearts, your internal condition is transformed"

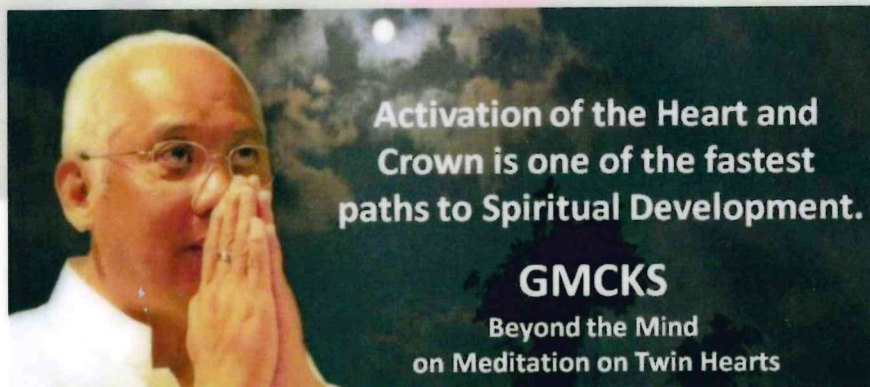
"When you do **Meditation on Twin Hearts**, a lot of soul energy comes down. You become whole and more connected and one with your higher soul. By using *the Prayer of St. Francis of Assisi*, peace and love are brought down and can be used to heal your inner anger or hatred"

"When you internally forgive those who have injured you, then you are in a position to bless the earth, every person and every being. **Meditation on Twin Hearts** creates a bridge between the emotional love of the incarnated soul and the Divine love of the Higher Soul"

"Through the regular practice of **Meditation on Twin Hearts**, your degree of connectedness and oneness with your higher soul is increased. The size of your spiritual cord becomes bigger. You're able to tap your higher soul for inner guidance, inner peace and inner power"

*The Meditation on Twin Hearts prepares you  
for the practice of higher meditations."*

*~ Grandmaster Choa Kok Sui*



Activation of the Heart and  
Crown is one of the fastest  
paths to Spiritual Development.

**GMCKS**

Beyond the Mind  
on Meditation on Twin Hearts

**For information on Twin Hearts Meditations  
& Pranic Healing throughout Ireland**

Contact: [info@pranichealinginireland.com](mailto:info@pranichealinginireland.com)

Or visit: [www.pranichealinginireland.com](http://www.pranichealinginireland.com)



**DISCOVER • EXPERIENCE • TRANSFORM**

Relax, sit comfortably, learn techniques to

Reduce stress  
Increase happiness  
Enhance focus  
Achieve calmness

**Tuesdays Weekly**

**7pm-8pm Relaxation and Meditation**

**8.15pm-9.30pm 15min Relaxation Treatments**

Alternative Health Clinic  
Dungarvan

Contact: Susan 087 764 1345 [susanfoley72@yahoo.com](mailto:susanfoley72@yahoo.com)

Fee: Donation

Experience Meditation on Twin Hearts for a better tomorrow for you and your family



Institute of Pranic Healing  
UK & Ireland

