

ASSOCIATION OF MCKS IRELAND

NEWSLETTER

ISSUE 2



Community.Care.Support

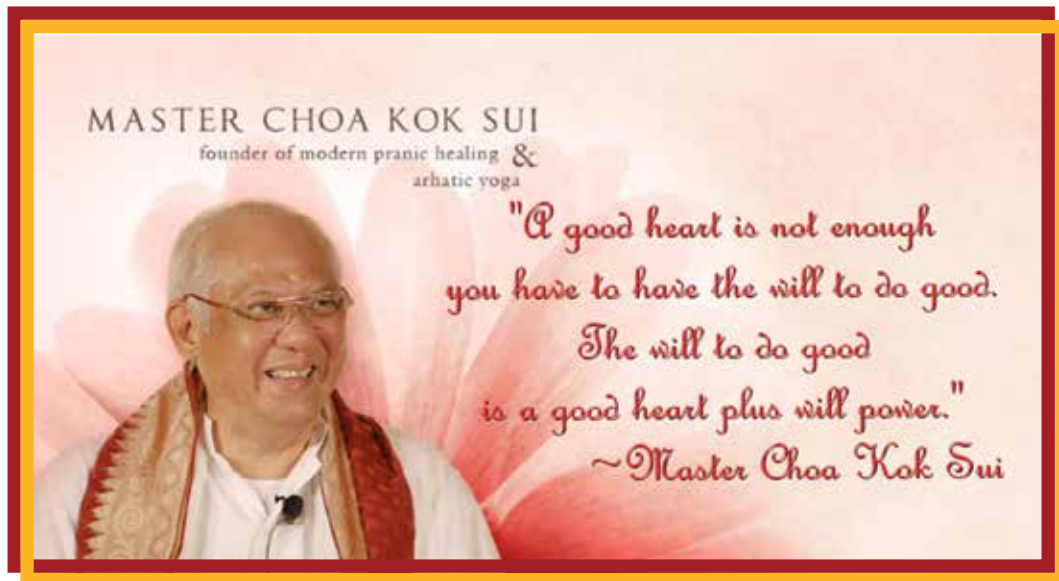
Board:

Martin Shanon (Chair Person)
Joan Hunt (Secretary)
David Connell, Colm Scanlon

Committee:

Katherine McKenna, Amanda Connell, Stephen Dennehy, Gillian Houlihan

MASTER CHOA KOK SUI



Master Choa Kok Sui is the Founder and Originator of the Pranic Healing® and Arhatic Yoga® System. The philanthropic arm of the organization, the MCKS Charitable Foundation runs feeding programs in various countries, funds medical assistance for poor patients and contributes to disaster relief the world over.

The Association of MCKS Ireland LES FLITCROFT, Founder



“The mission is to provide healings, teachings, support groups and raise funds for the selected charitable causes. Giving and Sharing all of your life will bring these blessings back to you and help to protect you from any suffering or misfortune. Thank you for your kindness, support and generosity. Without you we could not do this.”

~ Les Flitcroft

LIMERICK SUICIDE WATCH



Limerick Suicide Watch: April 2017, Limerick

Limerick Suicide Watch is a suicide prevention group, that continues to patrol the bridges and rivers of Limerick City. Limerick Suicide Watch has 30+ members all ASIST trained and First Aid trained, who donate their free time for patrols and monitor the bridges of Limerick throughout the week.

The Association of MCKS were very pleased to announce that they are donating €12,500. This funding will contribute towards training, Insurance and vital equipment for the volunteers. The group also monitors safety equipment, replacing gear that is damaged. Limerick Suicide Watch relies entirely on donations and the generosity of the public.

Pranic Healing Volunteers are very pleased to provide monthly Meditation groups that are followed by a Pranic Healing Clinic for all the Volunteers at Limerick Suicide Watch.

UNLEASH THE BODY WITHIN

THE METROPOLE HOTEL
Fri. March 24th 8pm
Featuring Les Flitcroft
"How Pranic Healing can heal the emotional issues that lead to Weight - Gain"
TICKETS 25.00

FREEDOM FROM THE CYCLE OF YOYO DIETING
UNLEASH
the body within

THE HOPE FOUNDATION
HOPE
HEALING WITH LOVE & YOUR ENERGY

Institute of Pranic Healing
UK & Ireland

Supporting Bernadette Hurley on her weight loss journey as she raises funds for the street / slum children in Kolkata
www.hopefoundation.ie

Unleash the Body Within: March 2017, Cork

Bernadette Hurley began her weight loss journey before Christmas 2016 and then stepped on the scales in March 2017 to raise money for The Hope Foundation (Chy13237) who work with the street and slum children in Kolkata, India.

One of the guest speakers at this event included Les Flitcroft (Founder of The Association of MCKS Ireland), who discussed "How Pranic Healing heals the emotional issues that lead to weight-gain".

"Pranic Healing has been part of our Yoga for HOPE programme for the last number of years. It has had a profound effect on our supporters in the most positive way. Many have gone further on their Pranic journey having been introduced to it in Kolkata. We hope that this link will continue for a long time to come."

~HOPE Foundation



Thank you to everyone who attended the Unleash the body within event which raised €1055 for the HOPE Foundation

THE HOPE FOUNDATION



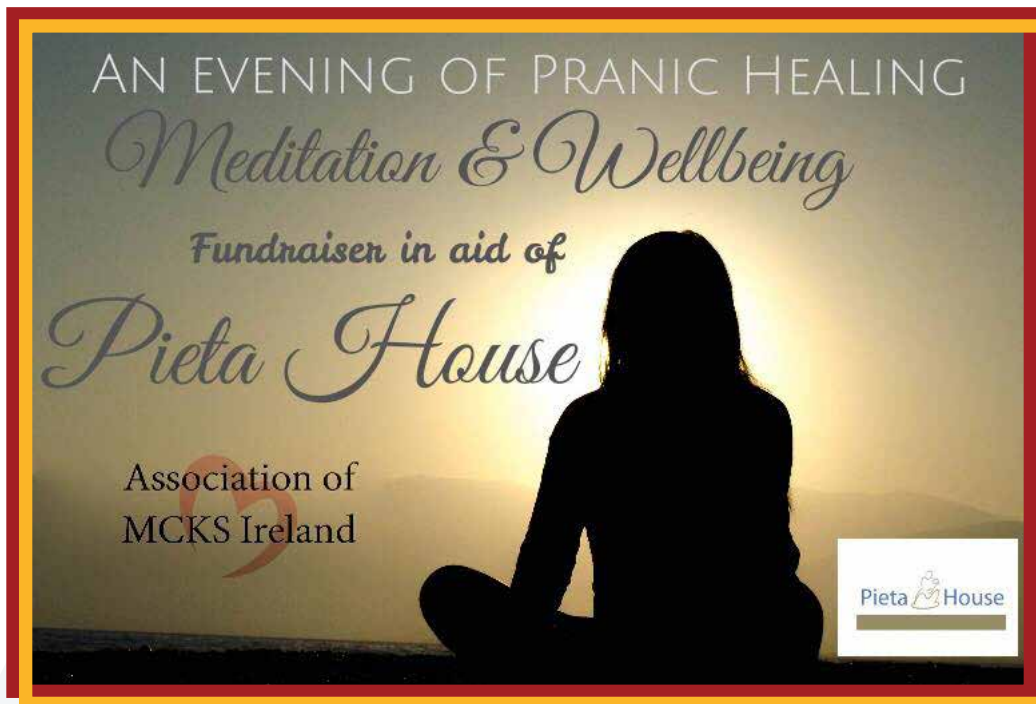
THE HOPE FOUNDATION: December 2016, Cork

The Association of MCKS Ireland donated €12,500 to HOPE Foundation in December 2016.

The Hope Foundation is a registered charity working with street and slum children in Kolkata (formerly Calcutta), India. They work to free children and poor families from lives of pain, abuse, poverty and darkness. Living on the streets, children are exposed to horrendous physical and sexual abuse. Those who survive are left to fend for themselves, with no promise of a safe future. They are forced to work from as young as five years of age to earn money for food and so cannot go to school. HOPE works to free them from child labour. HOPE funds and operates over 60 projects.

HOPE is dedicated to promoting the protection of street & slum children primarily in Kolkata (Calcutta), and the most underprivileged in India, to promote immediate and lasting change in their lives.

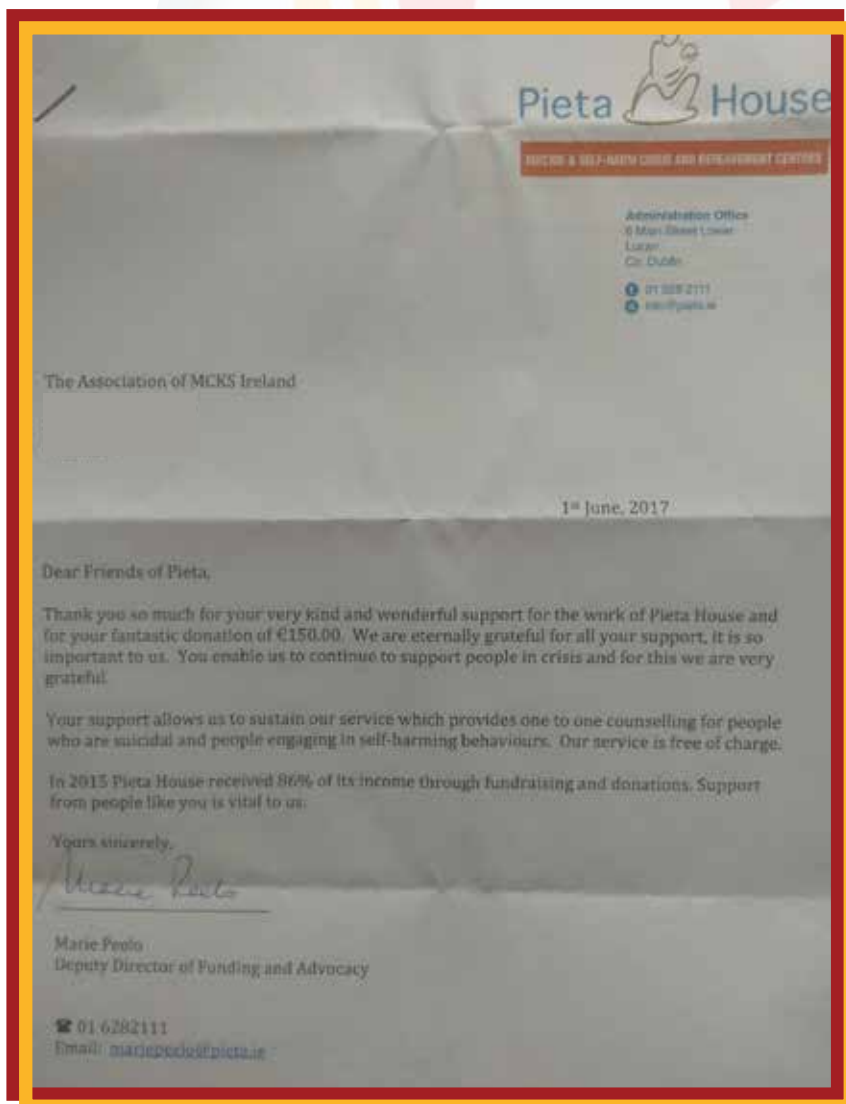
PIETA HOUSE



MEDITATION & WELLBEING EVENING: May 2017, Kildare

On May 2nd Pranic Healers facilitated a Meditation & WellBeing evening open to the public to raise €150 for Pieta House. The group discovered the relaxing benefits of Twin Hearts Meditation and Pranic Healing to promote overall wellbeing of life! The Meditation Workshop was followed by a Pranic Healing Clinic.

Pieta House support people and communities in crisis by providing freely accessible, professional services to all. They have seen and helped over 20,000 people in suicidal distress or engaging in self-harm, and established eight subsequent centres, three in the greater Dublin area. 90% of their income comes from fundraising events, they rely heavily on the support and encouragement of our volunteers and friends of Pieta.



THE BALLYFERMOT STAR PROJECT



Thank You to all who attended the Relationship Healing Workshop at The Star Project in Ballyfermot, Dublin. It was the greatest pleasure of behalf of The Association of MCKS Ireland that we presented a cheque of €5000 to fund the valuable services of The Star Project who provide non-judgemental support, guidance and education to drug users, their families and the community, enabling them to cope with and overcome the effects of drug use in their everyday lives.

Over the past 3 years Pranic Healing has developed in The Star Project by offering wellbeing days to free weekly Pranic Healing Clinics that the service users have found a great benefit for their wellbeing. We are very humbled to be a part of an organisation that is so dedicated to their community Physically, Mentally & Emotionally.

For anyone who would like to find out more about the services on offer at The Ballyfermot Star Project our weekly Pranic Healing Clinic is every Tuesday from 1-4pm and is by appointment only. For more information www.ballyfermotstar.ie

Tallaght Rehabilitation Project Ltd
Kiltalown House
Jobstown
Dublin 24

Phone 01 - 4597705
Fax 01 - 4148123

Web: www.tallaghtrehabproject.ie
E-mail: info@tallaghtrehabproject.ie



*Providing drug & alcohol rehabilitation
for people within the local community*

Tallaght Rehabilitation Project is a Community based rehabilitation day-programme for people in recovery from drug and alcohol addiction and who reside in the Tallaght Wide area. Pranic Healers volunteered for six weeks at the Tallaght Rehabilitation Project to facilitate a Stress Relief & Wellbeing Workshop and Meditation evenings for the Service Users.



Pranic Healers volunteers at the Family Support Services every week providing Pranic Healing treatments to the Service Users and Providers at the Ballyfermot Star Project, Dublin.

Left to Right: Sunniva Finlay (CEO of Star Project), Joan Hunt (Pranic Healer) and Kathleen Cronin (Manager of Family Support)

Pranic Healers were invited to St Oliver's Training Centre, Dublin to offer free Pranic Healing treatments at the Traveller Cultural Pride Event 2017.

Left to Right: Amanda Connell (Pranic Healer), Oein DeBhairduin (Manager of Clondalkin Travellers Training Centre), Cllr Francis Timmons (Independent) and Emma O'Neill (Pranic Healer)



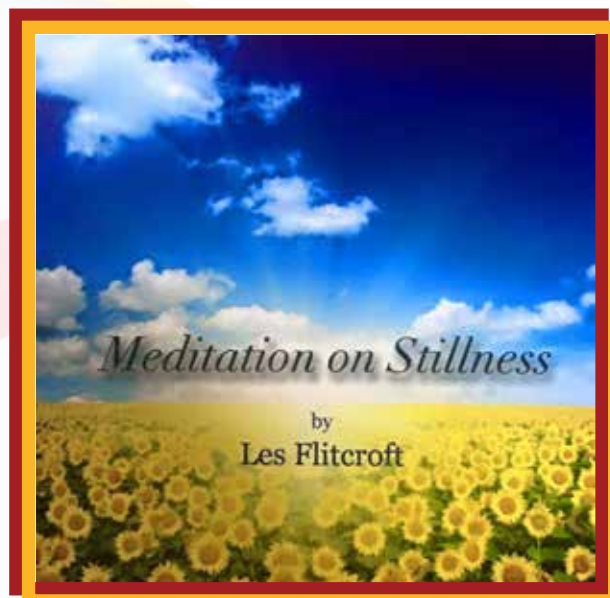
TWO CHILDREN'S MEDITATION GROUPS



Parents & Children's Meditation Group from 18:15-18:45 & 19:00-19:30 in Firhouse, Dublin.

The second group is for Children with Autism. Facilitator Katherine McKenna.

Any donations received were used to purchase food & clothing and was given to V.I.S.I.T over the last few months. VISIT is a group of volunteers that feed & support the homeless in Tallaght, Dublin.



Monthly Care for Carer's Clinic
Free 20 minute non-touch Stress-Relief
one on one energy treatments
for people in Caring Roles

Do you feel drained at the end of the day?
Do you take on other peoples issues?
Would you like more energy?
Would you like to feel peace & calmness?

Care for the Carer's sessions help to remove stress, let go of negativity and feel a sense of inner peace and calm with more energy and focus.

These Clinics are for anyone caring for a loved one at home or in the work place. It is funded by The Association of MCKS Ireland and is facilitated by members of Pranic Healing Ireland who volunteer their time to share the Health & Wellbeing benefits of Meditation and Pranic Healing to the general public.

1st Thursday of the month in Cork from 12:00-18:00 in The Metropole Hotel. Facilitator Stephen Dennehy

1st Wednesday of the month in Dublin from 19:00-21:00 in The Maldron Hotel. Facilitator David Connell

CYCLE FUNDRAISER



Congratulations Minde you raised €1450
THE ASSOCIATION OF MCKS IRELAND
Community.Care.Support



Pranic Healer Mindaugas Maziliauskas cycled from Bray, Co Wicklow to Limerick City to take part in a Pranic Healing Course with his mentor, teacher & founder of The MCKS Association of Ireland - Pranic Healing Instructor Les Flitcroft.

Minde cycled the distance of 131 miles to raise awareness and much needed support for the Association. As apart of his journey Minde had Pranic Healing Treatments to help him sustain his energy levels and keep his body recharged and revitalised.

Over the past few years Minde has transformed his life on many levels with Pranic Healing. He is also a keen volunteer at Pranic Healing in the Community events.

By achieving his goals he hopes to inspire people to learn more about the Self Development tools available for all to learn.

WILDAIR RUN



The Wild Air Run Inflatable 5KM FUN Course took place on the 1st July in Kilkenny and raised over €4500 for The Association of MCKS Ireland. This fun challenge was open to ALL (including non Pranic Healers). Special thanks to Martin & Sharon Shannon for organising and we look forward to doing it again next year!



Since January 2017 we have received €2720 at our Donation Table from very generous Pranic Healing Students who attended Pranic Healing Courses.

*"To Heal is to Love,
it is the Heart that Heals,
it is Love that Heals."*

~MCKS

NOVEMBER NIGHT OUT FUNDRAISER

Join us for an evening of fun to celebrate another fantastic year of courses and events.

Presentation of €12,500 to Limerick Suicide Watch Group.

novemberfundraising@gmail.com

€15 of every ticket sold donated to charity

TICKETS €25

The Locke Bar
Limerick

Friday 24th Nov

From 7.30pm

November -Night Out
Let's Celebrate!

LIVE MUSIC

FINGER FOOD

DRINKS

GAMES

TABLE QUIZ

& LOTS MORE...

 IN CONJUNCTION WITH
THE ASSOCIATION OF
MCKS IRELAND

Join us for a fun evening to celebrate a fantastic year of Courses and Events. All are welcome to come along. Some activities include:

- Drinks Reception
- Live Music
- Presentation of €12,500 to Limerick Suicide Watch Group
- Table Quiz
- DJ ...and much more!

TICKETS

Tickets are €25 and you can book your ticket at the Ticket Information Link available on our facebook page The Association of MCKS Ireland! €15 of every ticket sold will be donated to charity, in conjunction with the Association of MCKS Ireland.

We look forward to a fun evening and can't wait to see you there! Email novemberfundraising@gmail.com for more information, questions or queries.

WOULD YOU LIKE TO DONATE?

AIB Bank
Sort Code: 930148
Account Number: 23729057
BIC: AIBKIE2D
IBAN: IE45AIBK93014823729057
Association of MCKS Ireland

WOULD YOU LIKE TO VOLUNTEER?

If you feel that you can spare some time and could volunteer as a Pranic Healer, there are quite a few charities that we are working with to provide free Healings and Meditation groups to their members & staff on a regular basis. To register your interest, please see email below and we will add your name to the Volunteer Healers List and contact you as soon as an opportunity arises.

WOULD YOU LIKE TO APPLY FOR FUNDING?

The support services that we provide to the organisations include Children's, Teenager's & Adults Meditation Groups, Wellbeing Workshops, Self Development Seminars, 6 week programs, one to one Pranic Healing treatments, a Pranic Healing Clinic and Fundraisers. If your organisation would like us to provide support services, please email below to request an application form.

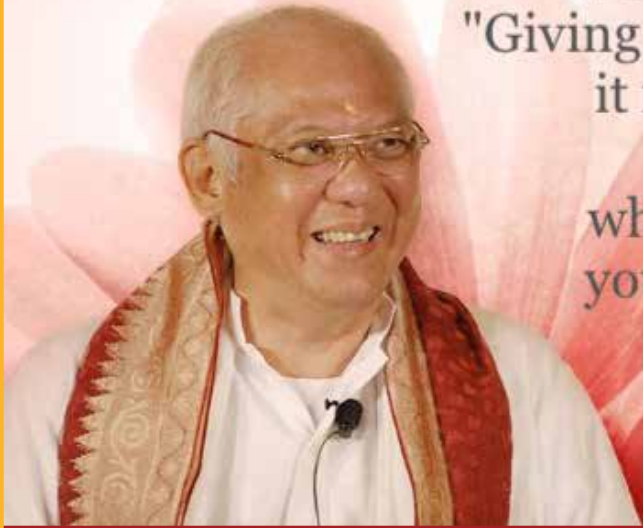
WOULD YOU LIKE TO ORGANISE A FUNDRAISER?

Do you have fundraising ideas? Would you like to organise a fundraising event? Please get in touch.

The Association of MCKS Ireland
Website: www.pranichealinginireland.com
Email: mcksireland@pranichealinginireland.com
Facebook: The Association of MCKS Ireland

MASTER CHOA KOK SUI

founder of modern pranic healing &
arhatic yoga



"Giving is connected with the heart;
it is connected with love.
When you love,
when you give and share;
you will have prosperity."

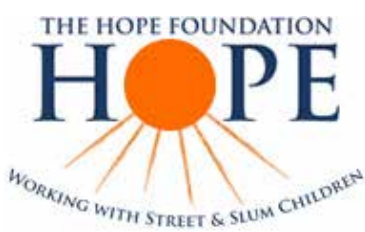
Master Choa Kok Sui

Thank so much for your
continuous support, kindness
and generosity.

Our Mission is to help alleviate suffering by empowering people with self-development tools through support, educational programs and charitable services to create healthy and resilient communities.

Our Aim is to provide caring and compassionate services to all regardless of cultural or religious backgrounds, utilising universal spiritual principles, Pranic Healing teachings and practices to achieve physical, mental and emotional wellbeing.

OUR PARTNERS



Tallaght Rehabilitation Project
Kiltalown House,
Jobstown,
Tallaght,
Dublin 24.
Tel: 01 - 459 77 05
Fax: 01 - 414 81 23
E-mail: info@tallaghtrechabproject.ie

