



MAINTAINING A HEART CONNECTION IN THESE TIMES OF FEAR

We have often heard that we are in a state of love or fear. Greg Braden's book, "The Spontaneous Healing of Belief: Shattering the paradigm of False Limits" has described it very well. The flow of energy through the lower three chakras is either flow of fear or love. Other emotions are produced by one of these flows mixing with our thoughts.

Assuming that you would rather be operating from love, here are some steps to follow.

1) Learn how to tell for your own body whether you are operating from Love or Fear. This is probably the most important part. That underlying state of anxiety that we often have may be so natural that we do not recognize the fear flow. **Begin to notice** when you get upset by something what happens to your body. Check out the solar plexus which often feels like someone hit you in the stomach. The fear flow is a state of contraction. Notice if your breath is constricted, your muscles contracted in certain spots in your body. **Begin to notice** when you feel fully free, knowing that you are divinely loved, and you feel safe and trusting. The Love Flow is a state of expansion and openness. Notice if your breath is fuller and easier, your muscles relaxed, especially in the solar plexus.

2) Move from the Fear Flow into the Love Flow. The most important thing is to ask you guidance and divine nature to assist you in this change. You may not know how, but you can begin to trust know that it can and is being done.

You probably already know what things help you to change directions: yoga, tai chi, chi gong, exercise, breathing techniques, coming into the present moment (Eckhart Tolle), reassuring your frightened inner child, etc.

3) Three techniques to help you.

A) Stabilize Solar Plexus.

Place the palm of your hand over the center of your solar plexus for five minutes or so (either hand). If you actually have the palm over the center, your finger tips will be on one side of your body. Your finger tips over the center is not as effective. The beauty of this technique is that you can do this anywhere, even at a meeting a work, because it just looks like you are laying a hand on your body.

B) Count Of 7 Breath.

Breathe in to a count of 7, hold for a count of 7, and breath out for a count of 7. Do this as many times as necessary. This helps connect you a state of higher consciousness.

C) Heart Connection. You can ask you guides to surround you and send love into your heart. After you take that in, you can ask the guides to help lift any fear that you have. You also have a divine spark in your heart which you can ask to feel, then let it become a warm love flame filling all parts of your body.

We are going to have so many new events and things changing that responding to them from a the Love Flow rather than a Fear Flow will allow us to create wonderful lives with expansion.

Living in Your Heart Workshop with
Rev. Janice Thomas, MA

Come have an experience of connecting deeper into your heart space which provides a sense of inner peace, love, and stability. It is one of the best defenses to use in today's world which much more chaos, unknown, and event that lead to fear. We can all prosper through these times as we learn to create new responses to life.

DATE: Sunday April 5, 2009

TIME: 2 to 4 pm

PLACE: Spirits Child 3733 W. Ina
#130 (Thornycroft & Ina)

FEE: \$11

RSVP: Spirits Child 744-4402

ANIMAL VOICES with TIA



Animals! We humans are more connected with the animal realm than we can even know.

There are NO imaginings of an earth without them; in fact we humans literally could not survive their absence. There are many ways to make our relationships full and beautiful. Learning new communication skills is one of them. Behavior, emotion, physical voice, telepathic voice and connections with the higher realms provide an almost unlimited communication playground.

The animals have the nonverbal advantage because we humans use our “big brain” thinking so much, we sometimes miss energetic nuances.

My name is Tia and I’m inviting you to join me for a time of Animal Communication. Together we’ll energetically play with the animals through: Non-verbal &. Telepathic Communication, Sending & Receiving Messages, Deepen your relationship with your animal friend, Animal Healing, Animals and Angels



The Town Too Tough to “Die”

By Nancy Matz, Vail AZ
Psychic, Medium Spiritual Consultant

Oh boy, you are finally here. You have waited months to be on vacation and what a fun trip, imagine visiting one of the most famous towns of the old west - Tombstone! You go to each shop, looking and searching for the ultimate souvenir. But, in the back of your brain, a catching slogan has been playing over and over, “the town too tough to die”. Yes, that word “die” ... as in ghosts. What you really want to do is see the old haunts of the famous lawmen, where they died, and the infamous “Boot Hill”. Secretly, you really don’t want to tell your family, that you really want, maybe - just maybe to see a “GHOST!” You are remembering the television show where the “ghost busters” traveled to Tombstone and investigated one of the many bar/brothels that made this town infamous. And THEY saw something!

You talk the family into visiting that bar/brothel. You lead them in, as if in protecting them from the unseen gunslingers that might have their guns pulled or mulling over that last whiskey of the night. Your eyes bounce around the room, “yep, they are here.” You secretly hope to catch something out of the corner of your eyes.

Now, this behavior is not normal for you. Somewhere inside you, you have become a kid again, hoping to be scared! Hoping to be able to see the ultimate seeing A Ghost in Tombstone, “The town too tough to die!”

Line up for the bar/brothel tour and pay the fee. Watch your family line past and ahead of you, ushering them into the unknown. This time you know something could happen: you go in last. Musty smell, really old stuff, the tour guide talks, someone giggles, someone says, “I’m scared in here.” Your arm hairs stand up on end and you quickly look in her direction. Quickly look up and down - where were they looking? Again, don’t want to look too excited or too scared; don’t want kids to see their Dad look uneasy.

Strange feeling of being watched, looked over. You look in the direction of that far wall, knowing no one is there “at least not in flesh.” How do the citizens live here all year knowing there are ghosts about? Ignoring

Animal Voices –Noon to 1:30pm

Come Join Tia, Animal Communicator, in exploring our animal relationship joys & challenges. Even if you do not have a pet right now, animal energy is available to all & they are eager to expand their human connections.

Date: Sunday--April 19th

Time: Noon - 1:30

Cost: FREE

RSVP: 744-4402

Are You living with a Ghost or Spirit?

There is a difference, come and find out and learn how to communicate with Your Spirit Guides!



Sun. April 11th

1pm to 3:30

Cost: \$25

RSVP 744-4402

them? Letting tourist be the ghosts’ torments?

Yep, there it was. On the staircase - a woman - a misty shadow of a woman - can’t see all of her. Do you yell out - keep looking - you can’t look away. Your heart rate increasing, but you have a smile on your face, “wow, what a sight - what a memory”.

Kids look in your direction of sight, your boy shouts, “What’s that!” Shadow disappears. Your only proof, your boy did see something. Lots of noise, more giggles, more whispers.

Tour guide confirms there is something of a story about “the lady on the stairs.” “Wow, no longer a store for me,” you think. You really wanted to see Wyatt walk in with guns pulled a full-fledged ghost, but a lady on the stairs that you really did see is good enough. You’ve got the proof - the town really did not die.

This true ghost incident was relayed to Ms. Matz by a tourist who visited “The Big Case Theatre” in Tombstone Summer 2008.



Buddhist Classes, How to Solve Our Human Problems with Gen Kelsang Lingpur

April-8 The Four Noble Truths: For most people the causes of suffering and the methods to prevent it permanently remain a complete mystery. Fortunately for the people of this world, out of his great compassion, Buddha explained these clearly in his Sutra of the Four Noble Truths. Gen Lingpur will give a practical and step-by-

step explanation of the Four Noble Truths in accordance with Buddha's intention.

April-15 The Faults of Anger: There is nothing more destructive than anger. It destroys our peace and happiness in this life, and impels us to engage in negative actions that lead to untold suffering in future lives. It blocks our spiritual progress and prevents us from accomplishing any spiritual goals we have set ourselves. Learn why even our minor irritations can and must be eliminated.

April-22 Why we get Angry: Anger is a response to feelings of unhappiness, which in turn arise whenever we meet with unpleasant circumstances. Whenever we are prevented from fulfilling our wishes, or forced into a situation we dislike – in short, whenever we have to put up with something we would rather avoid – our uncontrolled mind reacts by immediately feeling unhappy. But this can change!

April-29 Transforming Suffering: If there is a way to remedy an unpleasant, difficult situation, what point is there in being unhappy? On the other hand, if it is completely impossible to remedy the situation or to fulfill our wishes, there is also no reason to get upset, for how will our becoming unhappy help? Learn how we can apply this reasoning to any situation. **Wed. at 6: 30pm \$10 per class, or 5-class card for \$40 Everyone welcome. Drop by for any class. No regist**



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House of Many Rooms

Most people on a spiritual path feel that the outer world often reflects the inner self. This is a time of great changes. The consciousness is clearing and moving into higher awareness, greater thought. Sometimes it is difficult to see what is happening in our process or spiritual evolution. By looking at what is happening in our outer world, we are able to see and appreciate this process more clearly. In this **Aitreya** explores the spiritual understand of each room in your home and what it reflects to you, for example, the Kitchen shows us how we nourish ourselves, the closets represents the hidden parts of who we are. This class will help interpret dreams where you may find yourself in a house and how to interpret messages coming though those dreams. Cost : \$15 (includes a booklet)

“Reincarnation Fact or Fiction” & “Past Life Regression Class”

Imagine for a moment, that you have complete access to all history and could go back in time and visit people and places you have always dreamt of doing!

Have you ever experienced...Do you have a familiarity with a certain culture for no apparent reason? When you see pictures of certain places, do you feel an undeniable, unexplainable connection? Do certain people seem familiar to you even though you have never met them before?

What does it mean? Reincarnation has been called by people of science and theology to be the greatest unknown scientific discovery of our time. Many healing professionals see it as a natural phenomenon. Reincarnation is not an exclusively Hindu or Buddhist concept, but in most cultures it is part of their everyday life practices.

Is it possible you have lived countless times before? Why we would want to know if there is a Past Life influence? What this means for our family structure and life lessons and struggles. Another thought, are you concerned about a last life's agreement and how it accepts you now?

In the upcoming Reincarnation Class, we will investigate how to recognize "particular influences" that a past life can have on our lives. We will discuss some of the symptoms of a "Past Life Influence or Intrusion."

In addition, what "Past Lives" mean to us in our current life and struggles.

Come April 25th, to our Past Life Regression Class, and you can explore a personal journey of Past Life Exploration. Once you unlock your “deep memory”, you will have a wealth of historical information at your fingertips that you can use in THIS lifetime. With Rev. Nancy Matz

Free Talk-April 19th, 2 to 3pm

Workshop April 25th 1 to 3:30 pm Cost \$35

R.S.V.P. 744-4402

House of Many Room
When: April 18th Time: 10am to Noon
Cost: \$15
RSVP744-4402



The Toltec path is for Warriors who are ready to change their life. Releasing old patterns takes Awareness, Intent and Mastery.

Toltec, Living the 4 Agreements

April 11th **Don't Take Anything Personally -(it is not necessary to attend all classes)** Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

April 25th- **Don't Make Assumptions** Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.

Time: 10am to Noon

Cost: \$15 per class or (\$50 adv.)

R.S.V.P. 744-4402