

Reincarnation: Accessing Your Past Life in Order to Heal Karma (April 11th)



Marie Friend is a psychic who specializes in past-life recall. Born and raised in England with Welsh Romany Gypsy great grandparents, anything "paranormal" was considered "normal" in her home! Her philosophy is "You don't need a Guru to access your own spirituality." Marie talks about how to access your own past.

Marie is the author of the new novel "Star" based on 3,000 years of historical fact, tracking the lives of a group of reincarnated souls from Akhenaton's Egypt to England of

Henry VIII's reign to New York City of 2001.

Marie offers Private Past-Life Readings by Appointment. During each regression session, Marie Friend will tap into what she calls your hologram and share what she sees from the past life she connects with, which is always specific to issues you are struggling with now. It gives reasons for your path in this life and can tell you steps you need to take next. Marie is the author of "God Walks and Talks", and her new book, STAR, a novel on reincarnation. Marie's great-

grandparents were Welsh gypsies and she was born with a caul, considered to be a psychic gift. She discovered at an early age that she had precognitive dreams, and later that through regression, she could tune into people's past lives.

Sunday April 11th-12:30pm
Talk & Meditation on Reincarnation by Donation.
Past Life Readings on
April 12th & 13th by appointment \$45 1/2 hr.
Call 744-4402

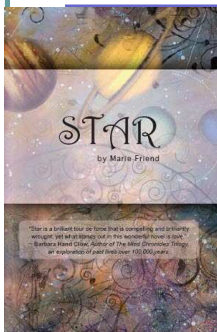
Special Events This Month

Brain States and Consciousness - An Introduction

The most effective way to become "conscious" is to bridge the beta and theta minds! Understand your brain states and how they work - then experience them. Learn and practice simple tools to clear Theta for increased awareness, connection, and manifestation. Teri's style is easy and fun: her work is profound; her private clients are from all walks of life ranging from NBA and NFL players to underachieving workers and students to people seeking healing and inner peace.

(more on pg 2)

April 11th-Book signing & Talk by "Star" Author, Marie Friend



BEING a newbie" to blogging is like sampling tempting-looking candy in a

candy store. I never know what I'm going to 'taste'—whether I'll find a new comment from someone who has graced my website—or read my book—or experienced a private reading with me—it leaves me feeling expectant and my 'taste buds' satisfied.

Writing STAR was akin to carrying a baby for 9 months (or, more accurately, 3 years). Delving into Ancient Egyptian history was fascinating, and in some instances, astonishing. Did you know that the name "Moses" in ancient Egyptian language means "son"? It is not a given name for a person. The original word is "Mose", but when the Greeks

came into power they changed it to "Moses". This is just one of the many "lessons" that my research yielded.

Researching the times of Henry VIII's reign was fairly easy, as in my English school teachers drummed England's history into our heads. This research wasn't a hardship for me, as the life of this womanizing, egotistical, king has always fascinated me. Did you know that Henry composed music, and that scholars believe he wrote *Greensleeves*?

After the Twin Towers tragedy of New York, I visited the site. The only way I can describe the emotions it aroused in me is to quote my own feelings that I wrote into the end of STAR.

"In this bustling, seemingly impersonal me-

tropolis, with its incessant honking of horns, sirens and other ear splitting noises, this thirteen acres of land bore an omnipotent silence. Somehow, this spot in Manhattan had evolved into a spiritual center. It had the same affect on Juel as that of the church used for Con's funeral."

(STAR, p. 462)

Reincarnation: Accessing Your Past Life in Order to Heal Karma

Sunday April 11th Talk (don.)
from 12:30pm to 1:30pm
Book Signing 9am - 10am,
& 1:30 to 3pm

Past Life Readings on
Monday & Tues. by
appointment \$45 1/2 hr.
Call 744-4402

THE WORLD IS AS YOU SEE IT

Integrating our Spiritual Values into daily living is the key.

We all have the desire to live our daily lives in the full awareness of our true spiritual nature as free beings and in a genuine experience of communion with God. Many people have become disappointed in their spiritual quest for this goal thinking that it is not really possible for every day people who live in the world. The (cont. pg 2)

The World as You See It With- Dr. James Golden



THE WORLD IS AS YOU SEE IT

Integrating our Spiritual Values into daily living
By Dr. James Golden

Sponsored by Center for Spiritual Living

Sunday April 18th at 1pm

Cost: Donation
For more info call

Jerri @ 444-5784



Brain States & Consciousness

Date: April 16th

6:30pm to 8:30pm
Cost: \$25

Free "Your First Step" CD to the 1st registrants (a \$20 value)
Call 760-729-2559

truth is just the opposite. Living in the world of relationships, work, business, daily commitments and responsibilities and the desire for a fulfilling and enjoyable worldly life is not in conflict with our desire to be truly free and fulfilled. In fact our daily lives provide endless possibilities for the re-discovery of what is eternally true and real in us, others and the world. It is not other people or the world which stops us from being fully awake, alive and free; it is our own inner

attitude. The mindful practical application of our spiritual knowledge supported by our own personal spiritual practice shows us a way to live in the world so that our daily living provides us with the most direct route for discovering the limited attitudes that steal our freedom and joy. The intent of this seminar is to support those who attend in renewing their spiritual enthusiasm for realizing the true Self and refreshing their understanding of just how they can accomplish this while

living a life of happiness, love, fulfillment and joy.

Some of the topics to be covered are:

*Right Effort: The balance between personal effort & Divine grace

*Seva: The practice of giving to others what you yourself want to receive

*Dharma: Making all life choices from spiritual wisdom

Workshop :Sun., 18th at 1pm
Call 444-5784 for more info

Brain States & Consciousness-April 16th at 6:30pm

For over twenty years, Teri has been studying, experimenting with, and teaching about the brain and change. She created the Change Your MindSuperSleep® program which is internationally recognized and referenced in the books Superlearning 2000 and Supermemory. Miracles are her "addiction of choice," and her program creates miracles.

Teri D. Mahaney, Ph.D. is a leading expert in brain states, whose exciting discoveries are helping change

lives and revolutionize levels of performance everywhere.

Her topics include: * Brain States & Peak Performance:

How to Manage Your Brain States for Increased Effectiveness

* Brain States & Innovation: How to Access the Right Brain State for Increased Creativity

* Brain States & Balance: How to Moderate

Your Brain States for Stress Management and Healing

* Brain States & Conscious-

ness: How to Develop Mastery

Would you enjoy living with more flow, connection and ease. In this interactive work-shop, you will learn how your brain states affect, support & block your ability to achieve that. Then learn simple ways to access each brain state and practice easy ways to change your brain states, consciousness at will.

Read more on Brain wave states on page 4.

www.changeyourmind.com

THE ENERGY OF LOVE – Yes You Can! With Rev. Janice Thomas, MA

MOVE FROM GROWTH THROUGH SUFFERING TO GROWTH THROUGH LOVE. ITS POSSIBLE TO LIVE AN INSPIRED LIFE!

YES, YOU CAN channel the energy of unconditional love into your life. Leaving conflict and fear behind, you can express yourself in the world from what moves your heart.

YES, YOU CAN stay positive in this world, even though it is rapidly changing with many un-

known factors. Learn to re-frame life's experiences, taking the lessons and truly moving on.

Sunday, 11 4 to 6 pm Suggested donation \$20 or more. For Questions 219-9080

Rev. Janice Thomas, M.A., is a profound spiritual teacher and transformational healer who, for 30 years, has drawn from her extensive training in numerous healing energies, body work, psychotherapy, and spirituality to assist people to create the life they want.

Tarot The Easy Way With Jill Plevell April 10th at 10am

Jill M. Plevell was initiated into the spiritual realm as a child clairvoyant. She has studied metaphysical concepts and the Tarot for the past twenty years. She also extensively has studied dowsing through her work with a medicine woman. Her interests include dream work and meditative journeying. She offers insights on easy ways to work with the tarot.

The Tarot is a method of divination that has been in use for centuries. Anyone can learn to read.

This class is designed for beginners who want to learn more about Tarot basic skills.

Jill Plevell is a clairvoyant who has studied metaphysical concepts and worked with the Tarot for the past nineteen years Jill .

Come join Jill in this fun and exciting class and learn to read what is in the cards for you....

Sat. 4/10 at 10am
Call: 744-4402
Cost:\$25



A Healers Journey & Self Love & Boundaries

Nurse Your Spirit, based in Tucson, Arizona, Nurse Your Spirit, LLC was founded on the belief that healers were chosen to enter this life time as uniquely capable beings and are presented with gifts from Spirit in the form of various adversities, opportunities for growth and transition. These events manifest to raise not only their consciousness, but the vibrational energies of all whom surround them in the wake of our universal paradigm shift.

The founder, Lori Daniell, R.N., M. Div., PhD was detrimentally affected by the horrors of Burn Out and Caregiver Fatigue during her 22 year nursing career. At her lowest point, she realized that she could choose to remain stagnant and lost, yet it did not seem to serve a useful purpose. Her lesson was learned, and it was clear. She was divinely

guided to healing in order to reach this stepping stone on her path, the path to assist fellow healers of all types to heed their authentic call and accept their gift from Spirit. While she has always been empathic and energetically in tune with her healing capabilities, Lori has received her PhD in Transpersonal Counseling from the University of Metaphysical Sciences in Arcata, CA.

By utilizing methods such as Pragmatic Instinct and Intuition, guided meditation methods and interactive class settings, clients will learn to recognize and stand firmly on their authentic bridge between their thinking mind and their Higher Self. This allows the individual to quiet their mind chatter and channel their Higher Consciousness Wisdom where distinct shifts are inevitable. These shifts bring transformation in the way of learning

where your particular journey stems from, which creates a bountiful recognition of one's self worth. By doing so, healthy boundaries are achieved and communication is enhanced, empowerment for the act of forgiveness is achieved and life is suddenly experienced as balanced and joyful. A deep and rewarding sense of Knowing will come forth, and the healer-client will walk on their paths with renewed clarity, strength and purpose.

While this journey is not always simple because of the subject matter which is derived from the work, it is moving, rewarding, sacred and pre-ordained. The Healer's time for mindfulness is now.

Come join Rev. Lori Daniell's in these two great interactive workshops. Great for all you natural born healers & Givers! Call 393-8117 for more info.



Nurse Your Spirit is Proud to present the following events:

April 10, 1-2 PM
TOPIC: A Healer's Karmic Journey

April 24, 1-2 PM
TOPIC: Self Love and Boundaries
COST: \$20

Great for all you natural born healers & Givers!

Please book your reservation at NurseYourSpirit.com or call 393-8117

We are honored by your presence

A House of Many Rooms!

This talk presents a different way of looking at the rooms in the house and what they represent in a spiritual way to your path, how you can change things in your home to bring about more clarity and balance in your life. Join Aitreyia as she shares with you information that can change your life.

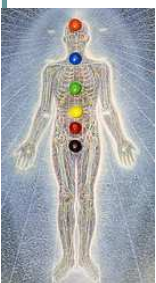
April 17th, 10am to Noon

COST: \$Donation to Angel Charity

Chakra Clearing and Alignment

Judy Ferrig, M.S., IARP

(April 24th @ 10am)



Are You Linked? Corded? Shut down?... Remove Blocks and Enhance Wellbeing

Through Energy Centers

This interactive workshop will provide you with a comprehensive understanding of the role of chakras in overall well being on physical, energetic, emotional, and mental levels. Through facilitated learning of how to assess the degree to which each of your chakras is open or closed, balanced or off balance, and aligned or out of alignment, you will be able to restore

proper function to your chakras individually and as an interrelated system.

Workshop objectives include:

- Learning to ground and connect through your Hara line
- Understanding the nature and function of our major chakras and the minor hand and foot energy centers
- Sensing when a chakra is not functioning optimally
- Exploring various methodologies for clearing and balancing

• Re-energizing our chakras

• Learning the cycle of chakra development and re-development and its current impact on our lives

Saturday, April 24,
 at 10:00 am – 12:00 p.m.

\$30 in advance/\$35 at event.

Contact (520) 245-4214 or email judyferrig@comcast.net for reservations or information.



Tarot the Easy Way

Sat. April 10th,

Time: 10am – Noon

Cost: \$25

R.S.V.P.

520-744-4402

Numerology 101 With Raymond Brown (Sunday, April 11th)

Learn the blueprint that unlocks the past, present, & Future in your name & birth date.

Our names are the window to our soul, and contains the blueprint for our life, what our lessons will be, and what our assets and liabilities are. There is an amazing amount of personal information that can be unlocked from our given name and birth date. Our unconscious traits can be clearly mapped as well. Unlocking this information empowers us to understand why some situations may recur again and again in our lives and, most importantly, how we can break this cycle. This information can enlighten, guide, and help us choose a

positive plan of action to smooth out the twists, turns and occasional bumps on the road of life. We can also see certain yearly cycles that affect us and how to prepare for circumstances to bring out the best life has to offer.



Sunday, April 11th,
2 pm to 4pm.
Cost: \$35
For workshop, call Spirits
Child, (520) 744-4402

Private readings may be scheduled for Sunday through SpiritsChild or for other dates call (520) 390-5667

Raymond Brown has studied Numerology since 1983. He has done private readings since the mid 80's and has lectured and given private lessons on the subject as well. He combines his knowledge of metaphysics, psychology, religious history, and the history of man to present a balanced view of humanity and the path that we are on both as a race and as individuals. He has also combined his skills as a goldsmith with his knowledge of gemstones and minerals to bring unique creations to life for our spiritual, emotional and physical well being.



Spiritual Book study Group begins New Book! Sat. eves. 5pm

We are One by Ellwood Norquist "Is there a more fulfilling way to deal with Christianity than by perceiving humankind as foundationally sinful, separate and in dire need of salvation? Or ... are all of us embraced, accepted and received by the Love of a God that knows no separation or duality ... only oneness?"

"In the dynamic series of essays that form the exciting and visceral new book, We Are One: A Challenge to Traditional Christianity, Ellwood Norquist

presents us with a wisdom-filled paradigm of new thought.

"To answer this age-old question, Mr. Norquist, noted philosopher and teacher, has written a compassionate group of essays that raise the questions, discuss the issues and share the answers." - Richard Fuller, Senior Editor Metaphysical Review

"This is a book that will suggest to the reader the possibilities for new ideas to shape themselves from old and well-defined images and orthodoxies.

"Ellwood Norquist draws from

a variety of disciplines and resources to point the reader in a direction that will assist in defining humankind as foundationally divine, in union with its Creator, and already saved, with the simple suggestion that all we need do is "wake up" (much like Alice did in Wonderland) to the notion that we really never did leave the Garden." - Dr. P. David Wilkinson, Pastor of St. Francis in the Foothills United Methodist Church in Tucson, Arizona

Come Join the fun in Spiritual Learning every Saturday eve at 5pm. You can join in at any time!



Brain Wave States

Certain ranges of brainwave frequencies occur naturally when you are in certain states of mind, performing certain activities, having certain kinds of thoughts, etc. Many researchers are linking the production of certain neurochemicals with specific brainwave patterns. For instance, increases in alpha, theta, and delta brainwaves increase the production of DHEA and melatonin, anti-stress and anti-aging hormones. More specifically, a 10 Hz signal (alpha) boosts the production of serotonin which increases relaxation and eases pain. A 4 Hz (theta) signal boosts catecholamines which are vital for memory and learning. And in delta, the brain is triggered to release quantities of healing growth hormone. This suggests the brain's internal communication system is based on frequency. Your brain may talk to itself in brainwave-ese.

Currently, brain wave states are

generally categorized as follows:

High Beta which ranges from 32 Hz to over 100 Hz: This is a newer area of research. Some states are related to anxiety and stress, while some are related to higher states of functioning.

Beta which ranges from 14 to 28 Hz: This is the brainwave state of normal waking consciousness -- logical thought, analysis, concentration, alertness, problem solving, and action.

You are in beta most of your waking hours when you are thinking, speaking, and doing, and when you are reading this information. In beta, you discern, compare, judge, and criticize.

Alpha which ranges from 8 to 14 Hz: This is the brainwave state of relaxation -- pleasant feeling states, automatic and routine activities (non-thinking activities), freedom from pain, physical healing.

You are in alpha when you are feeling soothed and calm, relaxing, letting

your mind wander, daydreaming, bathing/showering, meditating, praying, letting go, dissolving into the environment, drifting off to sleep, being in a twilight state. In alpha, you have rapid assimilation of facts with heightened memory and healing. You may experience an altered sense of time, free association (non-logical), and extra-sensory perception.

Alpha is the doorway to the non-conscious. It is conducive to creative imagery and personal psychotherapeutic insights -- the "awakened mind."

Theta which ranges between 4 and 8 Hz: This is the brainwave state of deep meditation, sleep and sleep-like states, dreaming sleep.

You are in theta when you are in deep reverie. When awake, it brings quietness of body, emotions and mind and builds a bridge between the conscious and non-conscious. This waking state is associated with creative people and hypnotic susceptibility.