

This Month

- Sat. 9th - 9:30am-5:30
Reiki Level 1
- Sun. 10th - 2pm - 4pm
Tools for Extraordinary Living
- Sat. 16th - 10am-2pm 8
Breath's to Manifesting
- Sun. 17th - 2pm - 4pm
Learning From Past Lives
- Sat. 23rd - 10am - 11:30 It's
Time To Create
- Sat. 23rd - 1pm - 3pm
Tarot the Easy Way
- Sat. 30th - 10am - Noon
Practitioner's Showcase

Services

Reiki

Aitreyia, Acoma, Yazdi

Massage

Petra Kleinert

Readers

Aitreyia
Jill Plevell
Kathleen Medina

Call 744-4402 for Info



National Hot Tea Month

January is National Hot Tea Month and most of us have already made resolutions of one sort or another. Those that are simple to incorporate into our lives are the ones we are most likely to stick with past January. The potential benefits of adding tea to our diets, an easy and inexpensive addition to our daily lives, may aid in the ongoing battle of the bulge and increase the body's immunity to colds and flu.

Weight Loss

One recent study, published in the American Journal of Clinical Nutrition suggests that substances in tea may even promote weight loss by increasing the amount of energy spent by the body. The theory is that green tea, because of the catechin (pronounced "cat E kins") content, has thermogenic properties that promote fat oxidation, may work together with other chemicals to increase weight loss. With more than half of all Americans suffering from excess weight or obesity this is welcome news.

A study was conducted on healthy young men who ate a typical Western diet for six weeks. The men consumed the equivalent of 3 cups of green tea per day. They showed a significant increase in the number of calories they used in a 24 hour period. This increase calorie burn resulted in more fats being metabolized by the body for energy.

Fighting Viral Infections

While looking so much better from drinking tea we also have the opportunity to feel better than our coffee drinking counterparts. Research reported in the Proceedings of the National Academy of Sciences found that people who drank 3 cups of black tea per day produced 5 times the amount of germ-fighting cells than those who drank coffee, suggesting that tea drinkers have more ability to fight viral infections such as colds and flu than non tea drinkers.

"January's National Hot Tea Month can serve as a reminder to do something healthy for ourselves, like brew a hot cup of tea, which may provide a variety of health benefits, serve as a weight loss aid and help to ward off persistent cold and flu germs" said Joe Simrany, president of the Tea Council of the USA. "What more could you ask for in a beverage."



HEALING and ENERGY PRACTITIONER SHOWCASE

Learn How To Be Truly Well!

Saturday, Jan. 30, 2010
10:00 am - 12pm

TOOLS FOR EXTRAORDINARY LIVING -

Practical Life-Changing Spirituality Sunday 01/10/10 2 - 4 pm

Lift Up Your Spirits and Solve Life Problems from above the level that created them, going above your conscious mind into the world of Spiritual energies. You can learn to allow access to unconditional love, healing energies, intuition, and guidance which provide you with ways to create more of the life you want.

Try out experiencing energies which can crack the old habitual ways of being, release past traumas and stuck emotions, and produce feelings of peace, well-being, and joy.

WITH: Rev. Janice Thomas, M.A., profound body/mind/spirit facilitator for 30 years with a light touch. 877-5039. Suggested Donation \$20



Vicki Talvi-Cole

8 Breaths to Manifesting
Sat. Jan 16th
10 am to 2 pm
\$97 in adv. - \$127 day of



OPEN PATHWAYS FOUNDER
Judy Ferigno

Judy has spent her adult life working with people to help them understand how they have created what they have. Her graduate studies at The Johns Hopkins University led her into this field, beginning with study of what elements contribute to successful animal and indigenous cultures. At Hopkins, Judy also received a Fellows in managing change.



A good resolution for January is to begin anew. It is never too late to create what you want for your life, be it health, wealth or happiness, "Why not all three and more?".....Check out our great workshops that can help you in manifesting

8 Breaths to Manifesting Saturday, January 16, 2010 10 am. - 2 p.m

Creating from your Hearts Desires Mini-retreat with Vicki Talvi-Cole

Do you wish your life was less stressful and more fun? Are you seeking to improve your health, overflow with abundance attract new relationships, clients or your perfect job?

Whatever you desire you can create!
In this mini retreat

you will learn how to experience Theta Brain State, a very deep state of relaxation. Theta wave manifesting is effective 80 - 90% of the time. With practice, you can consciously co-create and manifest what you desire with clarity and ease.

Come and have some fun. Manifesting can be simple and done effortlessly. Find out more details along with what you will ex-

perience and the powerful benefits you will walk away with go to :
www.SolRisingTherapies.com/experiential-workshops.html

Contact Vicki with any questions or for more info at Vicki@solRisingTherapies.com. Or call 520/891-6242

LEARNING FROM PAST LIVES Sunday, January 17, 2010 2:00 – 4:00 pm

The powerful exercises included in this workshop will help you to learn how to:

In learning to access memories that affect you today from times before, this workshop will help you to:

1) deal more effectively with energies from past lives that affect

you in the present

2) get in touch with the source of emotion that comes from another time

3) clear physical symptoms stemming from events in other lives

4) better understand patterns of relationships with others

5) free yourself from prior entanglements

\$30 advance registration/ \$35 payment at the door day of workshop. Email judyferigno@comcast.net or call (520) 245-4214 with questions.

It's Time To Create Saturday, Jan 23rd, 10 am– 11:30 am

with Pam Masilko,
Spirit of Indigo

Don't just make New Year's resolutions which will soon be forgotten. It is time to start creating what you want.

This is a powerful class that will reach to

depths you probably have never gone before.

Pam will be teaching manifestation in a way that produces results. When you finish this class you will have the tools and the know how to make big changes in your life.

Join us for an on-

going series of classes designed to help you to achieve whatever level of spirituality you desire. There will also be private sessions available.

Classes are \$30 in advance \$35 on the day of class.

New Family member at SpiritsChild!!!

Kathleen Medina is very proud to join the family at SpiritsChild. She is happy to be working alongside great readers and healers to provide the highest quality service.

Kathleen comes from a line of psychic women on her mother's side of the family. She has been a professional intuitive for over 12 years and has done readings with the

media, at corporate functions, in day spas and retreat centers. She was a licensed massage therapist in Hawaii, has studied various modalities of energy work and brings that healing approach to her readings. She uses her intuitive skills to bring clarity and guidance to her clients to assist them in their life situations. Her style is direct, positive and prag-

Kathleen

matic.

Each session begins with a clairvoyant reading for the client, followed by a spread of cards containing specific information concerning different areas of the client's life. There is then plenty of time for individual questions and answers. An audio tape of the reading is included.



Kathleen Medina

CLAIRVOYANT
TAROT
READINGS

\$45.00 for 1/2 hour
\$80.00 for 1hour



telegraph.co.uk

January is National Tea Month
Truly Steeped in Tradition...

Yes, that perfect cup of tea is truly steeped in history and tradition. The Emperor of China was the first to enjoy the beverage created by steeping leaves from the herb *Camelia Simensis* plant nearly 5000 years ago. In colonial days, tea leaves were boiled at length to create a very bitter brew. This concoction of leaves that had been severely overcooked was then salted, buttered, and eaten.

Today tea is the world's second most popular beverage consumed, second only to water. It's easy to make, affordable, and offers variety in its flavors and aroma. Americans drink 50 billion cups of tea each year, 40 billion of which are served as iced tea.

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Tarot the Easy Way Workshop

Saturday, Jan 23rd, 1 pm– 3 pm

If you missed last month's Tarot Class, Jill has agreed repeat performance, and what an exciting class!!!!

She is clever & witty and with almost 20 years of experience, 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 and those 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....

Call: 744-4402

Cost:\$22 adv.



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Tea Talk Trivia

Tea time Trivia

- The first tea bags were created by Thomas Sullivan in 1904, and made of silk.
- The difference between black, green and oolong tea is a result of the changes that occur during processing of the tea leaves. They all make from the same type of tea leaves

- Black teas are fermented, left in a cool, dark place for a time, then heated to stop the fermentation process.
- Oolong teas are semi-fermented
- Green teas are heated after picking, so there is no fermenting process
- Herbal teas are not actually teas, but are concoctions of peals, flower leaves, herbs &

spices and are caffeine free

- The caffeine content of tea is 40 mg in one cup as compared to 99 mg in coffee.
- Black & Green teas contain a certain type of antioxidant called flavonoids.
- To be labeled decaffeinated, the caffeine content per cup must be approximately 5mg

Featured Showcase PRACTITIONER Pam McMahon



Pam is a Nationally Board Certified Counselor whose experiences encompass over 13-years as an Educator, Counselor, Life Coach, Wellness Advisor and Holistic Health Practitioner. Pam's natural health journey includes one of an ongoing progression of education, life experiences, and of overcoming personal health struggles; all which has well prepared her to help others achieve optimal physical and spiritual wellness. Pam obtained her Bachelor of Arts in Psychology from Southern Connecticut State University a Master of Education from Georgia State University, and she is currently in the finishing stages of completing her PhD in Natural Health from Clayton College of Natural Health. Since moving to Tucson in 2008, Pam has emerged as a leading Holistic Natural Health Practitioner, Natural Healer, Wellness Coach and Trainer for numerous clients. They all have discovered her holistic approach, unique talents, personable style, highly effective natural healing methods, educational offerings and infinite passion for their success.

Tea Tasting-

Tea is a beverage that is popular for all occasions, hot or cold. As a matter of fact, tea is the most commonly consumed beverage in the world, after water. The antioxidants found in tea may protect against cancer and help slow down the aging process.

On Saturday, Jan 16th, we will be serving complimentary Tea & cookies. Please join us for tea tastings. We will be brewing three different teas from 10 am to 4 pm as well as offering complimentary fresh baked cookies. Come and discover your favorite new tea!!!! Bring a friend for "tea for Two."

From 3pm to 4pm, Acoma we be offering a free talk on the different types of tea that we carry, the health benefits, steeping time of the different teas to avoid bitterness.

We will be featuring Teas from: Nuwati Herbals— Made by Rod Jackson, part Cherokee Metis, "The idea and the premise was established over

All day Sat. Jan.16th Free talk 3pm

50 years ago when my Grandma would send me out, at the age of 5, to gather herbs, bark, roots, flowers, and leaves, from which she would make Medicine. She taught me the proper way to gather, so that there would always be plants for future generations."

Republic of Teas, "It is our purpose to open the road to this rich experience. The Republic of Tea sells full leaf tea because it's simply better tasting and much more diverse in its range of subtle flavors than the cut leaves or tea dust you will find in most tea bags. And brewing fresh whole leaves is as easy as boiling water."

Room to Read, founded by John Wood in 200, is a leader in providing educational opportunities to under-privileged children around the world. Room to Read was established based on the belief that education is crucial to breaking the cycle of poverty in the developing world. Room to read is providing opportunities

that change children's lives in areas of, Bangladesh, Cambodia, India, Laos, Nepal, South Africa and more. It is the goal of Republic of Tea to create an additional 5,000 libraries, bringing education to five million children by the end of this year.

The Mate Factor

What is Yerba Mate? It is similar to Green Tea yet higher in nutritional value. An excellent boost to your defense system, metabolism, brain and overall health. Yerba Mate is higher in antioxidants than Green Tea while energizing without the side effects associated with coffee and tea.

It gives an energy that feels good. Energy that feels useful, lasts long and no "crash" at the end.

Mate Factor Yerba Mate is the freshest, most pure you can get. That is why our Yerba Mate tastes so good.

Come join us on the 16th for fun and relaxation with a bit of knowledge.

HEALING and ENERGY PRACTITIONER SHOWCASE Sun. Jan. 30th - 10am

Learn How To Be Truly Well! This showcase offers you a unique opportunity to learn more about many healing and energy work modalities in a very affordable way! These established practitioners wish share with you the very real benefits of physical, spiritual, and energy work in terms of health, stress reduction, relaxation, and well being. You will have the opportunity to:

Learn more about healing on the non-physical level and why Western medicine practitioners physicians support its benefits

Clear blockages from your body, energy meridians, chakras, and aura and experience the positive changes that can make in your life

Experience a wide range of modalities to be able to evaluate for yourself what works best for you at the present time

Learn methods to create what you want, including better health

Modalities offered will include Reiki, sound and color healing, animal communication, foot zone therapy, Oneness Blessing, Shamanic counseling, ear candling, EFT,

hot stone massage, compassionate communication, and soul's purpose.

Sessions are \$15 and will be 15 min. with the practitioner of your choosing. In addition you will receive a \$10 certificate toward your first session scheduled after the Showcase. Simply show up and sign up for an available time slot the day of the event, or reserve a specific time by contacting Judy Ferrigno by January 21 at (520) 245-4214 or judyferigno@comcast.net.