



OUTER WORLD SUCCESS FROM INNER WORLD PEACE:
SELF-LOVE AT ITS BEST

Rev. Janice Thomas, MA

How many times are we told to love ourselves more to be able to function better in life? But how do we go about doing that?

1) The Inner Child

A great psychological construct is has come out of voice dialogue and inner family systems work. The “inner child” construct allows us to access the parts of ourselves that can speak to us about what we are really feeling, what decisions which are now unconscious that we made when we were younger, and locate our sources of joy. Then we can begin a new dialogue with these parts to create new decisions, new ways to nurture ourselves, and improve relationships with our friends and family.

2) Self-Forgiveness

Forgiveness is letting go of the emotions associated with an event. Think about it. If we really let go of the pain that someone caused us, we can move forward from that moment of time. It does not mean that we condone what someone

did, only that we are not suffering from that event any more.

Sometimes, harder than forgiving someone else, is actually letting ourselves off the hook by noticing what we learned and moving on from our mistakes?

3) Providing Sources of Nourishment

When was the last time we wrote lists of what really makes us feel great, and did them? What keeps us procrastinating from fun things with so much on our plate that seem to have to get done? Perhaps there are some inner patterns of not deserving, etc.? Even if we were not nurtured as a child we can find ways now as an adult. It is up to us to do it.

4) Spiritual Connection To Unconditional Love

There are energies we can invite into our bodies which feel like we are unconditional love. They can be accessed via meditation, chanting, religious practices, breathing, and simple energetic exercises. These feeling enable us to feel better about ourselves by raising our vibratory rate.

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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.

Sunday May 17, 2009 at 4 to 5:30 pm FEE: \$15 RSVP: Spirits Child 744-4402

**Chakra Clearing and Alignment
For Enhanced Well Being on All Levels**

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. Each chakra corresponds to parts of our anatomy and our relationship to various aspects of our life on this earth including relationship to self, others, and higher self. By learning 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 how to ground and connect

through a Hara line, reviewing the nature and function of our eight major chakras as well as the minor hand and feet chakras, sensing when a chakra is not functioning optimally, exploring various methodologies for clearing and balancing chakras, re-energizing our chakras, and learning the cycle of chakra development and re-development. The program includes exercises to ground you in this knowledge.

Chakra Workshop

Sunday, May 17th

1pm to 3 pm

\$20

Are you living with a Ghost or Spirit

There is more than just a graveyard awaiting all of us at death...ghosts & spirits are proof of that afterlife - the spirit world that we exist within.

It has been a goal of many to understand life. Why am I here? Is there life beyond the grave? Do we live on after we die? Most consider passing from this physical plane - "death." But are spirits of people who passed (ghosts) with us? And if so, are spirit entities really dead? And if ghosts are simply people without bodies, are ghosts really to be feared? Is there another paranormal world of the unseen existing within our midst? Do ghost pictures prove this? Are

ghosts really among us? What about spirits? Do spirits exist & can they simply be spirits from the spirit world, as well? If, so, are ghosts & angels related or maybe even similar?

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. May 31st
Noon to 2pm
Cost: \$25
RSVP 744-4402



Buddhist Classes, How to Solve Our Human Problems

with Gen Kelsang Lingpur

5-6 Thinking about Dharma: Whenever we practice Dharma (Buddha's teachings) with a patient and joyful mind, we are practicing the patience of definitely thinking about Dharma. Otherwise, our spiritual practice will be obstructed and prevent us from improving our wisdom, especially in increasing our understanding of profound topics such as dependent relationship and ultimate truth.

5-13 The Patience of Not Retaliating Part I: Once we fully accept other people as they are without the slightest judgment or reservation – as all the enlightened beings accept us – then there is no basis for problems in our relations with others. Problems do not exist outside our mind, so when we stop seeing other people as problems they stop being problems. The person who is a problem to a non-accepting mind does not exist in the calm, clear space of patient acceptance.

5-20 The Patience of Not Retaliating Part II: The practice of non-retaliation goes against our deeply ingrained habits so it's not surprising if our mind comes up with many objections to it. Gen Lingpur will counter these objections with Buddha's logical reasoning's.

Living Meditation Series

5-27 Inner Peace Meditation: How and why we meditate with basic breathing meditation to disengage the mind from the busyness of everyday life and create a special feeling of inner peace.

Judy Ferrigno, M.S. Founder and Principal, Open Pathways-Energy Work and Communication For People and Animals

Judy Ferrigno, M.S. 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 Fellowship in managing change.

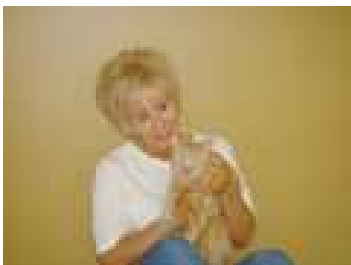
Judy has studied a wide variety of clearing and healing approaches from many cultures. This enables her to provide a broad spectrum of approaches to best fit your unique situation, beliefs, and needs. Judy offers communication, clearing, and healing sessions to open energy pathways on many levels. She has developed her skills under master guide Linda Johns—Journey to Healing. Her healing work is appropriate for both animals and people. The outcome of communication work adds clarity and understanding to relationships between animals and humans.

Judy moved to Tucson, Arizona in 2000 where she has found an ideal environment in its rich and varied cultures for the growth of her work.

Come join Judy on Sunday, May 17th at 1pm, as she presents this special workshop, "Chakra Clearing & Alignment."

Learn to:

- *ground & connect through the hara line
- *about the eight major Chakras
- *Sensing if a chakra is functioning or not
- *Various methods for clearing & balancing
- *How to re-energize the Chakra's
- *Chakra development & current impact on our lives



Tarot Made Easy

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 & those who want to learn more about Tarot.

Jill Plevell is a clairvoyant who has studied Metaphysical Concepts and worked with the Tarot for almost 20 years.

Join Jill on Saturday, May 16th, and learn how working with the Tarot can help guide you in life.

Time: 1pm to 3pm Cost: \$22

SPIRITSCHILD

**EXPLORE! EXPERIENCE!
CONTINUE THE JOURNEY
WITH SPIRITSCHILD
In Love & Light
Aitreyia, Acoma, Yazdi**

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▶ May 2009

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
We will be open for Mother's Day for those last minute shoppers				1		2
		Look for our new Location Mid -June (S.E. corner of Thorneydale & Orange Grove)				
3	4	5	6 Thinking about Dharma Buddhist Meditation 6:30pm-8pm	7	8	9 4 Agreements Always Do Your Best 10am "Pet Speak 101" 1-3pm
10 	11	12	13 Patience of Not Retaliating Pt. I Buddhist Meditation 6:30pm-8pm	14	15	16 SDC Level 1 10am to Noon #1 TAROT MADE EASY 1-3pm \$22
17 Chakra Clearing & Alignment 1 to 3pm OUTER WORLD SUCCESS	18	19	20 Patience of Not Retaliating Pt. II Buddhist Meditation 6:30pm-8pm	21	22	23 10am-5pm Free Readings Cotton Candy, Sno Cones
24	25	26	27 Inner Peace Meditation Buddhist Meditation 6:30pm-8pm	28	29	30 SDC Level 1 10am to Noon #2
31 Are You Living with a Ghost Noon to 2pm			Celebration - Saturday May 23rd - 11am to 5 pm - Free Cotton Candy and Sno Cones, mini-Readings and Reiki. - SpiritsChild Metaphysical Bookstore, 3773 W. Ina Rd. #130 Donations accepted			