

SPirit NEWS AUGUST 2011

Opening to New Beginnings, Opening to 2012 Special Channeling Event

by Aitreyia



Spirit News August 2011

Friday, August 12th

6:30 p.m.

Come and enjoy as the angels and ascended masters share their wisdom and guidance in preparation for 2012.

(And this is not the end of the world, but a new beginning...)

The cost is \$35.00 and spaces are limited. Call and reserve your place today: (520) 744-4402!



Congratulations to our SPECIAL FAIRY-Amber



Soon enough we will have a new addition to Spir-itsChild, as Amber announced this week that she is expecting her first child around St. Paddy's Day!

We are all excited for her so feel free to stop by to congratulate her, and in time, rub her Buddha belly! She also turned 21 on July 25th so we also want to wish her happy 21st!

Yoga for Insomnia Linda Morrison RYT 200

Yoga benefits our bodies in many long term ways, developing our strength, improving our flexibility, and conditioning our hearts. For many practitioners, yoga's ability to help them get a better night's sleep is a more immediate concern. Many types of insomnia are stress-related, so gentle yoga that calms the mind and reduces stress naturally provides relief. The calming effects of yoga help many people fall asleep sooner.

Yoga postures in which our head is lower than our heart, such as downward facing dog, increase the blood circulation to the sleep center of our brains, and this helps normalize our sleep cycles, providing a natural relief for insomnia.

Studies have shown that the combination of breathing exercises, meditation, and gentle movements improved both the amount of time participants slept and the quality of their sleep. Participants who both attended yoga classes and devel-

oped a home yoga practice showed the greatest improvement, and sleep patterns gradually improved over a two month period.

Our yoga classes at Spirit'sChild are friendly and comfortable, and can help a student develop a personal practice that targets their specific concerns.

Gentle Yoga –
Most Wednesdays (no yoga Aug. 24)
9:30-10:45, \$10.00

Inside this issue:

Opening to New Beginnings	1
Yoga for Insomnia	1
Reiki Circle	2
Trauma Releasing Exercise	2
Craniosacral Therapy	2
Angelic Energy Healing Level I	3
Mastering the Flow	3
Intro. to Chakras	3
Reiki Level 1	4

Reiki Circle

Judy Ferrig, M.S., Reiki Master will again hold a Reiki Circle with us, and everyone is invited to share in the energy. Reiki is an ancient Japanese method of hands on energy transfer and healing that promotes stress reduction and relaxation, the fundamentals of healing and well being. Reiki comes from a combination of Japanese words, Rei meaning universal, and Ki for life

force. Other names for this energy are Chi in Chinese, Prana in Sanskrit/Yoga practice, and Mana in Hawaiian.

Those who come to receive Reiki will participate in a meditation and then receive energy in a hands-on seated Reiki session. Sessions will last about 20 minutes, and we will conduct rounds until all who wish to receive have done so. We ask for

a \$5 donation to cover meeting room expenses. There is no need to register in advance.

Reiki practitioners of any level are invited to come to share energy and to receive as well.



Friday, August 19, 2011

5:30—7:00 p.m.

Please contact Judy Ferrig at:

Trauma Releasing Exercise

One of the things I particularly like about TRE has been watching my body “wake up” to releasing tension

Feeling Stressed???

Group TRE classes will be held on Saturday, August 6th and 27th 1-2:30 at Spirits Child.

Cost: \$10 per class

Please wear comfortable clothing and bring a blanket or yoga mat and a

bath towel or small pillow.

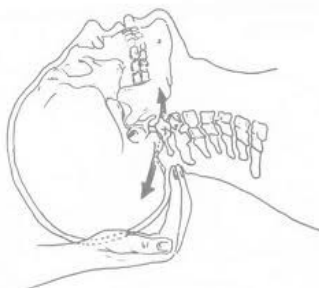
The session starts with a review of TRE followed by the exercises. You may attend any of the classes. It isn't necessary to attend them all. You will learn a method of using the body's natural

healing process to release energy stored in the nervous system. These exercises are painless. Individual sessions are also available.

Diann Shively, TRE certified, is the facilitator.

To Reserve a place call Diann at: 834-7698

Craniosacral Therapy



We have a very special opportunity to try Craniosacral Therapy during drop-in times this month. This work is being done by donation, and several dates are set. Please see the web and watch the weekly emails for more details:

Monday, August 8th,
10 a.m. - 2 p.m.

Monday, August 15th,
10 a.m. - 2 p.m.

Thursday, August 25th,
12:30 p.m. - 4:30 p.m.

Tuesday, August 30th,
10 a.m. - 2 p.m.

Contact Kelly at 603-8447 with questions

Angelic Energy Healing Level I

Sunday August 28th, noon to 7pm

Angelic Healing Classes are about creating opportunities for change. Angelic Healers are facilitators for spiritual energy. They assist others on their path in accordance to their spirit's will, which helps them to live a more peaceful and balanced life. They assist in the healing or clearing of energies that often block the energy of the spirit that flows through each of

us. These spiritual energies are non-judgmental and are of the love of the spirit. The intent of energy work is to bring the person more clarity of spirit and balance, and to flow with their inner spirit's desire.

In Angelic Energy Healing, the facilitator and client are actively working with the angels and their guides in the healing process.

The course is taught in 3 different levels to accommodate those who would like to learn the basis of healing and to those that would like to expand their present knowledge.

Class is limited to 10 students, reservations are recommended. This class is taught by Aitreya, and the cost is \$77.00.

For more information, call 744-4402.

Angelic Healers are facilitators for spiritual energy.



MASTERING THE FLOW OF LIFE:

The Parts Working Together



As we operate in the world wondering why we set a goal or have a desire which does not manifest, we need to consider that we have conflicting parts of ourselves which need to be brought together. Just like a family has to become more respectful of each others differing needs during vacation time, we can become like an orchestra conductor who creates a melodious symphony by coordinat-

ing many different sounding instruments.

We can use many techniques to explore bringing together the parts within ourselves to live a life that flows with fewer bumps, never forgetting that apparent wrong turns can produce better outcomes than we could have planned with our conscious mind.

These techniques can include body/mind/breath

work, our vast inner spiritual resources, profound healing energies, toning, guided visualizations as well as releasing traumatic memories and limiting beliefs.

We will explore these transformative avenues in a workshop at Spirit'sChild on Saturday August 13, 1 to 3 pm for \$20.

Contact Rev. Janice Thomas, MA at 877-5039 or sacredjourney@earthlink.net

Free Introduction to the Chakras

Tuesday August 9th, 10:00 to 11:00

Join us for a casual introduction to Chakras, the subtle energy centers of the body. We have 7 main chakras positioned near the spine. Learning about the main chakras can help us along our path in several ways.

This discussion will start with the very basics. We'll close with an optional, short chair yoga session. Led by Linda Morrison, Registered Yoga Teacher. For more information, check the www.SpiritsChild.com

Reiki Level I

Sunday August 14th, noon to 7:00 pm

The knowledge that an unseen energy flows through all living things and is connected directly to the quality of health has been part of the wisdom of many cultures since ancient times. Reiki is a technique for stress reduction and relaxation that allows everyone to tap into an unlimited supply of "life force energy" to improve health and enhance the quality of life.

An amazingly simple technique to learn, the ability to use Reiki is not taught in the usual sense,

but is transferred to the student by the Reiki Master. Its use is not dependent on one's intellectual capacity or spiritual development and, therefore, is available to everyone. It has been successfully taught to thousands of people of all ages and backgrounds.

A treatment feels like a wonderful glowing radiance that flows through you and surrounds you. Reiki treats the whole person including body, emotions, mind and spirit and creates many beneficial effects including re-

laxation and feelings of peace, security and well being. Many have reported miraculous results. Reiki is a simple, natural, safe method of spiritual healing and self-improvement.

This class aligns the students to Reiki energy so they can perform Reiki on themselves, another person, or even a pet.

The cost is \$77.00

This class is taught by Aitreyia with the assistance of Master's Level Students

For more information, please call (520) 744-4402.



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SPIRITSCHILD.COM

Spirits Child is a place where all are welcome. We invite you to come and explore the intuitive and spiritual side of yourself in a comfortable and safe environment. Our friendly staff and wide variety of spiritual items help to open a path to the inner calm. Also, we have a great selection of gift ideas, excellent reading material, classes, music, energy readings and so much more.

We hope that you will join us and make Spirits Child your home away from home, your oasis in the desert.