



# SPRIT NEWS

*SpiritsChild*



Volume 3

July 2011

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## Starting July with a Bang!

This month, along with celebrating Independence Day; we will also be reveling in the new merchandise that will be lining our shelves!

Aitreyia has returned from her first buying trip in three years! She has brought lots of new treasures for you to enjoy.

We have Faden Crystals; able to be used by all chakras and good for astral travel, promoting mental and emotional healing and stimulating and cleansing the aura.

We have Blue and Green Kyanite swirled

hearts and tumbled stones. The blending of Blue Kyanite and Green Kyanite brings the energies into resonance with the heart center.

We will have the Turkish Evil Eyes; these are stone beads that are worn to protect oneself from evil looks and malicious intent. There are also pewter fairies designed by the Wee Folk. And so much more!

Throughout the month we also have some great events and opportunities headed your way. We'd like to take a minute to thank you for your



continued support of us and remind you; it's that support that allows us to be a successful asset to the community and to your lives. We hope to see you in the store this month!

## Children's Charity Event

We will have Readings, Reiki, Cotton Candy and Snow Cones!

All activities are by donation, and the donations go to local children's charities. This is a wonderful opportunity to have some fun, try some-

thing new, support local children's charities and eat cotton candy!

As part of this event, you can enter a raffle for a free aura photo.

Currently, we are raising money for Angel Charity.

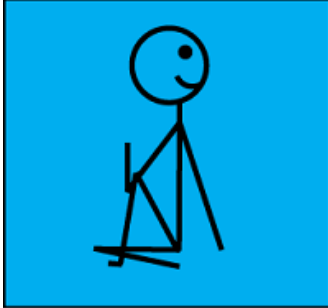
There is no cost; recommended \$15 donations for readings and Reiki

**Saturday July 2<sup>nd</sup> from 11am to 5pm**

**For more info call us at:**

**(520) 744-4402.**

## Yoga for a Cause



A gentle introduction to yoga. This class is for anyone who would like to try yoga out. It is a beginning level class but all are welcome.

For those of you who already know the joy and meditative peace that comes from the practice of yoga; bring a friend who has been wanting to try.

There is no cost for this class but a \$5.00 donation is suggested, with the proceeds going to benefit our local children's charities. It's good for you and good for the community!

Comfortable clothing and a water bottle are recommended. We hope to see you there!

This class will be Friday July 1st from 530pm-6pm.

For more info, contact Linda @ linda\_shepard\_morrison@yahoo.com



*A "Heart-to-Heart" is a blend of concrete tools, inspirational live music, and interactive, fun exercises.*

## What's Next?

Get the 5 keys of getting clear inner direction NOW and moving your life and business forward with purpose, more ease and joy! A "Heart-to-Heart" is a blend of concrete tools, inspirational live music, and interactive, fun exercises.

Cost » \$10.00

Led by Marcia Breitenbach, MA. LPC, national speaker, best-selling author, life coach, expressive arts and psychotherapist, singer songwriter.

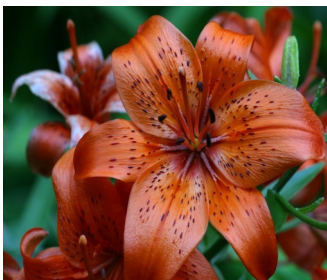
Thursday July 7th, 2011

1:00—3:00 pm

\$10 donation

Call Marcia at 975-5376  
www.themagnificentyou.com

## Moving Beyond Guilt



If you've ever been unable to let go of shame or have unresolved anger, you may be allowing guilt or resentments to control you.

Guilt is an energy that renders itself into, fleeing or fighting. All energies

can be transformed into a positive force if we understand it; And as a result, know how to change it.

This course will introduce concepts that will assist you toward that change. Through discus-

sion and hypnosis we will look at what is holding you back from achieving your path toward your authentic self.

Thursday, July 7th  
from 5:30 - 7:00 p.m.  
Jodi @ (520) 405-7748.  
Cost is \$25.00

## Angelic Energy Healing Level II

This class is a continuation and deepening of Angelic Healing Level I. Completion of Level I is required for enrollment in this class.

The cost of the class is \$88.00 and it is held Sunday July 10th from 12pm to 7pm.

This class will be led by Aitreyia who considers herself a facilitator for spirit.

She is a semi-conscious channel, clairvoyant, Angelic Healing Master and Reiki Master, who has been working with the Angelic King-

dom and Ascended Masters for the last 18 years.

For more information on this class, contact Aitreyia directly at (520) 744-4402



## Reiki Circle

We will be holding monthly Reiki circles at Spirits Child. Judy Ferrig, M.S., Reiki Master has offered to organize this energy sharing and everyone is invited. 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.

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.

This will be led by Judy Ferrig MS Reiki Master

The class is July 15th from 530pm to 7pm.

For more info call:  
(520) 744- 4402



*Reiki is an ancient Japanese method of hands on energy transfer and healing that promotes stress reduction & relaxation.*

## Chakra Party

Celebrate your Chakras and Experience the Exciting Aura Video Station (AVS) Digital 5.1.

Watch your Aura Chakra Image Live onscreen and in real time!

- Aura Photos

- Readings by Aitreyia
- Gift Pack
- Refreshments
- Cost » \$40

This party will be:

Friday, July 15th from 5:30 p.m. to 7:00 p.m.

For more info contact Keri through her website @

<http://www.divineconnect ion.us/default.html>

We hope to see you there!



## Spiritual Development Class



Aitreyia invites you to join her in the wonderful and insightful journey through the many dimensional world of Spirit.

Learn how to work with Spirit Guides through different spiritual gifts, from card reading and meditation to energy balancing and working with crystal energies.

This class offers greater expansion, insight, and clarity into the hidden realms of Spirit.

Cost » Nine week course, \$25 per week.

This session of the Spiritual Development Class is currently in progress. A new session will form in September.

This Class is held Saturday, July 16 and July 23 from 9:30 a.m. to 12:00 p.m.

For more information or to register for the next session call us today at:

(520) 744-4402

## Aura Clearing and Protection



*The energy you hold in your aura appears in the form of colors.*

See your own aura in living color and learn how to clear and protect it. The energy you hold in your aura appears in the form of colors. Each participant will see frequencies held in their aura through the technology of the Aura Video Station. In this workshop you will

remove non-beneficial emotional and mental energies from your auric field that clog your system and bog you down.

Cost :\$35 advance registration, \$40 day of workshop. Register by July 10 to be entered into a drawing for a base line aura

report!

For more information:

Judy @ judyfer-rig@comcast.net or

Keri @

<http://www.divineconnection.us/Contact-Us.html>

## Moving Beyond into Forgiveness



This class will take a look deeper into defining forgiveness. Unforgiveness holds many people back in life since the never gain the accurate perspective on what it is. We'll use hypnosis and discussion to explore how to overcome this burden-

some feeling so that you can be free to move forward into your inner joy, passion, and overall sense of personal freedom.

cost » \$25.00

This class is Thursday July 28th, 5:30-7:00 p.m.

and will be taught by Jodi Hardy.

For more information or to reserve your spot; contact Jodi at: (520) 405-7748.

## Trauma Releasing Exercise

TRE/ Trauma Releasing Exercise is a series of safe, simple and effective exercises that help to access the tremoring response of the autonomic nervous system. This tremoring is the body's natural way to reduce stress and relieve tension.

If you're feeling stressed

in your life and would like to bring more balance, serenity and clarity to your day; than TRE is for you!

The cost is \$10.00 per class and the suggested clothing is something loose and comfortable. We also suggest that you bring a yoga mat or a

blanket.

Classes will be held Saturday July 23rd & 30th!

Call and reserve a place today with Pat (520) 398-4266 or simply join us!



## Yoga Talk

Yoga is sometimes called the Eight Limb Path, and although the physical postures of yoga are what most often come to mind when we think of yoga, they make up just one of the limbs. The first two limbs are the Yamas and Niyamas, and they consist of ten ethical precepts that allow us to be at peace with ourselves, our family, and our community. Rather than making one "good," these practices are taught as a way of having peace in our lives. It was observed by ancient yogis

the greater degree one practiced these precepts, the greater their sense of peace. Gandhi based his entire life on the first two.

Ahimsa, or "non-harming," is the very first principle of yoga. It includes our attitudes as well as actions. By practicing gentleness in action, thought and speech toward ourselves as well as others, our minds become quieter. The second precept, Satya, means "truthfulness." Commit-

ment to the truth comes second only to non-harming.

Join us for a free talk about all 8 limbs of yoga and how they can assist one on their path. A short, optional, gentle chair-yoga practice will follow. No special clothes, mats or experience are necessary. We won't even get out of our chairs for it!

Friday July 12th 10-11am

Linda RYT 200 818-4033



*Rather than making one "Good" these practices are taught as a way of having peace in our lives.*

## Weekly Classes

We offer weekly classes designed to supplement that busy schedule and leave you refreshed and revitalized!

We'd like to invite you to join us for Gentle Yoga, Morning Meditation, and the Jyoti Medi-

tation. Those are our weekly classes and each weekend we have a different class or workshop offered as well.

Gentle Yoga is offered Wednesday Mornings @ 930am and is taught by Linda 818-4033.

Morning Meditation is Thursdays @ 1030 and taught by Aitreyia 744-4402.

Jyoti Meditation is Sundays @ 1pm & taught by Diann.

For more info / sign up: [www.spiritschild.com](http://www.spiritschild.com)



SPIRITSCHILD

July Newsletter 2011



3870 W. River Rd. #120  
Tucson  
Arizona  
85741

Phone: 520-744-4402  
Website: [www.spiritschild.com](http://www.spiritschild.com)  
E-mail: [spiritschild@msn.com](mailto:spiritschild@msn.com)

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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.

## The Wrap Up

It has been a difficult time for many of us and sometimes you just need inspiration. Mine has come in the form of INATS- International New Age Trade Show. This is where we meet current and upcoming authors and musicians introducing fresh ideas that help us maintain and support our spirituality. New tools like high vibrational jewelry, oils and other great products are presented at the show. This is where we are able to connect with like-minded people from around the world and share ideas.

One person I met was from the Bible Belt itself and proves that metaphysical shops can thrive anywhere we can find support. She is a star-seed like myself and has been guided by the higher realms to bring forth a line

of blended, straight essential oils to assist in our ascension. Because they are straight essential oils, the price is a little high for some people so she has agreed to make them in a smaller size for us, making them a reasonable cost for most.

Another person I met, designs sacred & sacred geometry jewelry and then energizes them with a special machine that brings them to a higher vibration. Her love for her work shows in the energy of her designs.

But the highlight of the journey was attending the premier showing of the upcoming movie "The Truth." It is a wonderful movie about choice and how becoming aware of unhealthy, unconscious reactions that we have occurring in our everyday lives. That

by continuing these behaviors can cause downward spirals. The movie presents techniques on how to go inward to become aware of and see the cause of the behavior, then how to change the behavior to a healthier solution.

Through this trip, I can say that I am inspired, invigorated and revitalized. I would like to personally invite you to our special place; so that you may feel the same. I will be providing the shop with new merchandise, new energy and hopefully through that I will be able to assist you in making a new connection to the energy around you.

Thank you for reading, I hope to see you soon.

Love & Light,  
Aitreyia