

SPIRIT NEWS

SpiritsChild



Welcome to June

Hello there, friends and loyal readers! June is upon us! June is the official start of the summer months and what a summer it will be!

We've got some great things coming your way; new classes, yoga, angel card reading, new product and so much more.

We'd like to remind you, the summer solstice and father's day are

both rapidly approaching.

Do you have that perfect gift or accent? Come by and let us help you find a unique and special gift that your loved one will treasure.

We've also just added to our selection of Faerie statues! These faeries are a beautiful addition to any home, office, or meditation room!

Enjoy reading about our classes and what's

coming up soon. Don't forget, for more Spiritschild, join us on the web or sign up for our weekly email list!

www.SpiritsChild.com

(520) 744-4402



Volume 2

June 2011

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What's Next? Heart-to-Heart-Playshop

Have you been wondering, "What's Next?" in your life? You are not alone!

As the planet moves through shifting and turbulent changes, we do as well. The outer is always a mirror for what is happening inside us. And this inner shifting is proving quite challenging and uncomfortable for many.

Many of my clients, family, friends as well as myself have noticed:

*An urge to change their life or work situation, a feeling that something needs to shift;

*A time of transition in their lives, with endings but no perceived beginnings;

*A desire to take more responsibility, be of more service in the world, truly 'do what is theirs to do;'

*A feeling that this is a ripe and supportive time for bigger change and transformation;

*An understanding, through the witnessing of the grief coming out of so many

natural disasters, that life truly is precious and they are no longer are willing to waste any more moments doing what is no longer theirs to do.

An inner knowing that they are meant to move forward now, yet confused as to which direction to head.

We are being called to our new selves, and this "New You" is beckoning and whispering to you all the time. What I know to be true, and this comes from my own painful, sometimes profound, and often-humorous life experience, is that repetition of the same behaviors does not bring different results. I've been pulled kicking and screaming at times towards the New Me.

And I've learned absolutely powerful and effective tools to find direction that I use daily and my clients are using with great results as well. Over a period of 25 years as a psychotherapist, much of it focused around grief and loss, I've had the opportunity to witness what works and what

doesn't. I've also received much information from Spirit that has helped make this Shift more exciting, joyful and graceful.

Come to a playshop on June 25 from 1-3 pm and learn these keys to receiving "what's next" for you, your life and even your business. All you need is willingness and desire! I will present tools, along with my original transformative music. We will explore this topic with informal lecture, psychodrama, interactive exercises, humor and joy.

You don't need to continue to wander inside yourself with confusion. It's time to do "what's next" and I will be happy to share as much of this information with you as we can do in those two hours.

Marcia Breitenbach, MA, LPC is a national speaker, expressive arts psychotherapist, life coach, author, singer/songwriter and lover of life and its journey. You can call her at 975-5376 with questions.

Cost: \$10 Donation

Moving Beyond the Fear



MOVING BEYOND THE FEAR

If you've ever been unable to accomplish your goals, make a choice, or quit what isn't working in your life, you may be allowing fear to control you.

Fear is an energy that renders itself into freezing, 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

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

This class will be taught by Jodi Hardy, MA, LISAC, LPC

This class will be held Thursday June 8th from 530pm to 7pm.

The cost of the class is \$25.00

For more information you may call Counseling Concepts, LLC at (520) 881-4237 or Jodi Hardy at (520) 405-7748

Free Talk
 Moving Beyond Fear
 Saturday
 June 4th at 4pm

Free Talk
 Moving Beyond Shame
 Saturday
 June 18th at 4pm

Moving Beyond the Shame



"We but half express ourselves, and are ashamed of that divine idea which each of us represents"

Ralph Waldo Emerson

MOVING BEYOND THE SHAME:

This class will take a look deeper into defining shame and gaining the accurate perspective on what it is.

Shame holds many people back in life and often causes an immobile "stuckness" toward moving on in our

lives.

We'll use hypnosis and discussion to explore how to overcome this burdensome feeling so that you can be free to move forward into your inner joy, passion, and overall sense of personal freedom.

This class will be taught by Jodi Hardy,

MA, LISAC, LPC

This Class will be held Thursday June 23rd from 530pm to 7pm.

The cost of the class is \$25.00.

For more information you may call Counseling Concepts, LLC at (520) 881-4237 or Jodi Hardy at (520) 405-7748

Look Beyond What You See



What if all we had to do to tap into our own inner wisdom was to pay attention to our many senses, thoughts, feelings, emotions and intuition?

Realizing we have all the answers we need to the questions of our lives right inside begins with self awareness.

Self awareness opens doors to spiritual and personal growth. It is the key that

unlocks the riches of life. We have all the answers we need to the questions of our lives right inside. All we have to do is to learn how to access our own wisdom.

Through informal lecture, meditation and metaphysical tools, this innovative class will give students the opportunity to examine the unconscious, repressed, undeveloped and denied parts of self.

This class will be taught by Dr, Jo Ruddy, metaphysician & holistic life coach.

This is a two-day class and will be held Friday June 24th from 530pm to 7pm and Saturday June 25th from 9am to 1230pm.

The cost of the class is \$75.00 .

Moving Meditation Yoga

By Linda Morrison RYT

Yoga is about connecting with our bodies, dropping all judgments, and just breathing. It's not about what we look like, how we are shaped, or what we weigh.

Many of us struggle with our body image, and feel that we should be different than we are.

Feelings of shame and guilt about my body kept me hiding at home doing yoga alone for many years. After losing 40 pounds but still

being heavy, I finally got up the courage to try a class with a real teacher, but I wore baggy clothes and hid in the back. I'm so thankful that I took those first scary steps, because that's when I started learning what yoga is really about, that it's about quieting our minds: "The cessation of the mind stuffs is yoga" (Yoga Sutra 1.2).

Practicing yoga can help achieve a more appropriate weight because it reduces stress and therefore can curb emotional eating. It can also

help manifest a more lovable body because we shower the body with love and positive attention

The yoga class at Spirit'sChild is a safe space for people of all sizes and fitness levels to start connecting with themselves and treating themselves with kindness.

Moving Meditation Yoga is held Wednesday Mornings from 930am to 1030am.

Call :520/818-4033



Yoga is an act of kindness that we practice toward ourselves.

Meditation Room

We lead busy lives and as the season slows down and we fall into the patterns of summer; the tempo of our lives seems to increase.

Wouldn't it be great if we had a moment in our daily lives or in our weekly routine to just stop, breathe, calm and relax? To find a space and just sit for awhile.

Unfortunately, most of us

do not have the luxury to create this space for ourselves.

So we've taken the trial out of it.

Here at SpiritsChild, we have created a space where all are welcome to sit and enjoy the calm, a glass of iced tea, and a much needed moment of refreshment.

In our newly set Meditation

room, the Buddha quietly watches over you for a few sacred moments of no expectation.

We invite you to stop by anytime. The room is open for use so long as there are no classes in session.

For a class list or to find out more, feel free to visit us on the web

www.spiritschild.com



Meditation Classes at SpiritsChild

Did you know that SpiritsChild has Meditation Classes? We have one every Thursday morning at 1030am! All are welcome and the class is a great way to start your weekend stress-free and energized!

These guided meditations are the perfect way to connect with spirit and will leave you feeling great for

days afterward.

Each meditation is guided by the angels and there is something different to experience each time. Come relax and re-center yourself!

All are welcome! Please allow a half hour after the class to settle the energies.

The class is hosted by Aitreyia. The cost is \$10.00 and you may call (520) 744-4402 to reserve your spot or simply show up.

Look in our weekly emails for other opportunities to meditate, exciting new products and so much more. To sign up for those emails, visit our website www.spiritschild.com.





What on Earth... Are You Here to Be?

Join us in an interactive workshop to learn to recall the purpose for which we choose our physical being and life, with all of its challenges and our soul's purpose in manifestation.

This workshop will help you take important steps to clarify what it is you are here to learn and do and bring into your life; to achieve that highest good.

You will learn and take steps to:

- 1.) Feel you are in the right place doing the right thing
- 2.) Become clearer about what it is you are on earth to learn
- 3.) Increase your sense of belonging and connection
- 4.) Experience the ease that comes from being on your karmic path.

This class is taught by Judy Ferrig, M.S., Reiki Master.

Questions may be addressed to her @ judyfer-rig@comcast.net or by calling her at (520) 245-4214

The cost of the class is \$30.00 in advance or \$35.00 on the day of the workshop.

The workshop will be held Saturday June 18th from 1pm to 3pm.

Aura Clearing and Protection

The clearing and protecting of your aura is a critical component of energy work. In this workshop you will remove non-beneficial emotional and mental energies from your auric field that clog your system and bog you down, attract other non-beneficial energies, and can manifest in illness and disease on the physical level.

We have learned that it is much easier to remove non-beneficial energy while yet in

our auras than after disease and illness have manifested in the physical body.

The energy you hold in your aura appears in the form of colors. You will learn the significance of the colors as they appear in auras and be given approaches to clear, heal, and protect yourself on an energetic level. Each participant will see their aura through the technology of the Aura Video Station or AVS.

The AVS captures a persons

aura in real time. It is a true holistic indicator of body-bind-spiritual wellness.

The class will be held on Saturday July 16th from 1230pm to 3pm

The class is \$35.00 in advance or \$40.00 at the door. The fee includes the aura viewing. Call (520) 245-4214

This class is taught by Judy Ferrig, M.S., Reiki Master and Keri L. Wilyoung, Certified Aura Consultant.

A drawing will be held of those who register by July 10th. The winner will receive a base line aura report!



Staff Pick of The Month

We've always got something new here at SpiritsChild and this month is no exception! We will now be carrying Coventry Candles in store!

These are beautiful hand-dipped candles that are blessed by the candle-makers during the phases of the moon. They are beautiful, they have a great scent, and a positive origin. Come in today and look at our

selection of Coventry Candles!

To the left is the Angels Affirmation Candle which is described on their site as

"Sky Blue Candle with a Sweet Floral Blend. Whether you need assistance from a heavenly Angel or an Angel incarnate on this earth, our Angel Affirmation candle will bring you the gentle confi-

dence that the help you desire is here.

"AFFIRMATION: I see the miracles that my angels work within my life. I feel their presence around me and recognize them in others."

Come in today and find the perfect candle for home or as a gift!

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. 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.

This will be led by Judy Ferrig MS Reiki Master

The class is June 17th from 530pm to 7pm.

For more info call:

(520) 245-4214



Women's Transformations

Let go of the past and transform your life!

As each participant brings an open mind and spirit with the desire to create life enhancement, we will identify challenges that often impede women from moving forward with their mental, emotional, spiritual, and physical health.

Then we will examine various topics to prompt both personal insight and development into a higher quality of life.

This 10wk group will be a blending of traditional group psychotherapy, guided imagery, neuro-linguistic patterning, and hypnosis.

This class begins April 21, 2011 and continues for a 10wk session. Classes are from 5pm to 7pm and are \$30.00 per class.

For more information or to join the class, please call us at (520) 881-4237 or visit us on the web.

The way of the Creative works through change and transformation, so that each thing receives its true nature and destiny and comes into permanent accord with the Great Harmony: this is what furthers and what perseveres.

-Alexander Pope

Counseling Concepts, LLC Joins SpiritsChild

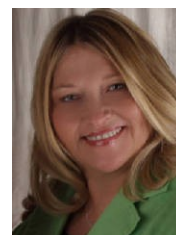
As a reminder, on June 1, 2011 Counseling Concepts LLC will transition into their new alignment with Spirits Child. We will be presenting groups and metaphysical classes to help people achieve a higher potential in their life. Counseling Concepts LLC was founded seven years ago in Tucson, AZ by DR. Jo Ruddy and was

joined by Jodi Hardy M.A., LISAC, LPC in 2006. Together they practice a variety of modalities to assist people in overcoming obstacles and achieving their full potential. In 2008 Jo and Jodi were recognized by the Better Business Bureau for their excellent standard of business.

The Women's Transfor-

mations, Moving Beyond Fear, Moving Beyond Shame and the Look Beyond What You See; Self-empowerment through self-awareness classes are all additions that have been made through this new partnership.

For more information please call (520) 881-4237



Freedom Today



Life experiences pile up.

Why not let them go -- freeing locked emotions, clearing negative core beliefs? Allow for a whole new way of life.

Impossible to do quickly? Not any more.

Higher consciousness energies create the space to move into

new ways of being.

We were never taught this in school, but can sure use it now.

Everything is made from energies, including the qualities we all seek – peace, love, strength, grace.

Janice Thomas will access the energies

of these qualities to create the space for your spiritual growth through humor, incite, letting go, and receiving.

Saturday, June 11

Time: 1pm – 3 pm

Cost: \$20.00

RSVP: 877-5039 or sacredjourney@earthlink.net

Jyoti Meditation

When we sit to meditate, we contact the deeper, more loving, peaceful part of ourselves.

Jyoti meditation classes are back at Spirits Child weekly, starting Sunday, June 5, 1-2:30 p.m. Spiritual program is from 2:30-4. No charge or donations.

Why meditate? Outer peace comes from people living in inner

peace. Confucius said: “to put the world right in order, we must first put the nation in order; to put the nation in order, we must first put the family in order; to put the family in order, we must first cultivate our personal life: we must first set our

hearts right.”

So how do we set our hearts right? Meditation is an excellent way to do this, because it is an exercise in love

For more info., call Diann or George at 625-8312, gdshively@cox.net. www.sos.org.

The Wrap-Up

Thanks for sticking with us and for supporting SpiritsChild! It’s our hope to be the bright spot in the lives of our customers and our communities.

We’d love to see you in for one of the exciting classes, some meditation time, or even a quick hello!

To keep up to date on the latest information, check our website www.spiritschild.com or join our email list.

Each week we send out emails with next week’s events, special previews, staff picks of the week and stone of the week.

To join that list, you may sign up on the website or come in to the store and add your name to our email list.

We’d also like to remind you, along with being your metaphysical oasis on the northwest side, we also carry various teas, gift

ideas, candles, incense, music and books.

One of our friendly staff will be sure to assist you to find that perfect gift, or just the book you were looking for.

Thank you for reading, lastly we’d like to remind you to take a moment in the hectic fray of life to just breathe, relax and re-center.



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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.