

# Spirits Child

METAPHYSICAL  GIFT SHOP



SpiritNews October 2011

Full Moon - October 11th

New Moon - October 26

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## Thanks Tucson!

**It's A New Beginning For SpiritsChild  
As We Start Our 8th Year In Business!**

by Aitreyia

As SpiritsChild marks the transition into our 8th year, we recall how in the faint distant past, Spirit brought forth a vision to create a center where all can come and enjoy the essence of Spirit, experience healing and find peace within the self. At the time, it seemed so near, but with all great things, Spirit decides the timing and movement of creation. Several years later, through the design of Spirit, SpiritsChild was born.

Seven years later and with hindsight, we can understand the careful planning that was necessary to create the strong and

beautiful foundation of SpiritsChild. A foundation that will withstand the test of time, continue to grow and provide a spiritual haven of healing, learning and enjoyment.

As we all know, through nurturing and careful guidance, children continue to grow and expand into healthy beings of light. SpiritsChild has grown strong and in the years to come, we look forward to many new and exciting adventures in making it a happening place to be. We are bringing SpiritsChild into a new phase of growth in offering:

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## A Ghost Story for Halloween

by Lonny

With October here and Halloween approaching, I was recently asked about GHOSTS. You see shows all over TV these days about Ghost Hunting. People are becoming more aware of their existence. I myself have had many experiences with ghosts since I was young. I did not share these things with people because I did not want people to think I was making it up or even worse... crazy.

There are different types of hauntings.

### Residual Hauntings

Residual Hauntings are where the ghosts repeat actions over and over again like a movie. A good example of this is Ghettyburg where so many people were killed in one of the bloodiest battles of the Civil War. This is a situation where the ghosts are not aware of their present day observers.

### Intelligent Haunting

A second type is an Intelligent Haunting. With the intelligent haunting the ghost

is aware of their present day surroundings and will attempt to communicate or make their presence known. One can ask them questions and ask them to do things to communicate. They can sometimes communicate in a variety of ways such as knocking on something or speaking into a recorder that can be listened to later. Picking up a voice on a recorder is called an Electronic Voice Phenomenon or EVP.

### Demonic or Inhuman Haunting

Another type of haunting is called a Demonic or In-human Haunting. Inhuman entities will cause a lot of issues and can be quite hostile. This is the most dreaded type of all the hauntings as one needs to be concerned with assault as well as possession. Demonic hauntings are sometimes caused



## TRE Personal Experience

*TRE is a series of simple exercises that cause mild shaking in the Psoas muscle, and the shaking releases tension from our bodies. This email was sent to Diann, the TRE teacher, from one of her students about how learning and practicing TRE not only helped her release a problem in her body, but helped her be true to herself in relationships.*

Dear Diann,

I was a little bit of a skeptic showing up to my first TRE class that day, worried that this would be an emotional session. Would I need to divulge deep-dark memories? I am a wellness-fitness person, and I wondered, if this is real, then how come no one taught me the Psoas secret before?

I am happy to say that these were all non-issues! The workshop was great, I learned something new, and learned something that I can apply to myself every day.

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## Reiki Circle Offers Wealth of Healing

by Judy Ferrig M.S., Reiki Master

You may have seen our notices about Reiki Circles that SpiritsChild has been offering on the third Friday of each month. All you need to do is show up, enjoy the meditation, relaxation, and enjoy the community of the Reiki Circle. Reiki practitioners come to participate by bringing in universal energy and increasing their own capacity to heal...and to receive as well if they choose.

### Benefits of Reiki

Reiki is well known in the medical community for its therapeutic benefits. Over 20% of hospitals in the U.S. now offer Reiki to patients. Benefits of a Reiki treatment can be as simple as helping you relax, sleep better, or feel less of life's aches and pains. The benefits can also be profound and be an important component of healing of serious illness and disease. Reiki can help you on a daily basis with everyday life

### Ghosts *continued from page 1*

by people playing with Ouija Boards, performing magic ceremonies, or even seances. If you experience this type of haunting, get help as soon as you can.

### Poltergeist

The Poltergeist is a sub-category of Inhuman Haunting. Most of the time when you have a Poltergeist there is an adolescent boy or girl present with this disturbance. When children hit puberty they can release psychic energies unknowingly. You may see things literally thrown through the air by an unseen force.

People that have experienced this may think their house, itself, is haunted and move to get away from it, but the poltergeist will follow them as the haunting is being caused by the child. So, it is always helpful to seek help from someone experienced with these things before spending a lot of money moving to a new home.

### About the Author

Lonny started working with Tarot in 1987, and has extensive knowledge of pendulums, gems, stones, and crystals. He is available for private readings and for assistance with ghosts.



issues. It heals on the physical, emotional, mental, and spiritual level. In addition to learning to give Reiki to yourself, you will learn to channel energy for friends, family, pets, or even cars and computers.

### How Reiki Heals

Quantum Physics has verified what the mystics and religious leaders have known for centuries. The basis for all life forms is energy, which some call Life Force. It flows through the physical body along pathways called meridians and chakras. If you have ever had acupuncture or acupressure, then you are familiar with this series of pathways and connectors.

If Life Force is present in sufficient quantity, the body is healthy. If the life force is diminished or blocked in some way, the function of the body is diminished and illness and disease can result.

### Reiki Circle

Friday October 21st at 5:30-7:30

Suggested \$5 donation to help cover meeting room costs.

### Levels it Works on

Reiki heals on all levels—the body, mind, and spirit. This allows life force to flow in a natural and healthy way. As a result, you may heal more quickly or in fact not contract a disease at all. In releasing stress and tension, our immune systems can function more effectively.

Reiki can be helpful in dealing with counterproductive habits and addictions. It has been helpful for many in weight loss, obsessive/compulsive behaviors, in managing anger and anxiety, and sometimes reduces the need for medication.

## SpiritsChild Welcomes New Massage Therapist, Jason



We are pleased to welcome Jason to the SpiritsChild family and to be able to offer the healing power of massage.

Jason has been practicing massage therapy and Reiki since 2004. He is versatile in many styles of massage; including Swedish, Craniosacral therapy, deep tissue, triggerpoint massage and Tuina Chinese bodywork. He also has been a Reiki master since 2008, and now practices other styles of energy work including acupressure balancing and medical Qi Gong. Jason's greatest interest and passion is to integrate many of these modalities together into a comprehensive and holistic treatment that heals on many different levels.

**During October Only:  
50% Off  
One Hour Massages**

## Green Planet Water

SpiritsChild now carries Green Planet Water, which is packed in bottles made entirely from plants. They are BPA free and therefore completely safe to reuse.

Unlike bottles containing even small amounts of petroleum, Green Planet's burn clean with zero carbon emissions. For every 72 bottles produced by Green

Planet, one gallon of oil is saved from being used in containers. They are commercially compostable in 80 days and are a solution in which everybody wins - you, the planet, and our kids

*SpiritsChild also carries BPA free travel mugs and water bottles.*

## Aura Photo FAQ

by Keri Willoung,  
certified Aura Imaging Consultant

1. Can the Aura Video Station (AVS) show any physical, emotional or mental problems or diseases?

The AVS is not meant to diagnose any physical, emotional or mental problems or diseases. The AVS is mainly an educational tool that reveals measured biofeedback data via graphs, meters, and aura chakra images to the client. Although an AVS owner is not allowed to diagnose physical symptoms or disease with the AVS, we have found it to be an excellent tool in determining overall Mind-Body-Spirit state of the client.

2. How does the aura relate to the Mind-Body-Spirit connection?

It has become very clear that our mind, our thoughts and our emotions play a vital role in our physical well being. Mind-Body connection means that our psyche, emotions and mind have a powerful influence over our body. The aura or energy field reflects this connection between body, mind and spirit. Our thoughts, emotions, and beliefs are reflected in the aura, and therefore the aura and chakras can be used to determine the issues related to physical symptoms. Your aura and chakras reflect emotional-energetic wellness and can be used as a true holistic indicator of the body-mind-spirit wellness.

3. How does the AVS help with wellness?

The AVS measures the emotional-energetic level via the biosensor. The data reflects the state and changes of energy and will change with the physical, emotional, mental and spiritual changes or behavior. There is a very close relationship between the aura colors, the emotional state, the personality patterns and physical body of the person.

4. How accurate is the AVS?

Hundreds of therapists, health practitioners, doctors, naturopaths, Reiki healers, energy therapists and massage therapists have used the AVS worldwide since 1996. The value of the technology has been proven time and time again in many different applications.

5. What if my aura is black?

Your aura will not be black, black is the absence of color. What strikes the eye is not color but pulses of electromagnetic energy that our visual system perceives as color. Electromagnetic energy runs through and around every living thing.

6. Should I get my aura checked again?

Yes absolutely, I recommend everyone get an Aura Chakra Checkup after their first initial session with the AVS. Checking your aura and chakras can be as important as checking your blood pressure or pulse. The Aura Video Station is an exciting and educational energy service for everyone, now and for decades to come.

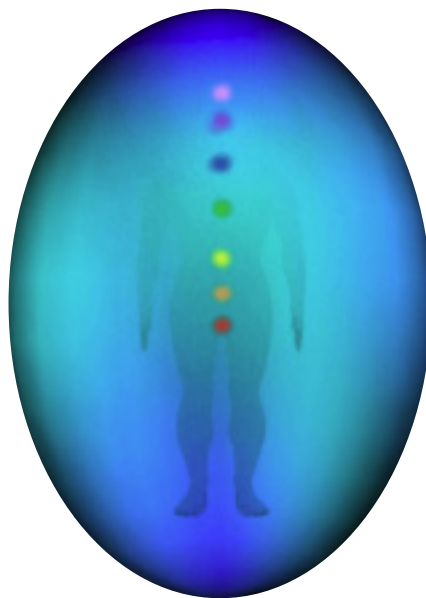
Auro Photos are available  
most Saturdays at SpiritsChild  
from 10:00 - 5:00

## Chakra Party

Sat. Oct 15 from 10:00-1:00

Aura Chakra Photos,  
15 Minute Reading,  
Gift Pack,  
Refreshments.

\$40



Thanks Tucson! *continued from page 1*

- Live entertainment
- Local & out of town guests
- Book signings
- Fantastic new workshops.



We invite you, our spirit family, to come and join us throughout the month in celebrating the beginning of our 8th year, a year of infinite possibilities!!! Special Birthday events this month include:

Free Concert: Louis Colaianna.  
Fri 10/28, 6:30 - 8:30

Free, but donations accepted to help cover costs. CDs available, bring cash or check to purchase.

Psychic Fair Charity Fund-raiser.  
Sat 10/29, 11 - 5

Readings, Reiki, Cotton Candy, and Snow Cones! All activities are by donation for local children's charities. Recommended \$15 donations for readings and Reiki.

Birthday Party & Costume Contest!  
Sun 10/30, 1 - 3

Come in costume to enter a drawing for great prizes, including a new bicycle! All kids will get a prize.. We will also have a drawing with prizes for grown-ups. Cake cutting at 3:00. Free

Richard Noel & Spiritual Drumming.  
Sun 10/30, 6 - 8

Richard Noel, of Sticks & Fingers, will be performing and leading this unique event. Richard is well known in the Tucson music scene and we expect this powerful event to be packed. Suggested \$15 donation. CDs available, please bring cash or check to purchase. Limited seating - RSVP to ensure your space.

## Moving Beyond Anger

Saturday 10/8  
3:30 - 5:00

For details,  
call Jody (520) 405-7748

# Connecting to Spirit

by Rev. Janice Thomas, MA

Many years of personal growth through psychology, body work, metaphysics, and self-help gurus helped me a great deal, but I found I still had a hole inside myself. For awhile, it seemed the years of spiritual seeking left frustration, the experience of separation, and life difficulties.

Today there is so much available spiritually and much more space open to be able to connect to the energy of all living things. It is through basking in those energies that I have found inner peace, the guidance of "feeling" what is right, and an opening into a more positive, productive life.

### Create the Winning Spiritual Solution in Your Life Workshop

Saturday Oct. 8th  
1:00-3:00

\$20

For details call Janice: 877-5039

As simple as it sounds, I can, and in fact need to, ask for what I desire and then stay open to receive whatever answers come my way in response. The groundwork for all this is a deep connection to our Spiritual Self.

1. To start, put a hand on the physical heart and feel the heart beat.
2. Just breath in rhythm with the heart-beat and notice the calming effect.
3. Add a feeling of gratitude and acceptance.
4. Ask for unconditional love, which is the source of your being, to fill you.
5. Notice any thoughts of undeserving, or resistance, and let them go.
6. Return to the request for unconditional love from your source.

# After Work Yoga

Starting this month, SpiritsChild is offering a gentle, meditative yoga class at 5:30-6:30 on Wednesdays. This will be a flowing yoga class using movement to quiet the mind. Each student is encouraged to explore how their own body feels within the postures, letting go of all expectations of what it should look like. This class is especially designed for those who are new to fitness or returning to fitness and is focused on enjoying being in our bodies.

You are welcome to attend this class for free one time, after that the class is \$10 per session.

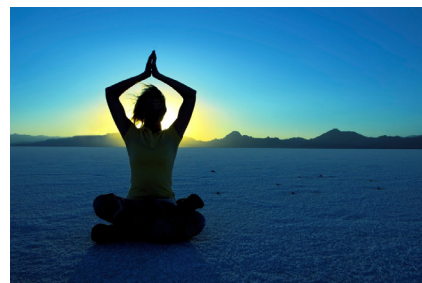
Taught by Linda, RYT 200

### Yoga

Every Weds. 5:30-6:30

\$10

first class you attend is free



TRE continued from page 1

Six months prior to attending the workshop I had spent a number of weeks in an immobilizer foot cast following foot surgery. The stress of the surgery, recovery period, plus weeks of walking "lop-sided" took their toll on the leg and hip that had to bear all my weight while walking and standing. Once the foot healed I tried to fix the hip issue myself by stretching the gluteus and thigh muscles, but the pain remained.

The day of the workshop I went home and the muscle spasms in my right hip (now I know it was Psoas) was gone for 2-hours. I practiced the next day and had release for my spasms for half of the day. I practiced daily for 15 minutes and began having spasm free full days starting the 2nd week. By the 3rd week, my awareness increased so I could get the muscles into quiver-release quicker, and could identify

situations that cause me to tighten up! Not always the obvious, indeed.

I noticed that talking on the phone to my mother, meeting new people at a luncheon, or spouse issues were causing me tension that I was hold holding and now I find myself able to speak up quicker, rather than hold the thought in (and transfer to Psoas).

Since then, the Psoas release exercises have helped me so much. My Physical therapist noticed right hip tightness from my continued limping and recommended the traditional Psoas stretch (with leg hanging off of table), but it just doesn't stretch the muscle as what you've taught me in TRE classes. Every couple of evenings I do the TRE release exercise if I notice my hips are tight, and that takes care of it more effectively than any other method.

THANK YOU

## CranioSacral

CranioSacral is available on

Mondays 10/3 and 10/31  
Tuesdays 10/11 and 10/25  
From 10:00-2:00

by donation

For more information or to make your reservation:

Kelly (520) 603-8447

### TRE - Tension and Trauma Release Exercises

Sat. Oct 22 from 1:00-2:30

For More Information, call Diann (520) 834-7698

\$10

### Save the Dates:

- |                                                        |                |
|--------------------------------------------------------|----------------|
| Channeling with Aitreyia                               | 11/11/11       |
| Tony Redhouse Hoop Dance and Native Healing Meditation | Nov. 12th      |
| Crystal Skull                                          | early February |



See [www.spiritschild.com](http://www.spiritschild.com) for details  
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