

# ~ EARTH SPIRITS ~

## An Herbal Apothecary Honoring the Ancient Wisdoms and Traditions

Here's what's happening at Earth Spirits ... Spring, 2009

### **"MEDITATION AND MOVEMENT"**

#### **Take Time for Meditation**

**With Celeste Leger**



Want to Meditate, but can't seem to find the time? Want to try meditation, but don't know where to start? Tried meditation, but can't seem to 'quiet your mind'? There is a secret, and I'll share it with you. We'll explore various music and methods of meditation.

9:00 - 10:00 am

Join us on the 1<sup>st</sup> and 3<sup>rd</sup> Sunday of the month  
8 weeks/\$40.00 or Drop-ins/\$8.00 per person

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#### **Gentle Yoga and Relaxation**

**With Joan Allen**

Is life stressing you out? Yoga calms and invigorates, is gentle yet strengthening. On the physical level, yoga practice will increase flexibility, tone the muscles, and stimulate and balance the immune system. Yoga quiets the mind and helps us become more aware of the present moment.



8 weeks/\$70.00 ~ class maximum - 9

Two eight week sessions begin Wed, April 22<sup>nd</sup>

Mornings at 11:00 am / Evenings at 5:30 pm

Joan started teaching yoga in 1976. An eclectic yoga evolved that she absorbed from various teachers, videos, TV, and much reading. It gives me energy, calms my arthritis, blood pressure, and sciatica, and somehow banished headaches completely.

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### **"JUST FOR YOU!"**

#### **Working with Runes**

**With Manda Verdini**



This workshop will offer participants a rare opportunity to explore the topic of Nordic Runes through their mysteries, teachings and applications. We will learn how to glean insight and guidance from working with them as a powerful system of divination, and we will learn how to create runecscripts and integrate rune working into our magical practice. Much of our learning will be done in a hands-on atmosphere and each student will be creating their own set of practice runes for personal use.

It is recommended that students bring a notebook and pen for note-taking. All other materials will be provided.

Sunday, April 26<sup>th</sup> 12:00 - 5:00 pm \$45.00

### **ANGEL READINGS**

With Elizabeth Foley, ATP Angels are very powerful healers and messengers of the Divine. An Angel Reading is an easy way to connect and talk with your Angels. When you invite your Angels into your life, your life will never be the same. An Angel Reading can help you start a dialogue with your Angels and consists of using Angel and Fairy Oracle cards and listening to the intuitive messages that are heard from your Angels. Your Angels want to help you with everything from sacred guidance to inspiration. *We expect Elizabeth's day will fill up quickly, so be sure to call right away to reserve your time with her.*



1/2 Hour Readings \$50/1 hour Readings \$80.00

Saturday, May 9<sup>th</sup> 10:00 am - noon

Saturday, July 25<sup>th</sup> 10:00 - noon

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### **"SPIRITUALITY"**

#### **May Day/Beltane Celebration**

Led by Manda Verdini

Join us as we gather to celebrate the peak of spring with Sacred Space, and to align ourselves with the Creative essence of the Life Force, the force of fertility, blossoming and expansion. And to call upon the Love Vibe, in ritual and magic. All are welcome! Please register early, as there is limited space.

Friday, May 1<sup>st</sup> 7:00 - 9:00 pm

\$10.00 donation to cover material costs & preparation

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Earth Spirits will be

CLOSED on

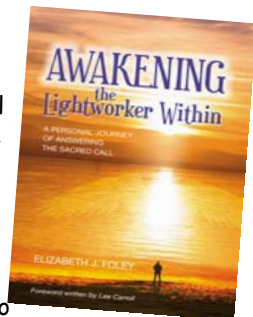
Easter Sunday

April 12<sup>th</sup>

## Lightarian Angellinks Program

With Elizabeth Foley, ATP

The five Lightarian Angellinks are designed to create extraordinary connections for you with a high Vibrational team of angelic beings that we call the 'A-Team'. This 'team' consists of a Seraph named Rose Aura and four Archangels (Michael, Raphael, Uriel and Gabriel). The Angellinks have been inspired by Seraph Rose Aura and these Archangels in order to directly and more strongly work with humans to advance their spiritual development. These linkages with Seraph Rose aura and the four Archangels are especially fine-tuned, extremely high-vibrational and truly permanent in nature. They are very different from the more traditional 'telepathic and etheric interactions' that many individuals already have with the Angels. Each of these Angellinks sets up a new, very special kind of linkage within your energy fields to allow you and these angelic beings to work together more effectively.



**LIMITED TO EIGHT PEOPLE                      \$100.00**  
**Saturday, May 9<sup>th</sup>                      1:00 - 4:00 pm**

### Angel Links to Archangels Michael and Raphael

**Saturday, June 20<sup>th</sup>                      1:00 - 5:00 pm                      \$50.00**

### Angel Links to Archangels Gabriel and Uriel

**Saturday, July 25<sup>th</sup>                      1:00 - 5:00 pm                      \$50.00**  
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## Understanding and Working with Universal Laws

With Elizabeth Foley, ATP

Everything in the universe reflects Divine law and order, and Universal Laws are extensions of our physical world that apply to the spiritual world. The study group is designed to cover and discuss the laws that govern the third dimension and the higher laws that govern the fifth dimension. Understand these laws and how they work and impact you, helps to empower you and transform you in becoming more God-realized and assist you with being a Master in the fifth dimension.

**\$30.00**

**Saturday, June 20<sup>th</sup>,                      10:00 - noon**

*Elizabeth is the owner of Divine Healing located in Nashua, NH. She is a certified Reiki Master, Integrated Energy Therapist and Angel Therapy Practitioner(R), and holds Master Degrees in Counseling and Public Health. She is also a doctoral candidate in Metaphysics at the American Institute of Holistic Theology. Visit her website at [www.divinehealing.us](http://www.divinehealing.us)*



## The Holy Grail Anointing Rite

Offered by Nancy Fanara-Berrien, Priestess

In this workshop "The Great White Motherhood" will channel this rite using the symbol of The Grail. The Great White Motherhood consists of many Goddesses: Isis, Mary, Hecate, Cerridwen, Kwan Yin, Buffalo Calf Woman, Grand Mother Spider, and many more.

Participants will experience an awakening to The Divine Self as Children of The Grail through a series of spiritual cleansing processes and rebirth for participants. Align with The New Earth and increase your Light through a series of total body clearances, DNA encodments, channeled Light Language, and Attunements unique to each participant.

Awaken to your star lineages and legacy as Children of the Grail. Remember and bring forward your soul level gifts and mission into the present.

The Rite concludes with Anointing into the "*Divine Order of the Rose*" of the Great White Motherhood and Divine, awakening to "world service" (how each of us can make the world a better place through gestures great and small). Certificate included.

- Wear something that helps you to connect with the spiritual working of the day in Beauty and Comfort. Trust your guidance.
- Bring a ritual cup of your choice: Lotus Cup, Crater, Chalice etc, to symbolize an open mind and heart...



**Pre-registration paid in full ~ \$99.00**

**At the door ~ \$125.00**

**Sunday, May 17<sup>th</sup>                      1:00 - 4:30 pm**

## "HEALTH AND HEALING"

### EFT: Emotional Freedom Techniques

with Kathryn McGlynn,

**Certified Hypnotherapist and Success Coach**

EFT is a new, dynamic, form of self-treatment that allows rapid freedom from trauma, fears, phobias, anxiety and other emotional issues. It is 'acupuncture without needles'.

You tap on stress relief points with your fingertips, providing a balancing effect that replaces emotional distress with peace. EFT is becoming known to many amazed users as a modern miracle. It can dramatically relieve emotional disturbances along with many physical symptoms. It often works in minutes, its results are usually long lasting and side effects are almost always positive.

**Saturday, April 18<sup>th</sup> 11:00 - 1:00 pm                      \$25.00**

*Kathryn is a professionally trained Certified Hypnotist, a certified HypnoBirthing childbirth educator. She uses hypnosis to help people enhance their lives by creating needed changes, building confidence, controlling habits and addictions, and even developing creativity and intuition. For more information see [www.hypnosis.ws](http://www.hypnosis.ws) or [www.hypnobirthingbaby.ws](http://www.hypnobirthingbaby.ws)*

## **HERBAL HOME REMEDIES**

### **With Herbalist Kate Gilday**

Each herb, flower, plant and tree has a unique set of qualities that we can use for health and healing, not only for ourselves, but also for our animal friends and the land. We may know some attributes of a selection of herbs, but there is always more to learn. Today we will review several of my favorite herbs and the ways they can be used or

applied for different people and a variety of conditions.

We'll prepare a "first-aid-kit-in-a-bottle" to take home, and experience a multitude of ways these plant allies can assist us increase our vitality and wellbeing.

Stories, case studies, hands-on medicine making and song will fill our time together. **\$75.00**

**Saturday, June 13<sup>th</sup> 10:00 - 5:00 pm**

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## **🌀 Kundalini Reiki 🌀**

### **Given by Diane Nuckle, Kundalini Reiki Master**

A simple and easy form of healing and self-development. By opening and strengthening the energy channels of the body, it is possible to channel healing Kundalini Reiki energy to yourself and to others, just by your intention.

There are three attunements (Levels I, II, and III) to Kundalini Reiki, which are all given at a distance. After the third attunement, the student becomes a Kundalini Reiki Master, and can then attune others as well.

During the course you will learn how to give a hands-on treatment to another person, send long-distance healing, plus several other methods for self-healing. Other uses such as healing karmic bonds, situations, personal qualities and character traits will be covered.

**\$125.00 for all three attunements**

Previous experience and attunements to other forms of Reiki are pre-requisite



## **Usui Reiki**

### **With Joyce Lafortune, RM/Teacher**

Reiki means 'Universal Life Energy', the healing energy of the Universe. It is an ancient, hands-on healing art that promotes healing of the body, mind and spirit. It is a gentle, non-invasive, heart-centered technique that can reduce stress and promote healing and personal growth.



### **First Degree Certification Classes**

**Tues/Thurs April 21/23**

**6:30 - 9:30 pm**

**Tues/Thurs June 9/11**

**6:30 - 9:30 pm**

You will learn the history of the traditional Usui method of Reiki, receive four attunements, learn the hand positions, and give and receive a treatment. You will be fully trained to do Reiki on yourself and your family. Certificate given upon completion. **\$150.00**



### **Second Degree Certification Classes**

**Tues/Thurs May 12/14 6:30 - 9:30 pm**

During this class you will receive additional attunements that will enable you to work with higher levels of Reiki energy and learn how to send this energy to facilitate long distance healing. Certificate given on completion. **\$250.00**

**Pre-Registration required on all classes**

*Joyce is a Traditional Reiki Master/Teacher whose interest is in bringing balance to the body through energy work and vibration. She is also a certified Flower Essence practitioner, herbalist and aromatherapist.*

### **Reiki Share - Free**

**Second Friday of each month ~ 6:00 - 8:00 pm**

**May 8<sup>th</sup>, June 12<sup>th</sup>, July 10<sup>th</sup>**

An evening of energy exchange. Come to give and to receive a treatment. Practice your hand positions, experience the energy, network and support each other. Open to all who have completed at least a First Degree Reiki class. Please give us a call ahead of time to let us know that you are coming

**TO REGISTER:** Please send (or drop off) the above form with your payment, phone it in, or register online through our website. **For all classes/workshops that have limited space available (maximums), payment in full will be required at time of registration to hold your space. For all other classes, a 50% deposit (unless otherwise specified) is requested.**

**REFUND POLICY:** Full refunds given for your cancellation if received at least 3 days before the class.

No refunds available after that date. Should a class be canceled, you will most certainly receive the full amount.

**EARTH SPIRITS**, PO Box 910, Sturbridge, MA 01566 508 347-1180 [www.EarthSpirits-Herbals.com](http://www.EarthSpirits-Herbals.com)