

October 2018

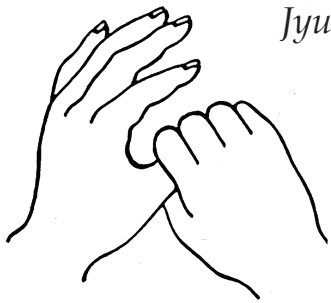
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Board Meeting 6:30 pm	3 Deeksha Meditation 7:00 pm	4 A Course in Miracles 7:00 pm Donation Hollis Toal, Facilitator	5 Medium At Large 7:00 pm \$20 Onya Shinn	6 Yoga with Shelly 10-11 am \$5 Sign-up mandatory. Signup sheet in kitchen.
7 Services 11:00 am 5:00 pm	8 Tucson Energy Healers 6:30pm	9	10 Deeksha Meditation 7:00 pm	11 A Course in Miracles 7:00 pm Donation Hollis Toal, Facilitator	12	13 Second Saturday Psychic Readings 10:00 am-4:00 pm
14 Services 11:00 am 5:00 pm	15 Healing Time 6:30 pm	16	17 Deeksha Meditation 7:00 pm	18 A Course in Miracles 7:00 pm Donation Hollis Toal, Facilitator	19 Tuning Into Your Intuition 7:00 pm \$10.00	20 Yoga with Shelly 10-11 am \$5 Sign-up mandatory. Signup sheet in kitchen.
21 Services 11:00 am 5:00 pm	22 Tucson Energy Healers 6:30pm	23 Intro to Jin Shin Jyutsu Nita Seneca 6:30 pm \$10.	24 Deeksha Meditation 7:00 pm	25 A Course in Miracles 7:00 pm Donation Hollis Toal, Facilitator	26	27
28 Services 11:00 am 5:00 pm	29	30	31 All Hallows' Eve  Deeksha Meditation 7:00 pm	It's said that All Hallows' Eve is one of the nights when the veil between the worlds is thin - and whether you believe in such things or not, those roaming spirits probably believe in you, or at least acknowledge your existence, considering that it used to be their own. Even the air feels different on Halloween, autumn-crisp and bright. ~Erin Morgenstern		

Intro to Jin Shin Jyutsu

with Nita Seneca

Tuesday, October 23, 2018 | 6:30 pm | \$10.00

Jin Shin Jyutsu is the Japanese ART of harmonizing the body, using the hands as “jumper cables,” thus providing a conduit for the body’s energy to unblock, travel, and flow freely.



Mary Burmeister, the woman who brought Jin Shin Jyutsu to America said, “Muscles don’t hurt, bones don’t hurt; tension hurts.” Areas of pain in the body indicate a buildup of tension in the body. By applying your “jumper cables” you will ease tension, thus paving the way for pain relief and relaxation, which will aid healing—and bring harmony.

Jin Shin Jyutsu is a unifying link that connects and harmonizes all systems—physical, mental, emotional and spiritual.

- It works at the level of cause;
- It is compatible with Western Medicine;
- It re-establishes the original blueprint;
- It honors individual wisdom in present time; and,
- It is so delightfully simple it can be done anywhere by anyone!

Join us for this **Intro** session, & then on November 13 and December 11 at 6:30 pm, for Nita’s very helpful, “**Thrive through the Holidays!**” classes. \$10/class.

Tamara’s Second Saturday Psychic Fair is adjusting its hours!

**Beginning Saturday,
October 13, 2018
the hours will be
10:00am through 4:00pm.**

Second Saturday Psychic Fairs at **Tamara Spiritual Center**

Every Month! 10:00 am to 4:00 pm

3002 E. Ft Lowell, Tucson, Arizona

Inbetween Tucson Blvd & Country Club on the South side of E. Fort Lowell

Past Lives

Auras

Energy
Healing

Tarot

Chakra
Balance

&

Much,
MUCH
More!



Tamara was the first organization in Tucson to hold Psychic Fairs—
& we’ve been holding them for 45 years!

If you would like to be a reader or provide a spiritual service, please leave a message at 520-325-0513 or send an email to info@tamarafoundation.com.
\$40 each month for one of our 14 table spaces.