

November 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>No one has ever become poor by giving. ~Anne Frank</p>				<p>1 (Private Study Group 6:00 pm) A Course in Miracles 7:00 pm Donation Hollis Toal, Facilitator</p>	<p>2 <i>Día de los Muertos</i> Medium At Large 7:00 pm \$20.00 Onae Shinn</p>	
<p>4 Services 11:00 am 5:00 pm</p>	<p>5</p>	<p>6 Board Meeting 6:30 pm</p>	<p>7 Deeksha Meditation 7:00 pm</p>	<p>8 <i>Reach for Your Dream!</i> 7:00 - 8:00 pm \$25 series Lorraine Rosemond A Course in Miracles 7:00 pm Donation Hollis Toal, Facilitator</p>	<p>9</p>	<p>10</p>
<p>11 Services 11:00 am 5:00 pm</p>	<p>12 Combined Meeting Healing Time & Tucson Energy Healers 6:30 pm</p>	<p>13 Thriving Through the Holidays Jin Shin Jyutsu 6:30 pm \$10.00 Nita Seneca</p>	<p>14 Deeksha Meditation 7:00 pm</p>	<p>15 <i>Reach for Your Dream!</i> 7:00 - 8:00 pm \$25 series Lorraine Rosemond A Course in Miracles 7:00 pm Donation Hollis Toal, Facilitator</p>	<p>16 Tuning Into Your Intuition 7:00 pm \$10.00 Onae Shinn</p>	<p>17</p>
<p>18 Services 11:00 am 5:00 pm</p>	<p>19 Healing Time 6:30 pm</p>	<p>20</p>	<p>21 Deeksha Meditation 7:00 pm</p>	<p>22 Thanks Giving</p>	<p>23</p>	<p>24</p>
<p>25 Services 11:00 am 5:00 pm</p>	<p>26 Tucson Energy Healers 6:30 pm</p>	<p>27</p>	<p>28 Deeksha Meditation 7:00 pm</p>	<p>29 A Course in Miracles 7:00 pm Donation Hollis Toal, Facilitator</p>	<p>30</p>	<p><i>Gratitude is the best Attitude</i></p>

THRIVING Through the HOLIDAYS!

Jin Shin Jyutsu with Nita Seneca
Tuesday, November 13 | \$10.00

What do I do to help myself if:

- I am on an airplane with ears popping & anxiety;
- Traveling causes jet-lag;
- I am overwhelmed; I overindulged in drink;
- I ate something that didn't agree with me;
- I was too stressed to eat; Someone is choking;
- Relatives/guests annoy me, I am depressed;
- I can't sleep; I have no energy; I am frenetic;
- Someone has a panic attack;
- I have a panic attack;
- HELP!



Nita will show us how to alleviate all of the above and much more! She'll give demonstrations to help achieve healthy energy and harmony. Nita will also refresh the basics of Jin Shin Jyutsu self-healing/self-care. Learn how to disperse **STRESS** and establish dynamic peace, energy and comfort for **EVERY** day, and especially for the HOLIDAYS!



REACH FOR YOUR DREAM!

Ideas and techniques for Creative Manifestation

with Lorraine Rosemond

A 2-Class Series
November 8 & 15

Series Cost \$25
due in full at first class.



November 8 will cover:

- Unconscious Manifesting
- Removing Blocks
- Fine-Tuning Affirmations



November 15 will cover:

- Visualizing Success
- Doing the "Leg Work"
- Creating a Simple Ceremony



Please bring a pad or notebook to write thoughts on during and between classes.

