

# CALENDAR OF EVENTS – TAKE ONE OR SEVERAL!

(Date: October 4, 2019)

Sharing The Light Wholistic Center, LLC

395 West Avon Road

Avon, CT 06001

(In the plaza behind Luke's Donuts in Avon.)

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Web: <http://www.sharingthelightwc.com> Email: [Cheryl@sharingthelightwc.com](mailto:Cheryl@sharingthelightwc.com)

Facebook: <https://www.facebook.com/Sharing-The-Light-Wholistic-Center-LLC-199260793825946/>



**WE ADD THINGS TO THIS SCHEDULE OFTEN, SO CHECK THE SHARING THE LIGHT FACEBOOK PAGE FOR ADDITIONS OR CHANGES. A PDF FILE CAN BE DOWNLOADED AND PRINTED AT:**

**<https://tinyurl.com/STLevents>**

**(Refresh your browser if needed to see latest schedule)**

Fri, Oct 4	<b>Ceremonial Healing Drum Circle with S'mores, 6:30-8PM</b>
Sat, Oct 5	<b>Let Your Light Shine Classes: Class 1, "I Love Me!" 9-11AM</b>
Sat, Oct 5	<b>Essential Oils and You, 2-4PM.</b>
Sun, Oct 6	<b>Crystal Dreaming Sessions with Suli, appointments available, 9:30AM</b>
Sun, Oct 6	<b>Learn About Crystals! 11AM-Noon, 4-5PM.</b>
Sun, Oct 6	<b>Design Your Own Personal Energy Jewelry, individual instruction and help. Walk-ins welcome. Noon-4PM.</b>
Sun, Oct 6	<b>Learn About Crystals! Running continuously as part of the jewelry class, showing the crystals you choose for your piece. Noon-4PM.</b>
Sun, Oct 6	<b>Baby's First Massage®: Learn How to Give Your Baby a Massage, 1-5PM. Instructional appointments available</b>
Sun, Oct 6	<b>Sunday Spiritual Science Discussion Group, 6-8PM</b>
Mon, Oct 7	<b>Meditation Monday in the Copper Pyramid, 1-5PM</b>
Mon, Oct 7	<b>Learn About Crystals! 6-7PM</b>
Mon, Oct 7	<b>Monday Metaphysical Discussion Meetup, 7-9PM</b>
Tue, Oct 8	<b>Psychic Readings with Shellie, appointments available, 11AM-2PM.</b>
Tue, Oct 8	<b>Shaman Cathy, appointments available, 5-7PM</b>
Tue, Oct 8	<b>Spiritual Psychic Medium Jamie, appointments available 6-8PM.</b>
Tue, Oct 8	<b>Inner Peace for World Peace: St. Germain and the Violet Flame, 6:30-7:30PM</b>
Wed, Oct 9	<b>Lightarian AngelLink Classes, 1-3PM Archangel Michael's AngelLink</b>
Wed, Oct 9	<b>Men's Spiritual Exploration Group Meetup, 7-9PM</b>
Thu, Oct 10	<b>Best Essential Oils for Hormonal Support, 6:30-7:30PM</b>
Fri, Oct 11	<b>Ceremonial Healing Drum Circle with S'mores! 6:30-8PM</b>
Sat, Oct 12	<b>Let Your Light Shine Classes: Class 2, "Anger and Forgiveness," 10AM-Noon</b>
Sat, Oct 12	<b>Traditional Usui Reiki 1 Certification, Part 1, 1-5PM</b>
Sat, Oct 12	<b>Messages from the Other Side Gallery Reading with Tina Angeli, 6:30-8:30PM</b>
Sun, Oct 13	<b>Drum Building Workshop, 14-Inch Cedar Frame Drum, 10AM-1PM or 1PM-4PM</b>
Sun, Oct 13	<b>The Story of Fatima, 2-3PM</b>
Sun, Oct 13	<b>Learn About Crystals! 4-5PM</b>
Sun, Oct 13	<b>Sunday Spiritual Science Discussion Group, 6-8PM</b>
Mon, Oct 14	<b>Meditation Monday in the Copper Pyramid, 1-5PM</b>
Mon, Oct 14	<b>Learn About Crystals! 6-7PM</b>
Mon, Oct 14	<b>Monday Metaphysical Discussion Meetup, 7-9PM</b>
Tue, Oct 15	<b>Psychic Readings with Shellie, appointments available, 11AM-2PM.</b>

Tue, Oct 15	<b>Shaman Cathy, appointments available, 5-7PM</b>
Tue, Oct 15	<b>Spiritual Psychic Medium Jamie, appointments available 6-8PM.</b>
Wed, Oct 16	<b>Crystal Dreaming Sessions with Suli, appointments available, 9:30AM or 2PM</b>
Wed, Oct 16	<b>Lightarian Angellink Classes, 1-3PM</b> <b>Archangel Uriel's Angellink</b>
Wed, Oct 16	<b>Avon Chapter Holistic Chamber of Commerce meeting, 6:30-8PM</b>
Wed, Oct 16	<b>Men's Spiritual Exploration Group Meetup, 7-9PM</b>
Thu, Oct 17	<b>Crystal Dreaming Sessions with Suli, appointments available, 2PM</b>
Thu, Oct 17	<b>Best Essential Oils for Restful Sleep, 6:30-7:30PM</b>
Thu, Oct 17	<b>Clearing Negative Energy and Spiritual Protection Class, 6:30-8:30PM</b>
Thu, Oct 17	<b>Spiritual Cinema, What the Bleep Do We Know 2, 7-9PM</b>
Fri, Oct 18	<b>Crystal Dreaming Sessions with Suli, appointments available, 9:30AM</b>
Fri, Oct 18	<b>Ceremonial Healing Drum Circle with S'mores! 6:30-8PM</b>
Sat, Oct 19	<b>Let Your Light Shine Classes: Class 3, "Gratitude and Sharing the Light/Love," 10AM-Noon</b>
Sat, Oct 19	<b>Traditional Usui Reiki 1 Certification, Part 2, 1-5PM</b>
Sat, Oct 19	<b>Peace Attunements, appointments available, Noon-4PM</b>
Sat, Oct 19	<b>Live Indian Classical Music for Mindfulness with Indrani, 3-4PM</b>
Sun, Oct 20	<b>Learn About Crystals! 11AM-Noon, 4-5PM.</b>
Sun, Oct 20	<b>Design Your Own Personal Energy Jewelry, individual instruction and help. Walk-ins welcome. Noon-4PM.</b>
Sun, Oct 20	<b>Learn About Crystals! Running continuously as part of the jewelry class, showing the crystals you choose for your piece. Noon-4PM.</b>
Sun, Oct 20	<b>Sunday Spiritual Cinema: What the Bleep Do We Know 2, 6-8PM</b>
Mon, Oct 21	<b>Meditation Monday in the Copper Pyramid, 1-5PM</b>
Mon, Oct 21	<b>Learn About Crystals! 6-7PM</b>
Mon, Oct 21	<b>Monday Metaphysical Discussion Meetup, 7-9PM</b>
Tue, Oct 22	<b>Psychic Readings with Shellie, appointments available, 11AM-2PM.</b>
Tue, Oct 22	<b>Shaman Cathy, appointments available, 5-7PM</b>
Tue, Oct 22	<b>Spiritual Psychic Medium Jamie, appointments available 6-8PM.</b>
Tue, Oct 22	<b>Reiki Share, 6:30-8PM</b>
Wed, Oct 23	<b>Crystal Dreaming Sessions with Suli, appointments available, 9:30AM or 2PM</b>
Wed, Oct 23	<b>Lightarian Angellink Classes, 1-3PM</b> <b>Archangel Raphael's Angellink</b>
Wed, Oct 23	<b>Traditional Usui Reiki 2 Certification, Part 1, 5-8PM</b>
Wed, Oct 23	<b>Men's Spiritual Exploration Group Meetup, 7-9PM</b>
Thu, Oct 24	<b>Crystal Dreaming Sessions with Suli, appointments available, 2PM</b>
Thu, Oct 24	<b>Introduction to Crystal Dreaming, free class! 6:30-7:30PM</b>
Thu, Oct 24	<b>Best Essential Oils for Respiratory Support, 6:30-7:30PM</b>
Fri, Oct 25	<b>Crystal Dreaming Sessions with Suli, appointments available, 9:30AM</b>
Fri, Oct 25	<b>Ceremonial Healing Drum Circle with S'mores! 6:30-8PM</b>
Sat, Oct 26	<b>Learn About Crystals! 11AM-Noon, 4-5PM.</b>
Sat, Oct 26	<b>Healing through Divine Love, 1-2:30PM</b>
Sat, Oct 26	<b>Design Your Own Personal Energy Jewelry, Noon-4PM, Running continuously, all day, individual help and instruction</b>
Sat, Oct 26	<b>Learn About Crystals! Running continuously as part of the jewelry class, showing the crystals you choose for your piece. Noon-4PM.</b>
Sat, Oct 26	<b>Adult Coloring for Stress Relief, 2-4PM</b>
Sun, Oct 27	<b>Learn About Crystals! 11AM-Noon, 4-5PM.</b>
Sun, Oct 27	<b>Design Your Own Personal Energy Jewelry, individual instruction and help. Walk-ins welcome. Noon-4PM.</b>
Sun, Oct 27	<b>Learn About Crystals!. Running continuously as part of the jewelry class, showing the crystals you choose for your piece. Noon-4PM.</b>

Sun, Oct 27	<b>Sunday Spiritual Science Discussion Group, 6-8PM</b>
Mon, Oct 28	<b>Meditation Monday in the Copper Pyramid, 1-5PM</b>
Mon, Oct 28	<b>Learn About Crystals! 6-7PM</b>
Mon, Oct 28	<b>Monday Metaphysical Discussion Meetup, 7-9PM</b>
Tue, Oct 29	<b>Psychic Readings with Shellie, appointments available, 11AM-2PM.</b>
Tue, Oct 29	<b>Shaman Cathy, appointments available, 5-7PM</b>
Tue, Oct 29	<b>Spiritual Psychic Medium Jamie, appointments available 6-8PM.</b>
Wed, Oct 30	<b>Crystal Dreaming Sessions with Suli, appointments available, 9:30AM or 2PM</b>
Wed, Oct 30	<b>Lightarian AngelLink Classes, 1-3PM</b> <b>Archangel Gabriel AngelLink</b>
Wed, Oct 30	<b>Traditional Usui Reiki 2 Certification, Part 2, 5-8PM</b>
Wed, Oct 30	<b>Men's Spiritual Exploration Group Meetup, 7-9PM</b>
Thu, Oct 31	<b>Crystal Dreaming Sessions with Suli, appointments available, 2PM</b>

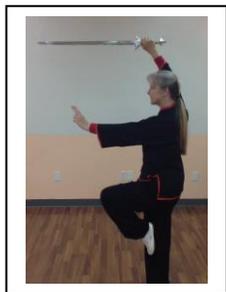
## DESCRIPTIONS OF CLASSES, EVENTS AND SESSIONS

**Fri, Oct 4: Ceremonial Healing Drum Circle with S'mores! 6:30-8PM.** Here is one that is different from all the rest! These are prayer, meditation and healing circles, with the shaman's drum beat the focusing energy. After a round



of introductions, so everybody knows everybody, we begin with a prayer to the winds of the four directions, asking blessing for our evening's event. We then enter a lightly guided spiritual journey, journey, led by the beat of a drum. When everyone returns from their journey, we play together in whatever beat moves the group, spontaneously in a group setting where everyone got to join in and play a variety of drums and rattles. Next, each participant is offered the opportunity to sit in the center chair, to share in group healing energy. The others in the group play whatever rhythms they feel would help the person on their journey, healing of whatever their goals of the day may be. Last, Cheryl or Suli lead us in a guided meditation and prayer to round out the evening. You never know what will happen when people get together at a drum circle, and we want you to know we have witnessed pain disappearing, emotional upheaval clearing and remembering of past lives during these events. We have folding

chairs, but feel free to bring your own comfy portable We have the kleenex, we just need you! We are holding these indoors due to cooler weather, but Ed will go outside and make you a s'more! \$10 facility fee.



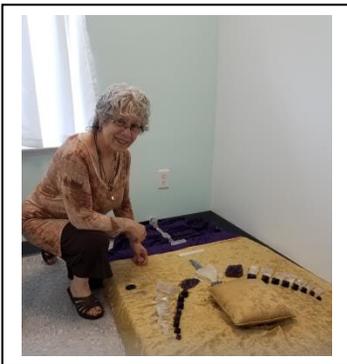
**Sat, Oct 5: 32-Movement Tai Chi Sword with Cynthia, 9:30-10:30AM.** Tai Chi is a great way to improve Balance, Grace and Mental Focus. It can assist one in relaxing, moving toward mindfulness, and releasing stuck energy in the body. Energy Healers, Medical personnel, Caregivers also can use Tai Chi and QiGong to increase their Qi and energy, which will improve inner vitality and overall health. On Tuesdays, students will learn the Yang Style 24 form Tai Chi & Simple QiGong movements. On Saturday, Cynthia teaches 32-Movement Tai Chi Sword. She was a member of the US team in the very first Tai Chi competition at the Olympics in China in 2014! Get 6 classes for \$98.00 if purchased as a package or pay \$20 to drop in. Your first class with Cynthia is free!

**Sat, Oct 5: Let Your Light Shine Class, Class 1, "I Love Me!" 10AM-Noon.** Class 1: "I Love Me!" The first class to brings you back to balance! This fun class is interactive and you MUST register to get all the information you need before class begins. Class 2 - "Anger and Forgiveness,." The second class is to acknowledge it and deal with it once and for all! Class 3 - "Gratitude and Sharing the Light/Love." The final class encourage you to not only let your light shine, but show others how to do it too! Please register before the first class as an email will be sent to explain what you need to do to prepare for the first class. Pay \$25 each or all three for just \$59, if you pay by cash or check. Add \$3.00 for credit processing fees. You will leave with more than just hand outs. You will have a new understanding of how life really can be very simple if you put these tips to use daily.

**Sat, Oct 5: Essential Oils and You, 2-4PM.** Did you know that the Essential Oils market was valued at \$3.36 billion in 2015, \$6.63 billion in 2016, and is set to hit \$11.67 BILLION by 2022?! That's an increase of almost 9.7%!

dōTERRA's current 'most popular' oils include Frankincense and Lemon, both of which have numerous health benefits. (The 'Family Essentials Kit' wins out as our most popular overall product!) So why the rising interest in essential oils? What use do they have other than making our homes smell good? Many oil users are unaware of the health benefits their oils could have on both the body and the mind. The term 'essential oil' refers to the unique scented liquid which is extracted from natural plant products, compressed into its purest and most compact form and bottled for consumer use. As well as promoting bright, uplifting and sensory-pleasing aromas in the home environment, many essential oils may have health-boosting properties, too, which makes them an invaluable resource to keep in the home. During Your Body And Essential Oils on Saturday, October 5th at 2:00 pm EDT, guests will learn about how various dōTERRA essential oils can be used internally to help with common imbalances and illnesses. Debunking Misconceptions About Essential Oils: While dōTERRA's essential oils are considered safe for internal use, It's important to exercise caution when ingesting any essential oil.

In fact, most (but not all) brands will have at least some oils which should not be ingested, and this will be clearly stated on the labels - be sure to check this before use! For this reason, many people believe that essential oils can NEVER be ingested or used on the body - we're here to prove that this is simply not true! When diluted, taken internally, and/or used on the skin, dōTERRA's natural oils and various other ingestible and blended products have been thought to: Help boost the immune system; Assist with the digestive system; Help promote a clear respiratory system; Help provide a grounding sensation; Calm and soothe feelings of anxiety and so much more! In fact, many people believe essential oils to be the cure for our modern 'Age of Anxiety', and it's not hard to see why. The public's awareness of health benefits associated with internal use of these natural products is rising and is in higher demand than ever before! Hosted by: Mindful Self Health. A Holistic Approach To Helping Illness and Imbalance - Our Motivation: Essential oils have MANY uses, one of which is helping the symptoms of common illnesses and imbalances. This makes them a key element in many holistic and functional medicinal practices, and most naturopaths will include oils in at least some elements of their practice. dōTERRA Wellness Advocates are driven to help people gain a clear understanding about the many benefits and uses of essential oils which including clearly outlining which oils to use in which circumstance, where not to use oils, and how best to maximize their effects. Please invite along anyone you feel deserves to benefit from this gathering, and be sure to RSVP today!

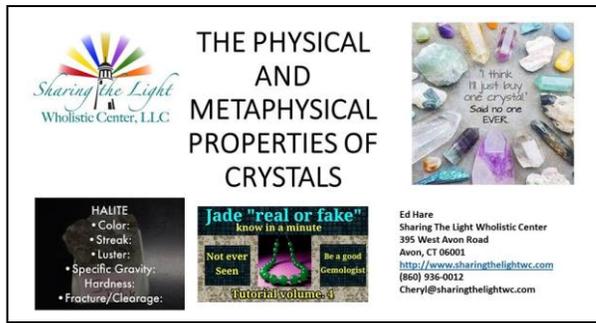


**Sun, Oct 6: Crystal Dreaming™ Sessions with Suli, appointments available,**

**9:30AM.** Crystal Dreaming™ is an advanced healing technique that originated in Australia. It uses the power of a mandala of crystals placed around the head and body to open the subconscious mind and facilitate a deep meditative state. In this state you can perceive this life and past life experiences and journey through many dimensions while you remain fully conscious. The sessions are conducted by KT Suli Sullivan, one of the business partners here at Sharing The Light. She is one of only several dozen certified Advanced Crystal Dreaming Therapists in the US. She received her training from Raym (Crystal Master and Founder of Crystal Dreaming.) Each experience is different, but through Crystal Dreaming you may experience: Clarification of your life purpose; Emotional, physical and spiritual healing; Reconnection to your Divine Higher Spiritual

Self; Release of phobias and fears; Release of blockages, stagnancy, negative energies and other influences; You may understand and unlock past life abilities, talents and gifts; Connect with spiritual guides or angels; Receive upgrades and activations for your energy body; Visit with loved ones who have passed to the other side; Visit the Akashic records. When you have cleared away the significant inner blocks you have, you may experience the Bliss of the Universe. Suli begins each session by explaining to you what Crystal Dreaming is, how you will be placed on the mat on the floor that will help you be comfortable, what crystals are used and how they will be used in the session. She will ask you what you hope to accomplish and what your life goals are, and she will answer any questions you may have. After this, each session typically takes from one to three hours, with no time limit. The session runs until it feels to both the practitioner and the client that it has met its goals and served its purpose. After each session, both people talk about the experience and Suli will answer any questions you may have. She is also available in the coming days by phone or in person if there is anything that the session brought out that you may want to talk about. Each session, including the follow-up time, costs \$150.00. Appointments are available almost any time, but this time has been reserved for Crystal Dreaming appointments. Call Suli at 860-936-0012 to reserve your time.

**Sun, Oct 6: Learn About Crystals! 11AM-Noon and again at 4-5PM.** This class is one of a series being taught by Ed Hare, a regular teacher here at Sharing The Light. When Ed was a boy, he fell in love with crystals, collecting



them and learning about their physical properties. He learned how to tell one for another and found crystals everywhere he went. Now, later in life, he learned that crystals also hold metaphysical energies and properties, so he has learned more about what crystals can do other than look pretty on a shelf or in a piece of jewelry. In this one-hour class, Ed teaches you about both the physical and metaphysical properties of selected crystals, helping you to recognize the different crystals and stones you may find in your life, learning how to tell the real from the imitations if you are buying crystals or jewelry and learning what energetic properties different crystals can bring to your

life. Everybody loves birthstones, so this first class tells you all about birthstones, how they came to be chosen by ancient cultures to symbolize the month of your birth and, of course, what physical and spiritual properties they have when you include them in your life. The class is only \$10, and you will be given a \$10 coupon you can apply to any crystal or stone in the Sand Dollar gift shop or to one of our jewelry-building classes.

**Sun, Oct 6: Design Your Own Personal Energy Jewelry, Noon-4PM.** Running continuously, individual instruction and help Walk-ins welcome. Everybody loves jewelry and crystals and we all know that some parts of life exist just for us! To bring these thoughts together, Sharing The Light has



gathered a large assortment of crystal beads and jewelry-making supplies and tools to help you to create a custom jewelry piece just for you! You can read the information sheets we have prepared, describing the metaphysical properties of each of the crystal bead we have in stock and select the gemstones that hold what you want to include in your life. We have a worksheet you can use to work out the vibrational numbers present in your name and select crystals that balance what may be missing. Or, you can simply select crystal beads you like, bead-by-bead if you wish! We have the bead boards you can use to lay out the necklace or bracelet you are designing. You will then string the beads onto your choice of high-grade beading wire

or a convenient stretchy cord. We can help you crimp on your selection of clasps and you can leave wearing a fine piece of custom jewelry you made yourself! The class and instruction are free. The finished product with quality alloy findings or a stretchy cord sells for \$3 per inch. You can upgrade to silver-plated findings for a flat charge of \$5 or sterling silver can be used for \$10.

**Sun, Oct 6: Learn About Crystals! Noon-4PM** Running continuously as part of the jewelry class, showing the crystals you choose for your piece. See the description earlier in this calendar.

**Sun, Oct 6: Baby's First Massage® - Individual class appointments available to teach you how to give your baby a massage, 1-5PM.** Infant massage has been proven to provide many benefits to the entire family. One of Suli's skills is as a certified and insured Baby's First Massage® instructor. She is available for individual and family appointments to teach you how to give a massage to an infant in your care. Babies who receive massage can experience: Better performance on neurological assessment scales; Better sleep/wake behaviors; Greater sooth-ability; Improved growth and development; Improved relaxation and release of accumulated stress; Strengthened digestive, circulatory and gastrointestinal systems; Reduced discomfort from teething, congestion, gas, colic and emotional stress; Improved muscle tone coordination; Reduced blood pressure; Improved overall health. Families who share in infant massage can experience: Stronger bonding and attachment between parent and baby; Improved ability of the parent to read infant cues; Increased confidence in parenting; Increased communication between baby and parent; Strengthened parenting skills; Stronger family foundation through understanding, positive communication, and touch. In a Baby's First Massage® class, you will learn: How to understand early infant communication; Effective comforting techniques; Techniques to aid babies healing process after birth; Adapting touch so it is gentle enough yet gives very powerful benefit to a little newborn. A gift certificate for Baby's First Massage® class is an excellent baby shower gift. Call to arrange an appointment or drop in to pick up a gift certificate. The \$55.00 course fee covers either or both parents for the same fee. This is individual instruction, not a group class setting.

**Sun, Oct 6: Sun, Sep 8: Sunday Spiritual Science Discussion Group, 6-8PM.** Many people in the spiritual community also have a love for some aspects of science. Cosmology is discovering how vast and complex reality is, complete with new discoveries of the infinite potential found in things like dark matter and dark energy, pointing to things that science still doesn't fully understand. At the quantum level, science shows that all things are possible, even the impossible, and that it is observation and consciousness that create reality, not the other way around. In this weekly meetup group, we show a video on some aspect of these science subjects, but one that looks at them from a very metaphysical and spiritual way. The group discussion afterwards is even more interesting than the video, because it can include a wide range of opinion and thought. Once a month we show a full movie, so look to the Sharing The Light Events page for information about each week's theme. A suggested donation of \$5 to \$10 covers the facility costs, free bottled water and popcorn.

**Mon, Oct 7: Meditation Monday in the Copper Pyramid, 1-5PM.** Introducing the Meditation Room! Spirit has guided us to offer a specialized meditation package! This month's meditation focuses on Going Within to connect



with LOVE! Schedule an hour with us and choose any or all of the following: Get saged; Receive a reiki boost; Select your preferred relaxing CD music; Roll on the designed DoTerra Essential Oil blend made especially for this meditation (yes, you can buy one if you like it!); Borrow our crystals picked to enhance your experience; Read the written meditation, then GO WITHIN! The calm you feel by the sights, sounds, smells and total atmosphere will bring you back for the experience again and again! We spend so much time and money on other things, isn't it time to put YOU first? Drop in for \$15 for an hour or \$10 for half an hour! ONLY \$10 FOR AN HOUR ON MONDAY! Buy a package deal to get one a month for a year at \$150 and Save \$30! Want to attend

weekly? Pay \$500, and Save \$280! Call for your private appointment time: 860-936-0012. .

**Mon, Oct 7: Learn About Crystals! 6-7PM.** See the description earlier in this catalog.

**Mon, Oct 7: Monday Metaphysical Discussion Meetup, 7-9PM.** This meetup discussion group gathers every Monday at Sharing The Light in Avon from 7 PM to 9 PM. Most of us who have chosen a life that includes spiritual and holistic exploration truly enjoy deep conversations with other like-minded people. The Monday Metaphysical Discussion Meetup is a weekly group that meets at Sharing The Light every Monday to explore a wide range of ideas! This will be done through a variety of formats, but the emphasis is on discussion and the sharing of a wide range of ideas. You can join us any Monday evening to share your stories and to hear about the experiences of others. There is no specific charge for this meeting, but heartfelt donations do help us pay for the rent, heat and lights. The most important things to bring are yourselves,



your ideas and your stories! Coffee, tea, water and light snacks are provided.

**Tue, Oct 8: Psychic Readings with Shellie, appointments available, 11AM-2PM** Please call for your preferred private reading appointment with Shellie! Call for other times to meet your schedule! \$70 for half an hour. Consider having a psychic party at Sharing The Light! \$25 p/person get each person a private 20 minute reading. YOU bring your friends, some food and let the fun begin! The host of the party gets a FREE reading! Perfect girls night out! Call Cheryl at (860) 936-0012 to reserve your time.

**Tue, Oct 8: Shaman Cathy, appointments available, 5-7PM.** Cathy is an RN, a Reiki Master, a certified light body healer and a shaman. Shamans use energy work and their guides and the guides of their clients to clear emotions stuck in their energy fields, to release trauma experiences and to discover agreements so clients can void them out and to recover loss of soul. Light body healing is shamanic energy medicine. At its heart is clearing the luminous energy field and the physical body of lower vibration emotions and experiences that were pushed into it in the past when we were at an age where we could not process thru these experiences. What people push into their energy fields may be abusive trauma, accidents, experiences of rejection and humiliation, experiences of fear, pain and shame. Sometimes we made self-limiting beliefs about ourselves that unless changed affect our path in life way into adulthood. This may include beliefs like, "I am insignificant"; "I am unworthy" or "I don't count." Her offerings include: Chakra

illumination, \$100.00, 45 minutes to one hour; 7-chakra illumination. \$125.00, 45 minutes to one hour; Soul retrieval: \$100.00, 45 minutes to one hour; Soul retrieval, lower world extraction/upper world extraction as needed: \$150.00 (90 minutes). Each session includes: removal of foreign energy x2, a decoupling which resets fight/flight response, and visual imagery to meet one's higher consciousness as desired by client.

**Tue, Oct 8: Spiritual Psychic Medium Jamie, appointments available 6-8PM.** Jamie was very young when she first saw spirits, she thought they were friends and family that were coming to visit. About the age of 5 years old Jamie realized that she saw and heard things others did not. The feeling of love and comfort that they conveyed by their presence and the message they communicated was something she wanted to share with others. For over 10 years, Jamie has been sharing her gift that our loved ones are always with us. Please contact us to book your appointment for half hour reading at \$65, a 45 minute spirit detachment at \$97 or a spirit guide connection reading for one hour at \$130. Sometimes you can drop in, but we prefer appointments! Give Cheryl a call at (860) 936-0012 to reserve your time.



**Tue, Oct 8: Tuesday Evening Tai Chi with Cynthia, 6:30-7:30PM.** Tai Chi is a great way to improve Balance, Grace and Mental Focus. It can assist one in relaxing, moving toward mindfulness, and releasing stuck energy in the body. Energy Healers, Medical personnel, Caregivers also can use Tai Chi and QiGong to increase their Qi and energy, which will improve inner vitality and overall health. On Tuesdays, students will learn the Yang Style 24 form Tai Chi & Simple QiGong movements. On Saturday, Cynthia teaches 32-Movement Tai Chi Sword. She was a member of the US team in the very first Tai Chi competition at the Olympics in China in 2014! Get 6 classes for \$98.00 if purchased as a package or pay \$20 to drop in. Your first class with Cynthia is free!

**Tue, Oct 8: Inner Peace for World Peace – St Germain and the Violet Flame, 6:30-7:30PM.** Everyone talks about wanting World Peace, but how do we actually achieve it? It starts with YOU! You were probably not taught what to do when you are NOT in peace. How do we feel when we are NOT in peace? Those are “red flags” that should alert you to stop what you are doing and regain peace. You must free yourself from all your fears, your anger or bitterness, which could impact your energetic vibration. Mindfulness of the present moment is the solution followed by calling upon St. Germain and the Violet Flame. St. Germain and the Violet Flame have the way to do it easily, simply and effectively. This information is mandatory for all to learn in order for us to raise our individual vibration and ultimately the world vibration. This is not a religious belief system. ST. Germain is the patron Saint for The United States of America. Anyone and everyone can call upon him for individual and world peace. The introduction to St. Germain and the Violet Flame is given at Sharing The Light by donation. Come to learn about St. Germain and the Violet Flame on the following dates OR call for your private appointment, also done by heartfelt donation.

**Wed, Oct 9: Archangel Michael's AngelLink, 1-3PM.** A specialized team of angelic energies consisting of a Seraph and four Archangels...to assist you in your day-to-day life. Expand the pure angelic qualities of unconditional love, non-judgment, courage, beauty and joy within your energy fields. Establish a series of five unique and permanent guideship connections with these supportive angelic beings. The five Lightarian AngelLinks are designed to create extraordinary connections for you with a high vibrational team of angelic beings. 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. Their intentions are to infuse into the energy fields of humans many of the qualities and energetic patterns which they embody. Typically, the connections created via the AngelLinks are much deeper than the angelic contacts that humans have long been experiencing. 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. Please note that the Seraph Rose Aura AngelLink represents our "Lightarian Doorway" into the energetic level of the Archangels and is a prerequisite for receiving the four Archangel AngelLinks. If you have a connection with angels, this is THE class Cheryl recommends! It has

brought higher levels of healing into Reiki sessions than with Reiki alone. If you are looking to introduce angels into your sessions, this is the class for you! The Seraph Rose Attunement class is \$125.00. Mark your calendar for March 9 (AA Michael), 16 ( AA Raphael), 23 (AA Uriel) and 30 (AA Gabriel) ! These classes are just \$95! Buy the entire program at \$454.00 and save \$51! See the description that follows in this calendar for the other classes and dates. Through this AngelLink connection, Archangel Michael will work "in your etheric background" to provide ongoing support for you in creating non-judgment in all areas of your life. He will also focus on assisting you in successfully navigating within the etheric realms via telepathy, channeling, conscious etheric travel, etc. Michael was the first Archangel to step forward to offer his AngelLink.

**Wed, Oct 9: Men's Spiritual Exploration Group Meetup, 7-9PM.** Spirituality is changing. It is no longer limited to fixed beliefs in the tenets of only one religion. The growth of instant worldwide communication provides an opportunity to explore a wider range of ideas. The old patriarchy is being replaced with a society in which men and women play more equal roles. Those of us who follow social media see posts and classes about the rise of the feminine. I think we can all agree that these are good things that will make the world better. Men face interesting challenges in these changing times, especially men who want to pursue spirituality and a deeper understanding of the Universe and the self. How do we open ourselves to a more gentle and loving way and still keep our identity as men? As much as we believe in the need for absolute equality, men and women are still clearly different, and as men, we, too, sometimes feel misunderstood and demeaned, and as men, we want to know more about how to be a spiritual man in a world where some people overly emphasize the value of being men, while in other circumstances, that value is sometimes diminished and unvalued.? This group is simply a men's discussion group, to allow us to talk about these things with other men, to learn from each other and find ways to be better and stronger men as we explore the new ways that are being shown to us. There are no fixed agenda here, although participants can suggest topics, in advance or on the spot. Donations are accepted to help cover facility costs.

**Thu, Oct 10: Best Essential Oils for Hormonal Support, 6:30-7:30PM.** See the description earlier in this calendar.

**Fri, Oct 11: Ceremonial Healing Drum Circle with S'mores! 6:30-8PM.** See the description earlier in this calendar.

**Sat, Oct 12: 32-Movement Tai Chi Sword with Cynthia, 9:30-10:30AM.** See the description earlier in this calendar.

**Sat, Oct 12: Let Your Light Shine Class, Class 2, "Anger and Forgiveness," 10AM-Noon.** See the description earlier in this calendar.

**Sat, Oct 12: Traditional Usui Reiki 1 Certification – Part 1, 1-5PM.** The Traditional Usui Reiki 1 class is 8 hours. Cheryl breaks this into two 4 hour classes to allow you to leave with two attunements and practice for a week before returning for another two attunements. Cheryl finds this method is best for students to practice and return with questions for the second class. Both classes are required for certification with lineage. Cheryl teaches Traditional Usui Reiki; however, she does add the nontraditional teachings of crystals, color therapy and chakras. They all complement each other and give a great benefit to Usui Reiki. Cheryl is flexible with scheduling; please email your needs if you don't see a class on the calendar that fits your schedule! Each of the two classes is \$100.00, for a total of \$200. to be certified. The second class will be held a week later, same time. Both are required for certification. The class includes: Reiki History; Hand Placements; Chakra system; Crystal Insight; Treatment guidelines and four Attunements, in the crown, hands and feet! The foot attunements allow you to give Reiki with your feet. There is plenty of practice time to work on yourself and others, discussion on protection, and a guided Meditation. You will leave with "homework" to do before the second part of class. Please bring a journal, socks, a sweater and food/drink to class along with something for the reiki altar which will absorb the energy of the class.

**Sat, Oct 12: Message from the Other Side Gallery Reading with Tina Angeli, 6:30-8:30PM.** Gallery Readings are the least expensive way to hear from loved ones who have passed over. Tina needs a minimum of 15 to hold this gallery, so please call 860-936-0012 to reserve your seat! Tina Angeli is the owner of the S.O.U.L. Center in Granby, CT. She has been in communication with angels/guides and loved ones in spirit since she was a child in Italy. She has also been a co-facilitator of the Near-Death Experience group at Uconn Health Center in Farmington since 2014. Below is an excerpt from her book: We Are Angels is the story of how my angel visits and three near-death experiences shaped my life from childhood to adulthood. My connection with angels has led me to a place of forgiveness, acceptance, compassion, healing, and tranquility. I share this account to honor the Spirit within my experiences. I do realize that everyone's path is different. It is not my intention to be emulated. It is my wish to let the readers know that the same options are available to everyone. My purpose in writing this book is to help others to

walk their own path without fear of death and with the knowledge that truly we are angels. To purchase tickets by credit card: <https://WWW.paypal.me/SharingTheLight/28>. \$25.00 by cash or check, \$28 by credit, \$30.00 at the door

**Sun, Oct 13: Drum Building Workshop, 14-Inch Cedar Frame Drum, 10AM-1PM and again at 1PM-4PM.**

Many people like drumming, but there is a special magic to playing a drum that you have built yourself! When you put your intentions and dreams into a drum you have assembled with your own hands, you create a unique drumming experience! The class is a lot of fun, not only building a drum, but also hearing the stories of how I came to be a drum builder and getting to meet other local people that enjoy drumming. We provide a nice drum kit, all the hand tools needed and complete instructions and help that will let you build a drum in a couple of hours, even if you don't consider yourself to be handy. This is kid-friendly, too, with kids as young as 6 having built drums, with a bit of help from Mom, Dad and drum-maker Fast Eddie. The price is great, including the class, drum kit and all materials. Please call (860) 936-0012 to register because we need to prepare materials for the class. The class is only \$100, including the drum kit! If you bring a friend, you will each save \$5! Or ask for a \$20 off coupon when you show up for your class and we will give you and your friend coupons that you can use on the spot!

**Sun, Oct 13: The Story of Fatima, 2-3PM.** The year was 1917, Mother Mary appeared to Lucia, Francisco and Jacinta in Fatima, Portugal for 6 months from May to October. Always on the 13th of the month. Come hear what was said to Lucia monthly. Why is this considered one of the most prophetic of all modern apparitions? We end at 3:00pm, the time when Mother Mary would appear to them. 102 years later, where will you be? JOIN US!  
By donation.

**Sun, Oct 13: Learn About Crystals! 4-5PM.** See the description earlier in this calendar.

**Sun, Oct 13: Sun, Sep 8: Sunday Spiritual Science Discussion Group, 6-8PM.** See the description earlier in this calendar.

**Mon, Oct 14: Meditation Monday in the Copper Pyramid, 1-5PM.** See the description earlier in this calendar.

**Mon, Oct 14: Learn About Crystals! 6-7PM.** See the description earlier in this catalog.

**Mon, Oct 14: Monday Metaphysical Discussion Meetup, 7-9PM.** See the description earlier in this calendar.

**Tue, Oct 15: Psychic Readings with Shellie, appointments available, 11AM-2PM.** See the description earlier in this calendar.

**Tue, Oct 15: Shaman Cathy appointments available, 5-7PM.** See the description earlier in this calendar.

**Tue, Oct 15: Tuesday Evening Tai Chi with Cynthia, 6:30-7:30PM.** See the description earlier in this calendar.

**Tue, Oct 15: Spiritual Psychic Medium Jamie, appointments available 6-8PM.** See the description earlier in this calendar.

**Wed, Oct 16: Crystal Dreaming™ Sessions with Suli, appointments available, 9:30AM or 2PM.** See the description earlier in this calendar.

**Wed, Oct 16: Archangel Uriel's AngelLink, 1-3PM.** Archangel Uriel has stepped forward to provide us with an infusion of angelic beauty that will allow you to experience the "feminine side of beauty" through a heightened sense of appreciation and the masculine side of beauty through the stimulation of your talents for creative expression. Through this AngelLink connection, Uriel can help stimulate your creativity and inspiration for artistic expression in its many forms.

**Wed, Oct 16: Avon Chapter Holistic Chamber of Commerce Meeting, 6:30-8PM.** See the description earlier in this calendar for information about the meeting format.

**Wed, Oct 16: Men's Spiritual Exploration Group Meetup, 7-9PM.** See the description earlier in this calendar.

**Thu, Oct 17: Crystal Dreaming™ Sessions with Suli, appointments available, 2PM.** See the description earlier in this calendar.

**Thu, Oct 17: Best Essential Oils for Restful Sleep, 6:30-7:30PM.** See the description earlier in this calendar.

**Thu, Oct 17: Clearing Negative Energy and Spiritual Protection Class, 6:30-8:30PM.** Whether you are a student of spirituality or a seasoned healing practitioner it is important to learn how to clear and protect yourself. While you are going about your normal day you are forming cords that attach you to every person, place, time and event that you encounter. Your aura is interacting with the auras of others and picking up energies. These energy interactions and exchanges can drain your energies, stifle the growth of a relationship, cause you to hold onto the past or cloud your

feelings towards a person. Learn how to get rid of cords, clear away unwanted energies and protect yourself. The class is \$35. If you bring a friend, you can each save \$5!

**Thu, Oct 17: Spiritual Cinema, 7-9PM. “What the Bleep Do We Know?” 7-9PM.** Once a month, we show a Spiritual Cinema movie. These can be spiritual or holistic documentaries, or fictional movie with a story that speaks to some spiritual idea or principle. These are held on Sundays from 6-8PM and again on Tuesday or Thursday from 7-9PM. The movie is followed by time for people who come to get to know each other and to talk about the movie. There is no set by by which everyone will turn into a pumpkin, so people watch the movie, talk and then leave when it right for them. A \$5 or \$10 suggested donation covers the facility costs plus free popcorn and bottled water. The movie this month is What the Bleep Do We Know?” The protagonist, Amanda, played by Marlee Matlin, finds herself in a fantastic Alice in Wonderland experience when her daily, uninspired life literally begins to unravel, revealing the uncertain world of the quantum field hidden behind what we consider to be our normal, waking reality. She is literally plunged into a swirl of chaotic occurrences, while the characters she encounters on this odyssey reveal the deeper, hidden knowledge she doesn’t even realize she has asked for. Like every hero, Amanda is thrown into crisis, questioning the fundamental premises of her life – that the reality she has believed in about how men are, how relationships with others should be, and how her emotions are affecting her work isn’t reality at all! As Amanda learns to relax into the experience, she conquers her fears, gains wisdom, and wins the keys to the great secrets of the ages, all in the most entertaining way. She is then no longer the victim of circumstances, but she is on the way to being the creative force in her life. Her life will never be the same.

**Fri, Oct 18: Crystal Dreaming™ Sessions with Suli, appointments available, 9:30AM.** See the description earlier in this calendar.

**Fri, Oct 18: Ceremonial Healing Drum Circle with S’mores! 6:30-8PM.** See the description earlier in this calendar.

**Sat, Oct 19: 32-Movement Tai Chi Sword with Cynthia, 9:30-10:30AM.** See the description earlier in this calendar.

**Sat, Oct 19: Let Your Light Shine Class, Class 3, “Gratitude and Sharing the Light/Love,” 10AM-Noon.** See the description earlier in this calendar.

**Sat, Oct 19: Peace Attunements, appointments available, Noon-4PM.** A message from the God of Peace Seraph:



"The Peace Attunement is direct from the breath of God. God can instantly give you what you need and now it is time for Peace on Earth. It is imperative, if you are a person who believes in Peace, who prays for Peace, that you BE PEACE NOW. As you all are attuned to Peace, as you feel it within, the Divine plan of Peace on Earth begins. This vibrational shift to Peace is the momentous needed worldwide. The Peace Attunement takes between 20-45 minutes, while each person's unique needs are met, the exact time varies person to person. The session begins by you laying on a massage table fully clothed, with just shoes and glasses removed. Cheryl placing her hands above the heart chakra, then ends with both hands on the crown chakra. It is very simple, very little movement of hands is involved. Once it is completed, it can take up to 10 minutes before you are ready to get

off the massage table. These private sessions are \$55. See other dates and times..



**Sat, Oct 19: Live Indian Classical Music for Mindfulness with Indriani Mukherjee, 3-4PM.** We have a really special event happening Saturday

afternoon at Sharing the Light Wholistic Center in Avon! Indrani Mukherjee is conducting live Mindfulness classes using Indian Classical Music (vocal) to help people in a wonderful meditative way. These unique Mindfulness Classes through Indian Classical Music can literally transform your entire world from the inside out.

Indrani will sing a song (Indian Classical Music) for 15 -20 minutes for mindfulness and then she will teach how to sing that song. That will be a group class. These special classes will help you to reduce (stress, anxiety ,anger issues,

depression and forgetfulness), feel free, relax . This class will stimulate and make you feel happy and provides positive energy that can help you to build up your inner strength. It’s a process of slow transformation of your inner self. Once you learn to channel that strength you can exert positive control on your self. You might discover that

everything you've been searching for "out there"- feelings of fulfillment, peace and wholeness - have been within you all along. Indrani Mukherjee is an accomplished Indian Classical Music vocalist and performs regularly across the US and in India. She has been researching the beneficial effects of Indian Classical Music for mindfulness. \$20.

**Sat, Oct 19: Traditional Usui Reiki 1 Certification – Part 2, 1-5PM.** See the description earlier in this calendar.

**Sun, Oct 20: Learn About Crystals! 11AM-Noon and again at 4-5PM.** See the description earlier in this calendar.

**Sun, Oct 20: Design Your Own Personal Energy Jewelry, Noon-4PM.** Running continuously, individual instruction and help Walk-ins welcome. See the description earlier in this calendar.

**Sun, Oct 20: Learn About Crystals! Noon-4PM** Running continuously as part of the jewelry class, showing the crystals you choose for your piece. See the description earlier in this calendar.

**Sun, Oct 20: Spiritual Cinema, 6-8PM. "What the Bleep Do We Know?" 7-9PM.** See the description earlier in this calendar.

**Mon, Oct 21: Meditation Monday in the Copper Pyramid, 1-5PM.** See the description earlier in this calendar.

**Mon, Oct 21: Learn About Crystals! 6-7PM.** See the description earlier in this catalog.

**Mon, Oct 21: Monday Metaphysical Discussion Meetup, 7-9PM.** See the description earlier in this calendar.

**Tue, Oct 22: Psychic Readings with Shellie, appointments available, 11AM-2PM.** See the description earlier in this calendar.

**Tue, Oct 22: Shaman Cathy appointments available, 5-7PM.** See the description earlier in this calendar.

**Tue, Oct 22: Spiritual Psychic Medium Jamie, appointments available 6-8PM.** See the description earlier in this calendar.

**Tue, Oct 22: Tuesday Evening Tai Chi with Cynthia, 6:30-7:30PM.** See the description earlier in this calendar.

**Tue, Oct 22: Reiki Share, 6:30-8PM.** Reiki Share is for certified practitioners of any level who want additional practice! Each date is different as we will add a new modality to the session: stones, oils, tuning forks or color! \$10 to give and receive!

**Wed, Oct 23: Crystal Dreaming™ Sessions with Suli, appointments available, 9:30AM or 2PM.** See the description earlier in this calendar.

**Wed, Oct 23: Archangel Raphael's AngelLink.** 1-3PM. Archangel Raphael has stepped forward to support us with an infusion of angelic courage and divine healing. He will assist you in moving more courageously through life and will help to light your way into the future. Also, with Raphael's assistance via this AngelLink, you will be able to more effectively avoid the challenges and hurdles of life...and also more clearly see the opportunities and spiritual rewards that lay ahead. Archangel Raphael's AngelLink will also provide support for you in your healing process. He is known as the "divine healer" and will help you discover the "divine healer" within yourself.

**Wed, Oct 23: Traditional Usui Reiki 2 Certification, Part 1, 5-8PM.** Usui Reiki 2 Practitioner class is for emotional healing. Before you heal others, you will work on healing your own past issues. The techniques release any emotion that's blocking you and help you to forgive yourself and others. This is not part of the Traditional Usui Reiki class, but I feel it is extremely important for you to understand techniques that you will use as a Reiki II Practitioner. You need to be ready to help anyone who comes in for healing, as life topics surface during these sessions. You will receive 4 attunements, again in the crown, feet and hands. These attunements will give you 3 times as much energy as Reiki I class. Changes and healing are profound and can be life changing but no one regrets it! You will learn the three level II Reiki symbols for distance healing, Byosen scanning and beaming techniques, laws and ethics that apply to Reiki, the science behind Reiki and developing your own Reiki practice. This class offers plenty of time to practice working with the energy of the symbols, and grid work with crystals. You will leave with "homework" to do before the second part of Reiki 2 class. Please bring a journal, socks, a sweater and food/drink to class along with something for the reiki altar which will absorb the energy of the class. Cheryl is flexible with scheduling; please email your needs if you don't see a class on the calendar that fits your schedule! Each of the two classes is \$100.00, for a total of \$200. to be certified. The second class will be held a week later, same time. Both are required for certification.

**Wed, Oct 23: Men's Spiritual Exploration Group Meetup, 7-9PM.** See the description earlier in this calendar.

**Thu, Oct 24: Crystal Dreaming™ Sessions with Suli, appointments available, 2PM.** See the description earlier in this calendar.

**Thu, Oct 24: Best Essential Oils for Respiratory Support, 6:30-7:30PM.** See the description earlier in this calendar.



**Thu, Oct 24: Introduction to Crystal Dreaming, free class! 6:30-8PM.** In this free introduction to Crystal Dreaming, Suli teaches you about crystals and a Crystal Dreaming crystalline bed. She explains the crystals used in a crystal dreaming session. Why are they so powerful? What are the metaphysical properties? Why are they used in a certain pattern around the body? How do they work together? What makes this natural modality so distinctive? Learn more about Lemurian crystals, titanium quartz, amethyst and so many more! Suli is one of just a few Advanced Crystal Dreaming Therapists in the USA. She will share a special protection meditation with you too. Don't miss this FREE opportunity to find out more right here in Avon, CT! Everyone who attends this free presentation also gets a

\$20 coupon to use towards their session (which can run from one to two hours or more, if needed). The regular price for a session is \$150. Please call, text or register for this free talk of for one of Suli's sessions. Walk-ins also welcome, so you can just show up.

**Fri, Oct 25: Crystal Dreaming™ Sessions with Suli, appointments available, 9:30AM.** See the description earlier in this calendar.

**Fri, Oct 25: Ceremonial Healing Drum Circle with S'mores! 6:30-8PM, 6:30-8PM.** See the description earlier in this calendar.

**Sat, Oct 26: 32-Movement Tai Chi Sword with Cynthia, 9:30-10:30AM.** See the description earlier in this calendar.

**Sat, Oct 26: Learn About Crystals! 11AM-Noon and again at 4-5PM.** See the description earlier in this calendar.

**Sat, Oct 26: Design Your Own Personal Energy Jewelry, Noon-4PM.** Running continuously, individual instruction and help Walk-ins welcome. See the description earlier in this calendar.

**Sat, Oct 26: Learn About Crystals! Noon-4PM** Running continuously as part of the jewelry class, showing the crystals you choose for your piece. See the description earlier in this calendar.

**Sat, Oct 26: Healing through Divine Love, 1-2:30PM.** I knew for years that there was something that I needed to discover about sound, sound that came through me, through my voice. And last year I received the message that this is what I was supposed to do for people. Channel frequencies and vibrations through my voice to uplift, heal and shift what people were ready to receive and change. I invite you to explore, experience and relax as I channel the Angels and God/Source frequencies and vibrations through vocal sounds. This gift allows you to not only hear but feel these frequencies that come through my voice. You can set an intention to heal, release or just receive for your highest good. Anything is possible during this group session. Seating will be in chairs, or you can bring a yoga mat if preferred. I look forward to sharing this gift with you to assist you in as many ways as possible. \$50p/person if paid by October 24 in cash or check, \$60 at the door or by credit. If you have any questions, or to register or make appointments for sessions, classes, groups or events, you can call, text or email Cheryl using the contact information below. Sharing The Light is open Monday through Friday from 1 PM to 8 PM and on Saturday from 10 AM until 5 PM. Stop by any time to meet Cheryl and Suli, visit the gift store, get a tour of the facility and to talk about your individual interest in the many things we do. :

**Sat, Oct 26: Adult Coloring for Stress Relief, 2-4PM.** See the description earlier in the calendar.

**Sun, Oct 27: Learn About Crystals! 11AM-Noon and again at 4-5PM.** See the description earlier in this calendar.

**Sun, Oct 27: Design Your Own Personal Energy Jewelry, Noon-4PM.** Running continuously, individual instruction and help Walk-ins welcome. See the description earlier in this calendar.

**Sun, Oct 27: Learn About Crystals! Noon-4PM** Running continuously as part of the jewelry class, showing the crystals you choose for your piece. See the description earlier in this calendar.

**Sun, Oct 27: Sun, Sep 8: Sunday Spiritual Science Discussion Group, 6-8PM.** See the description earlier in this calendar.

**Mon, Oct 28: Meditation Monday in the Copper Pyramid, 1-5PM.** See the description earlier in this calendar.

**Mon, Oct 28: Learn About Crystals! 6-7PM.** See the description earlier in this catalog.

**Mon, Oct 28: Monday Metaphysical Discussion Meetup, 7-9PM.** See the description earlier in this calendar.

**Tue, Oct 29: Psychic Readings with Shellie, appointments available, 11AM-2PM.** See the description earlier in this calendar.

**Tue, Oct 29: Shaman Cathy appointments available, 5-7PM.** See the description earlier in this calendar.

**Tue, Oct 29: Spiritual Psychic Medium Jamie, appointments available 6-8PM.** See the description earlier in this calendar.

**Tue, Oct 29: Tuesday Evening Tai Chi with Cynthia, 6:30-7:30PM.** See the description earlier in this calendar.

**Wed, Oct 30: Crystal Dreaming™ Sessions with Suli, appointments available, 9:30AM or 2PM.** See the description earlier in this calendar.

**Wed, Oct 30: Archangel Gabriel's AngelLink, 1-3PM.** Archangel Gabriel's focus is on joy and communications! Through this AngelLink, he teaches us to take time to recognize and experience the existing joys that abound for us and to manifest new and exciting levels of joy in our day-to-day lives. Gabriel is also traditionally known as the great communicator for the Divine. So, he is especially able to help you with inner communications for accessing your "personal knowing and intuition", as well as to provide practical support for effective communications in your outer, day-to-day life.

**Wed, Oct 30: Traditional Usui Reiki 2 Certification, Part 2, 5-8PM.** See the description earlier in this calendar

**Wed, Oct 30: Men's Spiritual Exploration Group Meetup, 7-9PM.** See the description earlier in this calendar.

**Thu, Oct 31: Crystal Dreaming™ Sessions with Suli, appointments available, 2PM.** See the description earlier in this calendar.