

Walking the Spiritual Walk—October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3)10-12Psychic Heart Contact-Meditation - Greg Davis 11-12Sound Therapy & 2-4Harmonics of Healing-Darrell Brann
4 *1-3pm-Creating Reality/Ashleigh & Nancy Living Love Circle	5	6	7 7-8Journaling Elizabeth Frigion 8-9Channeling Cindy Riggs	8	9 Universal Light Expo	10 —————→
11 —————→	12 7-8 Art Therapy-Water Colors-Elizabeth Frigion- 8 _____ _____	13	14 7-8Intro to Universal Aesthetics-Matt Novak 8-9Spirit Releasement Cindy Riggs	15	16	17)10-11Prayer-Meditation –Allison Fritz 11-12Body Health Matt Novak 2-4Visions/Prophecy- Cindy Riggs
18 *1-2Living Love Circle-Meditation-Beth 2-4Creating Reality-I Ashleigh & Nancy	19	20	21 7-8Consciousness Healing- Shelly Pinnell 8-9Automatic Writing Natascha	22	23	24)10-11Gratitude Practice-Tere Banks 11-12Making & Using the Pendulum-Natacha 2-4Geting started-Law of Attraction-Mark Andres
25)*1-2Living Love Circle Meditation- Robert 2-4Peak states of consciousness --Shelly Pinnell-Donation only (to go to Sanctuary Fund)	26 7-8Color Healing Martha Sanders 8—9 Dowsing for the Divine- Martha Sanders	27	28 7-9-Aromatherapy- Tere Banks	29	30	31)10-11-Trance meditation-Allison Fritz 11-12Tensegrity-Mind/Body Fitness-Chet Cort. 2-4Body Healing & Holistic Supplements- Matt Novak

* Open to everyone with no charge

Revised September 29, 2009

November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1) *1-2Living Love Circle-Meditation- Robert 2-4 Ascension- Mike Frazier	2	3	4 7-9 Energy healing - tools you can use- Cynthia Rosi	5	6	7
8	9 7-8 Creating Effective Mantras- Sandy Taylor 8-9 Affirmations- Beth Jordan	10	11 7-9 Origami-Prayer and Practice Sylvia	12	13	14)10-11-Meditation 11-12-Feng Shui- Tere Banks 2-4 Dolphin Commu- nication-Nada Mai-
15)*1-2Living Love Circle Meditation- Robert 2-4Indian Mounds/ Native American Prophecy-Randy H.	16	17	18)7-8Understanding Gender Energies- Martha Sanders 8-9 Making & Using Pendulums-Sandy Taylor	19	20	21)10-11Meditation- 11-12 Creat. Reality Followup-Ash/Nan 2-4Aromatherapy- Tere Banks
22)*1-2Living Love Circle-2 Meditation- Robert 2-4Sanctuary Bill Maibach	23 7-8 Dance- Mary Carlisi 8-9 _____ _____	24	25	26 Thanksgiving	27	28)10-11 Meditation- Yoga-Allison Fritz 11-12 Galactic Fed- eration Cindy Riggs 2-4Remote Viewing Cindy Riggs
29)*1-2Living Love Circle Meditation- Robert 2-4 LLC Sanctuary Planning	30					

*Sunday Meditations are open to everyone with no charge
Red font indicates class not yet confirmed. Or no facilitator identified.

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