

Creating Your Sacred Spirit Toolbox Workshop with Peggy Patty

12 Noon, Sunday, June 13



Occasionally life throws us into crisis where we are stopped in our tracks. Our safe, comfortable routine is gone, and we are thrown off balance. At those times do you have easy access to the things the universe has already provided to comfort and aid you?

Your Own Personal Sacred Spirit Tool Box is to be used in your home at those difficult times in your own life when you need comforting and to be reminded of who you are. This workshop will allow you to do this when you have the energy, calmness, and insights to do so. When you finish the workshop you will know what items you need to place into your own personal toolbox. You will be asked immediately to put your completed toolbox in a location you will remember in a time of crisis!

This workshop is not about buying more “stuff”; it is about being able to easily access the life-giving stuff that we already have in our home!

When you come to this workshop you will be asked to bring a container of any size that will be transformed at a later time into a sacred toolbox and will be invited to talk about the box. This toolbox will hold the healing items that you identify as personal to you. The container might be a shoe box, old jewelry box, wood box, etc.

The workshop will include a mediation that will help you “choose” your healing aids, plus a written checklist to jog your memory of the items best suited for your toolbox. *Suggested love offering \$15*

Peggy Patty will facilitate the workshop. Peggy is a Reiki Master/Teacher and Certified Tuning Fork Practitioner. For over ten years, she has been presenting energy workshops on the healing vibratory effects of sound for organizations such as the Cancer Center in Peoria, women’s conferences, and church groups throughout the Central Midwest.

Unlocking the Intuitive with Sandra McKenna

Thursdays, 7 p.m.
May 13 - June 3



This four-week workshop is designed to help expand on and trust in your own intuition. Using a series of exercises and intuitive games, participants will discover how to use their intuition and discover how “on target” their intuitive feelings are.

Basic Pranic Healing Training



with Dale Bilyeu and Lynn Maupin
Licensed Pranic Healing Instructors
May 21 and 22
Friday evening, 6:30 - 10:30 p.m.
Saturday 8:30 a.m.-5:30 p.m.

Pranic Healing is a comprehensive system of natural healing techniques developed by Master Choa Kok Sui that utilizes “prana” — a Sanskrit word for life force or “chi”— to treat a variety of illnesses. This invisible bioenergy, or vital energy, keeps the body alive and maintains a state of good health. Pranic Healing practitioners realign the energy system to help alleviate and heal a wide range of physical, emotional, and mental ailments. You can learn to do this for yourself, your loved ones, and others.

You may register by contacting www.Midwestpranichealing.com or call Dale or Lynn at (314) 832-1242. For more information, please contact Anne at Unity of Springfield at 523-5897 or unityofspringfield@sbcglobal.net.

J.O.Y.U.S. Journey of Your Undulating Soul with Teri Freesmeyer Small Group Soul Workshops



This is intuitively guided energy healing with individualized attention in a small group setting. Meditate and heal with this experience to assist you in moving from the absorption of the world consciousness to the reflective nature of your higher self. Raise your frequency, find core issues, clear generational baggage, and restore your being to its innate vibration of divine light.

May 6 and 27, June 10 and June 17 at both 11 a.m. and 5 p.m. Class size is limited. To register call 899-5247 or email: terifreesmeyer@gmail.com. Suggested love offering is \$20



Brain Gym with John Starman

Sunday, May 23, 1 p.m.– 3 p.m.

A short course in learning how to help the brain learn more effectively. Students report better focus, improved reading and writing skills, and less stress. Come, learn how the brain and body work together and how to help them work better. Suggested love offering is \$60, no one will be turned away.

Reiki II with Gloria Ferguson

Saturday, June 19, 9 a.m.-5 p.m.

Prerequisite for Reiki II is completion of Reiki I. You will receive the Reiki II Attunement, be given the Reiki symbols in your Reiki practice, and will learn how to send Reiki for distant healing. Certificate is included. Contact Gloria at www.reikiworks.org.