

**ENERGY CONNECTION
CREATIVE HEALING AND LEARNING
CENTER**

www.theenergyconnection.net
724 863-2309

VISIT our forum at www.theenergyconnectionforum.net

Our summer schedule offers you lots of daylight to illuminate your consciousness
Intense sunshine to encourage blooming
Showers of Help
Directions to your favorite spot: Peace of Mind

JULY AND AUGUST
2011

What's on the schedule currently!
Check the website calendar for more additions or any changes

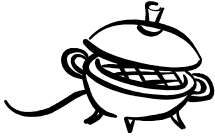
JULY



BOOK CLUB : NO BOOK CLUB IN JULY....NEW BOOK
STARTS IN AUGUST! (Monday August 29th at 6:30)
New Book Title: *The Gifts of Imperfection: Let Go of Who You Think
You're Supposed to Be and Embrace Who You Are*
by Brene Brown. This book promises to give us all some
perspective on our "issues" and strategies for making peace with
ourselves.

All are welcome to join in at any time. Will meet regularly on the last
Monday of the month. Check calendar for any changes.

JULY 26, Tuesday FARM FRESH CUISINE- COOKING AND EATING! In Kathy's Kitchen



Are you ready to start buying local and preparing fresh foods for you and your family? Need a little guidance and encouragement?

Join us for a fun and educational evening as

Deliciously Nutritious presents a **Farm Fresh Cuisine Workshop**.

The workshop will include a **Full Course Dinner** menu which will include the following:

Fresh Cucumber Salad

Garden Vegetable Soup

Roasted Herb Chicken with a Fresh Bruschetta Topping

Tender Red Skinned Potato Wedges

Zesty Vegetable Stir-Fry

We will finish off with a Heavenly Berry Sundae! Wait till you see the toppings! Yum

Beverages will include: Organic Wines, Sun Tea & Coffee

The workshop will also include a Full Cooking Demonstration along with useful handouts on buying and preparing local and seasonal foods.

Of course Dinner Recipes will be included.

Join us for an evening filled with good food, good company and good times:)

Date: Tuesday, July 26th

Time: 6:30-8:30pm

Location: Kathy's Kitchen (minutes from the Center)

Directions will be given upon registration

Fee: \$40

To register call Deb at 724-396-2527 or email

debvcarver@yahoo.com

In Good Health and Good Food,

Deb & Michelle

JULY 31, Sunday 11 am to 4 pm. ** or stay for the optional 2 hour additional teachings (ending 6 pm) at no additional charge

VIVEN PERMUAL, South Africa, Sanctuary of Truth and Wisdom
\$65 cash at the door. e mail Kathy to register for any of Viven's workshops at energyconnect3@aol.com



JOURNEY OF THE SOUL

This is a one day course designed to help people understand the spiritual evolution of a soul through its many lives. One must take heed that knowledge brings understanding, and learners will be better equipped to understand and overcome grief by understanding the journey of the soul, pre-destiny, destiny and the purpose of their own growth and development. The foundation of the course is embedded by understanding teachings from High Spirit Guides on the Akashic Records, The different Planes in Spirit, The Homes of Rest, The Birth of Perfection and the Transition of the Soul into Spirit. Learners will be taught how to pray and send love to Loved ones in Spirit, and to help them on their journey to higher planes. The main purpose for the course is to ultimately to prepare each one for a beautiful transition back home to God, when the time comes to return home.

AUGUST

August 1,2,3 Daytime White Light HEALINGS with Viven available - donation basis

Call Kathy to schedule a session 724 863 2309

Kathy will also be doing private READINGS during these days...call to schedule a one hour appointment \$60

AUGUST 2 Tuesday, 6:00 pm

MEDITATION WORKSHOP with Viven - donation basis

MEDITATION – JOURNEY WITHIN TO THE GATEWAY TO GODHEAD

Meditation is the process of going within and becoming at one with the soul within. This is the final component required to strength ones spiritual foundation, and start the journey within – the path of self realization. The desire of each one is to become at one with God, however the most people don't realise, one needs to become at one with themselves first. This is the gateway to higher divinity in finding God within themselves.

Different meditation techniques will be discussed in understanding how to go within, and how to relax, with correct breathing techniques.

This is a one day course that each one will use for the rest of their lives going forward in their own spiritual reality.

AUGUST 3 Wednesday, 6:00 pm with Viven

\$25 cash at the door

THE POWER OF THE MIND, THE MAIN MOTOR

This course specifically designed to help people understand the workings of the most precious gift God has given us, the mind. Learners will be taught the relationship of the three minds and how they interact with each other. This course will identify how baggage in the mind of past situations leads to bodily ailments and sickness in present day. Techniques will recondition the mind to create a healthy life and a more prosperous future. Unravel and overcome blockages in the mind.

AUGUST 10 Wednesday, 6:30 pm

Donation appreciatedE mail Kathy to let us know you are coming at



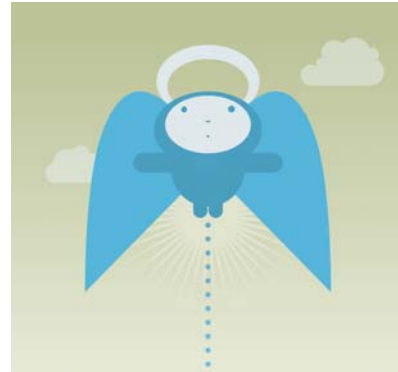
energyconnection3@aol.com

Mental Emotional Healing and the Reiki Tree

REIKI LEVEL TWO HEALING TECHNIQUES

Open to all who have attained their Level Two training, especially if you were trained previous to May 2011. These two techniques are recent additions to our instruction manuals. We wanted to share them with all of you who are interested in expanding themselves in Reiki. The Mental Emotional Healing protocol uses some powerful imagery and intention to attain a deeply felt and highly effective healing. This technique is used on others and you will practice with a partner at the session. Each will receive and give a 15 minute treatment. The REIKI TREE is a concept that empowers you to "send" Reiki healing intentions to many people at once. We will discuss the method, do a meditation to create your Tree and discuss its use. All in all, a must have for all Reiki Two people. If you already attended this workshop or had it in class, you are still welcome to join us.

AUGUST 14, Sunday 1:30 to 4 pm



NEW ! Workshop for Kids

ANGEL HELPERS

Bring your kids to this fun workshop where we will talk about how they can use their angels to help them relax, remain calm, chase away fears, be comforted and gain self control. Children love to interact with the angelic realm so we will encourage this relationship to be incorporated in a positive way into their lives. They will pick a special name for their Angel and we will help them establish a loving bond. We will also include how to calm concerns about their pets. Ages 6 to 13. Parents of younger kids welcome to stay if desired. \$30 for one, sibling ½ Call Janet or Kathy to register

AUGUST 16, Tuesday 6:30

**WHAT YOU ALWAYS WANTED TO KNOW ABOUT
REINCARNATION with Kathy Duffy**

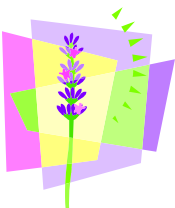


If you are interested in any of this..please join the discussion

- The Eternal nature of the Soul
- Reincarnation and Your Soul Contracts
- Healing Relationships is a Big Deal to the Soul
- Reincarnation and Your Karma
- Karma and guilt, Repairing Karma
- How past life experiences can affect you today.
- The realization of your life theme..I'll give you a list to pick from.
- Why would you AGREE to experience bad stuff!?
- Who and how were your present parents, siblings, mates, friends, enemies...etc.chosen?
- How many lifetimes can you expect?
- What is the Hall of Records?
- What are Akashic Records?
- How do you make the most progress in this lifetime?
- How old is the belief in reincarnation?

Register with Kathy, energyconnect3@aol.com
\$20 at the door

Sign up early for the "Past Life Message Group" scheduled for **September 19** = receive a brief verbal description of one lifetime and what the main theme of that lifetime has to offer for your present experiences. Kathy will take only 10 people. \$30 per.



AUGUST 18, Thursday 6:30 pm

ESSENTIAL OILS

WHAT YOU NEED IN YOUR MEDICINE CABINET

This workshop is truly informative. You will learn about the myriad uses of quality therapeutic grade essential oils, how they can replace many of your over the counter remedies with their natural healing properties. From body aches to weight loss. From skin conditions to immune system enhancement...the use of oils predates modern medicine. Learn how oils can be used by application, using their aroma, taking them internally. Learn how oils are processed with remarkable efficiency by the cells of the body therefore are especially effective with no side effects. Because these oils are so carefully harvested and processed they hold a very high energetic vibration. They also smell like no other oils you have experienced....the lavender is not like any lavender I have ever smelled...so sweet and pure..natural. And in being so pure, the aromas of the oils are not irritants, to the contrary they are therapeutic. So even if you think you have a sensitivity to "smells", I would expect these oils would change your mind! Come and meet Julie Margo, RMT, director of the Full Spectrum Self Healing Center in Sarver, Pa., who will facilitate this workshop. e mail her to register at jmargo@zoominternet.net or call her at 724 355-3903 \$35 tuition

AUGUST 21, Sunday, 6:30pm

What's Stopping You? Going For It In Your Life



Transformational Group Healing & Individual Sessions with Sonia Gunderson

Group Healing, Sun., Aug. 21, 6:30-8:30 p.m., Energy Connection

You are a divine being in physical form. Many of us know that on one level, but our daily lives remain small. If you struggle with fear, hesitation, unworthiness, self-sabotage, feeling stuck, perfectionism, resistance to change—you will benefit from restoring the power of life energy in your body and soul.

This deep healing will help you release limiting energies at their source, transforming and centering you as your heart spontaneously opens to the Truth of your wholeness. When you are centered in Truth, your desires are more aligned with wholeness, you naturally see more possibilities and you act in ways that fulfill your dreams, supported at every step by your divine Self. Only then will you embrace your true power and live the life you were meant to live.

The fee for this session is \$25. To register, call Kathy Duffy at 724-863-2309 by Aug. 19.

Individual Healing Sessions Available by Appointment August 21 & 26

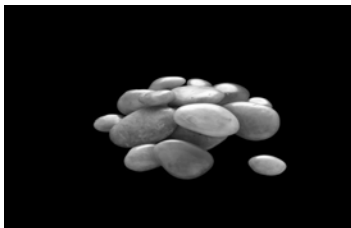
For those seeking profound transformation, individual sessions in person or by phone offer healing and divine guidance on specific situations or circumstances in your life. Sessions last around 75 minutes, and the fee is \$100. To schedule an appointment, contact Sonia Gunderson via soniagund@aol.com or 419-944-3000

AUGUST 23 REIKI SHARE – OPEN TO PUBLIC Doors open at 6:30 pm. donation basis...come to help, invite a friend

If you've always wanted to try Reiki, please come...all welcome, including children



AUGUST 25, Thursday 6:30 to 8:30 pm



NEW ! Introduction to CRYSTALS

Which crystals emit love energy? Which are best for healing? What crystal attracts abundance or repels negative energy? Learn the answers to these questions and more at an Introduction to Crystals class! Bring your favorite crystal to class with you. We will learn how to cleanse our crystals. We will also do a short crystal mediation which will allow you to connect more significantly to crystal energy! Jill Sharlock facilitator \$20 at door

Register with Kathy at energyconnect3@aol.com

Contact Information: Kathy Duffy 724 863 2309

Janet Jackson 724 547-7101

e mail : energyconnect3@aol.com

HOPE TO SEE YOU AT THE CENTER SOON!

Go in Joy, Think a Good Thought