

April 2011

April brings blooming time, a dazzling display of fragrant flowers and budding trees. Spring makes her presence fully known in April. A variety of plants create a splendid color pallet in neighborhoods, streets, parks, and forests. Trees are bursting with fresh, tender green leaves – yet the unexpected cool weather can threaten new growth. We are reminded of this by April Fool's Day, on the first – a day to honor the trickster. As Anglo-Saxons found April sacred to Eostre or Ostara, the goddess of spring, they referred to it as Oster-monath or Eostur-monath. This is the origin of the modern Easter. April is a month of beauty and new life – symbolized by popular fertility symbols such as eggs and rabbits. And don't forget Earth Day on April 22. Do something special for Mother Earth – plant a tree or find ways to go green and make every day Earth Day. April's Full Moon is called the Pink Moon



Note from Janine:

Hi Everyone! So we're into April already! Wow! Best time for fertility, blooming into our power! A lot of questions regarding the 2012 shift has come up. I am personally very excited for it, as it will bring a lot more change. And no the world is not going to end!!! It will change just as we know it. However right now you may be feeling a little stuck, ungrounded, and notice that the world is moving by so quickly you can't seem to keep up. And all those lovely errands are just seem like they are piling up; well welcome to the club. The trick is tackle one thing at time, and there's a reason why your unable to tackle the amount that you are used to; that falls into the category that there is something right now you're supposed to be doing that will lead up to errand getting done. I use the word errand lightly. I was also informed that we have reached a point zero in the balance. This is what is causing us to feel like we are standing still, when in reality we are moving forward. This good feeling is going to last for a good chunk of the year!!! So just keep going the best as you can!

We have some great workshops coming up, and some new readers/teachers that will be available for readings this month. Make sure to check the website for their dates and what they will be teaching.

Talk to you next month!!!

Angel of the Month Archangel Michael



Each archangel emanates a halo or energy field. This energy can vibrate at different rates, which then creates the appearance of different colors. Archangel Michael is a rich royal purple or royal blue.

Michael is usually portrayed as a muscular and athletic man; with intensive powerful facial expressions and body language. Usually he's painted with a sword poised above a pinned-down demon. This is to signify Michael's purpose of slaying ego and fear.

His sword is made of light instead of metal, and is used to detach us from the grips of fear. Michael knows that if we aren't afraid, we are at peace.

Michael is also a patron saint of the sick, and is traditionally seen as a great healer. He is often invoked along with Jesus, Raphael and other saints who all have healing abilities'.

Invocation:

Michael is there to help and protect you along your journey. Anytime you feel stuck because of fear; ask Michael for some of his courage, and he'll protect you with his shield through any situation.

Feeling drained, ask Michael to cut away all etheric cords to people, places, things that do not server you anymore.

Prayer by Doreen Virtue to use with talking to Michael:

"Dear Michael, please send me a clear sign that I will easily notice and understand, letting me know you are here and helping me gain guidance and peace about this situation."

Crystal of the Month: Sugilite



Sugilite activates the heart and mind, assisting one in finding one's true spiritual passion and following that passion to abundance and wholeness. Sugilite can manifest in colors ranging from bright purple to almost black. The brighter and more vibrant colors tend to open and activate the upper chakras and allow one to connect with one's dreams. The darker coloured material assists one in grounding these dreams into reality and maintaining one's fortified in pursuit of one's dreams.

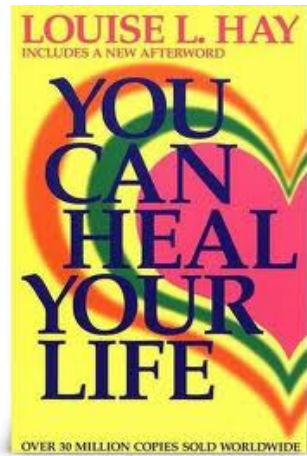
Spiritual: Sugilite helps one believe in life's possibilities. It helps one envision something other than what is currently being experienced, offering hope and optimism for a better future. Sugilite can aid in repelling negativity and in filling one's aura with high-frequency Light.

Emotional: Sugilite helps one overcome hopelessness, overwhelm and the feeling of no options in one's life. It reminds one that one can achieve anything one can dream and lends one the strength and courage to manifest those dreams. It is ideal for those who tend to fall into negative thinking or who lack confidence in their abilities.

Physical: Sugilite is useful in countering nightmares, insomnia and other sleep imbalances. It offers peace of mind and can assist in calming the nerves and releasing worries.

Affirmation: I am safe and protected within my own 'bubble of Light,' and I work to bring to reality my deepest dreams, as well as the collective dream of a planet of light.

Book of the month:
YOU CAN HEAL YOUR LIFE by Louise Hay



About the Author

Louise L. Hay is a metaphysical lecturer and teacher, and the bestselling author of 27 books, including *You Can Heal Your Life* and *Empowering Women*. Her works have been translated into 25 different languages in 33 countries throughout the world. Since beginning her career as a Science of Mind minister in 1981, she has assisted thousands of people in discovering and using the full potential of their own creative powers for personal growth and self-healing. Louise is the owner and founder of Hay House, Inc.

This book is full of ideas and strategies that have worked for millions of people worldwide. This practical self-help guide will change the way you think forever! "You Can Heal Your Life", the definitive bestselling book on self-healing, has transformed the lives of millions of people. This is a book that people credit with profoundly altering their awareness of the impact that the mind has on our health and wellbeing.

April Workshops:

Day with the Fairies

Saturday April 2, 11am-4pm

Facilitator: Janine

Cost: 45.00

Spend the day learning about the fairies. Learn the proper etiquette as when to communicate with the fairies; journey to Avalon to meet the meet the Morgan le Fay. What the fairy realm expects of us, and what we can do to help the fairies. This course is also to help you learn how to incorporate the fairies into your life to help manifest and help with changes in your life.

Fairy walk

Sunday April 3, noon – 2pm

Cost: 15.00

Enjoy a day outside with the fairies, exploring their habitat. We start with a meditation to relax and allow us to see the world with a different perspective. A camera is highly recommended, so you can record everything you see!!! And please dress appropriately for the weather.

New Moon Meditation

Sunday April 3, 4:30-6:30pm

Facilitator: Janine

Cost: 15.00

As the moon travels, learn what is best to ask for at this time to create the change you desire. This meditation is designed to allow more energy flow into your life to bring in more money, love, business, or relationships. With the help of the moon, and where it is positioned, the possibilities are endless. The fairies and angels are also eager to lend a helping hand for any issues that come up and need to heal away.

Intro to Spiritual Development Circle

Date: April 6, 2011

Time: 7:00-9:00pm

Facilitator: Beverly

My purpose is to provide a safe and productive environment where your gifts (clairvoyance, clairaudience and clairsentience) are discovered, gently drawn to the surface and developed to the highest level possible. We prefer to have a minimum of four and a maximum of twelve people attending. Once our circle is formed it will not be open for others to join in, it is a closed circle. Each level builds consecutively upon the previous one for your whole development. Classes are comprised of lessons taught by the instructor, practical work by students, and of course group work in circle itself.

Due to the unique nature of my classes I will not be disclosing in print what each level entails, contact me directly for details.

How to Read Angel Cards

Date: April 7, 2011

Time: 6:30 – 9:00pm

Facilitator: Janine

Cost: \$40.00

Come join this basic course to learn how to give angel readings. You will need a deck of Angel cards, and an open mind. You will give readings to each other and go through several techniques of how to hear your Angels for daily guidance. Angel decks are available for purchase at the store.

Energy Clearing Session

Date: Apr 8, 2011

Time: 1-5 p.m.

Special: 30 min. session for \$45

The intention of this session is to clear and balance your energy from all the stresses in your life. Sometimes we have issues holding us back that we are unaware of, although we do realize that something is stopping us from moving forward. Shahana taps into your energy and receives information from spirit and your guides and then removes all that doesn't serve your higher self using many different methods. By tapping into the unknown field of all possibilities it is possible to create a new reality that better serves you.

Group Healing Circle

Date: Apr. 8, 2011

Time: 6:30 p.m. Cost: \$20

The Healing Circle is the place where we join together in the sacred space. We will be clearing your energy and chakras, removing any energy that does not serve you and recharging you so that you are better able to take on life. This will be accomplished with group energy work and visualization exercises. We will use wands, grids, colour and light in this session. We will be finishing up with the Shahona Spirit Meditation.. This meditation is a transformational meditation in which you let go of all that is holding you back and then you choose your reality and show Spirit your vision for the future.

Meet Your Inner Goddess

Saturday April 9, 1:00 - 4:30pm

Cost: \$45.00

Facilitator: Cheryl Traxler, from Fire Goddess Rising

Who owns your identity? If you are ready to step into your power and Meet your Inner Goddess, then join us for this informative afternoon. Meet your Inner Goddess through a drum journey, play, and laughter. What a great way to meet likeminded women!

Connect with your Spirit Guides

April 12, 2011

Time: 6:30-8:30pm

Cost: \$40.00

Facilitator: Sandra Richardson, Beyond Belief Hypnotherapy

Sit back and relax. Using relaxation techniques and guided hypnosis connect with your spirit guide and retrieve a message or even a name. This is a relaxing evening where you can connect to the spirit realm in a safe and protected atmosphere.

Sandra will lead you through a group hypnosis, which will enable you to connect with one of your guides or deceased loved ones. This is a great introduction to your guide, but also to what hypnosis can do for you. If you have never been hypnotized or are curious, please come join us for a night of fun and discovery.

Intro to Meditation

Date: April 13, 2011

Time: 7:00 - 9:00pm

Cost: \$29.00

Facilitator: Beverly

This class introduces you to the seated meditation. If you have been thinking you want to begin meditating but are not sure exactly what is involved, this is a great way to try it out. Covers breath work, centering and grounding. It also includes a guided visualization exercise for balance and inner harmony.

How to meditate

Thursday April 14, 6:30-8:30pm

Facilitator: Val Majeau

Cost: 25.00

What is Meditation? What are the benefits? How do I Meditate?

Meditation is anything that brings us into the present, the “now” and keeps us there. There is no “one right way” to meditate. This class will explore what meditation is and how living our life grounded benefits us. You will also experience a guided meditation.

Reiki is cancelled – new date is in May

Gardening with the Elementals

Date: April 16, 2011

Please call the store for details 403.982.3003

Facilitator: Brian Oreel

Growing up on a Farm in Northern Saskatchewan, My Family were of the Farming and the way of Mother Earth and Father Sky. As well I trained In Renewable Resources as a Conservation Officer and Working in Fisheries Wildlife Parks Recreation and Forest. I have also ran a run a Large Green house for a Large Corporation and have My Green House Certification.

I have always been Guided by the Elementals (Fairies Pixies Leprechauns and More) when it comes to Gardening which includes recycling and composting. In these days it is the highest of Priority to Honour Mother Earth/Father Sky and Get back to Our Grass roots. From Flower to Vegetable Gardening, Shade and Sun Gardens. What attracts the elementals and Strengthens Mother Earth Father Sky? More and More Organic and less and less chemicals. Join Me on a Fragrant and Sacred Journey of Discovering Our Roots.

Full Moon Meditation

Monday April 18, 6:30-8:30pm

Facilitator: Janine

Cost: 15.00

The Full Moon is great time to release any old habits that we may hold onto. We can ask the universe to take these issues into the light where they are transmuted. Doing this enables us to bring new and wanted things into our lives. If you are ready to get rid of the old to bring in the new, this meditation is a great way to do so.

Group Healing Circle

Date: Wed. Apr. 20, 2011

Time: 12:00 – 1:00 p.m.

Cost: \$20

The Healing Circle is the place where we join together in the sacred space. We will be clearing your energy and chakras, removing any energy that does not serve you and recharging you so that you are better able to take on life. This will be accomplished with group energy work and visualization exercises. We will use wands, grids, color and light in this session. We will be finishing up with the Shahona Spirit Meditation. This meditation is a transformational meditation in which you let go of all that is holding you back and then you choose your reality and show Spirit your vision for the future.

Spirit Animal Meditation

Wednesday April 20, 6:30-8:30pm

Facilitator: Val Majeau

Cost: 25.00

Imagine that you are walking up a soft, leaf-covered woodland path between tall trees. It is autumn and the leaves are all the colors of the fall around you, orange, and red and gold. You can smell wood smoke in the cool, crisp air, but the sun feels warm on your face. As you continue walking up the path, you see that it is beginning to lead uphill, getting steeper now, and the trees are being left behind. Come out for this great meditation to meet your spirit animals and retrieve a message.

Feature Intuitive reader: Brian Oreel

Date: April 21 and 23, 2011

Please call the store for details 403.982.3003

30min and 60min sessions available

Cost: 30mins for 40.00 and 60mins for \$75.00

Brian provides gifts and messages of prophecy from the angelic and spirit realms. He uses all the faculties of the four Clair's. Brian also uses the elemental forces of fairies, pixies, leprechauns, elves and shamans in his readings. He connects with earth energy providing energy healing.

Aroma Therapy 101

Saturday April 23, 10am-4:00pm

Facilitator: Shannon Blatchford

Cost: 45.00

Aroma Therapy 101 is an introduction to essential oils; it will cover what is aromatherapy, the history of the essential oil, the importance of safety. You will also learn the many different ways to use essential oils. How to shop for your oils; as well as an introduction of how to blend oils for personal use products. And you will also have a chance to create a mixture for you to take home with you.

Introduction to Birth Animals & Journey to Meet Your Power Animal

Tuesday, April 26

Facilitator: Val Majeau

Cost: 45.00

In this class you will learn your Birth Totem; the Animal Spirit which is the equivalent of the Sun Signs in Astrology. Birth Totem is based on the day and month of our birth. It is believed that the Birth Totem is the Teacher we have chooses to study under in our current incarnation. Power Animals are physical or spiritual manifestations that serve as messengers, guides, healers and protectors. They may be with us for long or short periods of time, for general learning or for a specific purpose. We will be doing a meditation to meet your Power Animal.

FREE 15min readings for with a donation to the foodbank

April 29th and 30th

We will be offering free 15min sessions with a donation for the Calgary foodbank.
Call to book your appointment, walk-ins are welcome as long as we have room.