

THE SOURCE
Life Enrichment Center

2726 Ellendale Ave.,
St. Louis, MO 63143

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www.pathfindnews.com/resources/source.html

Email: sourcenewsletter@earthlink.net.

MEDITATION

Wed., June 9, 7-9 P.M. for 4 weeks
At Forest Park Community College

Meditation invites relaxation, produces mental clarity, strengthens emotional balance and enhances spiritual attunement. Explore several styles of meditation and experience what works best for you. Discover the many health benefits such as reductions in muscle pain, blood pressure, and cortisol. Meditation can calm anxious thoughts and bring inner peace.

Fee: \$39 for all 4 weeks! (\$22 adults 60+) **Register by 6/1. (Please register at least one week in advance to avoid class cancellation.)**

Call 314-984-7777 (St. Louis Comm. College.) Call Mon.-Thur. 8:30 to 7:30, Fri. 8:30 to 4. (Listed under Personal Development: PERD:732) Or go to www.stlcc.edu and click link to Continuing Education.

Location: L007, lower level of Library.

DISCOVERING THE LIFE
YOU WERE BORN TO LIVE

Tues., June 15, 7-9 P.M. for 4 weeks
At 2726 Ellendale Ave.

Your soul took this birth for a purpose in your spiritual evolution. There were intentions, talents, gifts, and things you wanted to learn. With the demands of everyday living your conscious mind may have forgotten--but your soul remembers why you are here.

Through discussion, journaling and guided imagery you will:

- * Visit your pre-birth "planning session" where you set intentions for this lifetime.
- * Discover ways (great & small) that you are already living your purpose.
- * Understand how life's challenges help reveal your purpose.
- * Detect clues "encoded" in your numerology--from Dan Millman's book, *The Life You Were Born to Live*

Fee: \$70. Please send a \$25 deposit to Rhonda by 6/10. For more info call 314-644-0641

THE SPIRITUAL GIFTS OF TRAVEL

Thurs. July 8, 7-9 P.M. for 4 weeks
At 2726 Ellendale Ave., 63143

(This class will be offered again starting Fri., Aug. 6, 9:30-11:30 A.M.)

Whether you're an armchair traveler or bona fide globetrotter; whether you're remembering past trips or planning your next great adventure, this class is for you.

Travel nourishes the soul. It opens our eyes to different landscapes and cultures. It opens our hearts to the similarities of people everywhere. It enriches us through sacred places—be it

ancient stone megaliths, beautiful cathedrals, or sacred groves of trees. It reminds us of the beauty of the earth, the wonders of ancient civilizations, and the endurance of the human spirit.

True spiritual travel does not require traversing vast distances or climbing high peaks. Rather it is the attitude of adventure and discovery that characterizes the spiritual traveler.

In this class we will:

- Discuss the many ways travel enhances soul growth—whether through appreciating diversity, facing challenges, overcoming obstacles, or shaking up our routines.
- Share stories of adventure (whether near or far) and how these experiences have enriched our lives and expanded our consciousness.
- Learn to see the “mundane” and “familiar” with the eyes of an adventurer.

This class can be helpful for:

- Meeting other spiritual travelers.
- Supporting each other’s visions and goals.
- Planning your next adventure.
- Learning from the insights of others.
- Creating a record of your adventures (whether written, photo, or other format).

Fee: \$70.

To Register: Please send \$25 deposit to Rhonda by July 2. For more info call 314-644-0641.

THE BODY WHISPERER

Wed., July 14, 7-9 P.M. for 4 weeks

At The Soul-Esteem Center

The body has its own intelligence. It responds to our conscious and unconscious thoughts and emotions. When we listen to the body, it gives us feedback; however we need to understand the language of the body in order to correctly interpret the message.

When we do not listen to the body it will turn up the volume, from a whisper to a scream, to get our attention. This can be through pain, illness, anxiety, weight issues, heart problems, sleeplessness & more.

The body has remarkable wisdom and an innate capacity for healing that we can learn to trust.

In this class you will:

- * Learn to partner with your body to create healing.
- * Go inside your body using Guided Imagery.
- * Learn how to read and interpret the body’s symbolic language.
- * Bring compassion to those areas of the body that are struggling.
- * Use Transformational Imagery to heal and transform imbalances.

Fee: \$70 for all 4 weeks, or \$20 if paid weekly

To Register: Call 314-576-5508. Email: SoulMathNow@aol.com, www.soul-esteem.com.

Location: 105A Progress Parkway, Maryland Heights, MO 63043.

THE SPIRITUAL GIFTS OF TRAVEL

Friday, Aug. 6, 9:30 – 11:30 A.M. for 4 weeks

At 2726 Ellendale Ave. See July 8 description.

TAP INTO YOUR HEALING POWER

Monday, Aug. 9, 7-9 P.M. for 4 weeks

At Jane’s House of Well-Being

Greater health and happiness is at your fingertips. Learning the Root Cause and Emotional Freedom Techniques will give you versatile healing tools that can be used throughout your life. EFT combines tapping on acupressure points with positive intention statements. It helps reduce

the intensity of negative emotions, anxiety & stress. In addition to easing emotional distress, many forms of physical distress or discomfort are also alleviated.

These techniques can be especially helpful when there is an intellectual “understanding” of an issue, yet there’s still a feeling of being emotionally “stuck”.

This class will include:

- * **Hands-on instruction in EFT** for emotional and physical stress, anger, fear and panic attacks.
- * **How to use “Tapping”** for related issues such as indigestion, headaches and insomnia.
- * **Root Cause Technique** to release underlying causation and layered emotions.
- * **Polarity Reversal Technique** to clear self-sabotaging beliefs and behaviors.
- * **Balanced Breathing** and eye movements to strengthen mind/body integration.
- * **Techniques to install positive beliefs and imagery.**

Fee: \$70.

To Register: Send \$20 deposit by 8/5, address below

or on-line: www.janeshousestudio.com.

Location: Jane’s House of Well-Being, 112 First Capitol Dr., Ste. C, St. Charles, MO 63301.

Call Robin Buck, 314-440-0177.

TAP IN TO YOUR HEALING POWER

Saturday., Aug. 14 & 21, 9 A.M. – Noon

At 2726 Ellendale Ave.

See description above.

Fee: \$55. To Register: Send \$20 deposit to Rhonda by August 10.

THE BODY SPEAKS

Thoughts on The Body Whisperer

Yes, the body speaks. If we’re lucky we can hear it as a whisper, before it starts to shout. The body’s language is that of sensation: butterflies in the stomach, cold chills up the spine, a racing heart, a tight throat. Often it speaks through pain—a most effective communicator when we’re not paying attention. It speaks through illness when we’re not paying attention. But what is it really saying?

The concept of “Body Whisperer” borrows from terms like Horse Whisperer, Dog Whisperer and Ghost Whisperer. The common element in these is the capacity to listen carefully—whether to an animal, a discarnate spirit, or our bodies—so that we can discover the deeper need and bring about needed healing.

I think of myself as a “Body Whisperer” when I go into trance and do Health Readings for clients. In this quiet inner state I intuitively scan the health of the client at the mental, emotional and physical levels. Imbalances reveal themselves, as do suggestions to help restore balance, such as visualization techniques, perceptual shifts, nutritional changes, to name a few. Some of these the clients can do for themselves; sometimes the skills of a professional might be required.

I also think of myself as a “Body Whisperer” when I assist clients—using Transformational Imagery—to dialogue with their own body. These two methods (the Health Readings and TI) are complimentary in a way similar to Past Life Readings (where I go into trance) and Past Life Regressions (where I assist the client to go to their own past life).

Transformational Imagery helps the client learn their body’s language. It requires careful listening, patience, and trust. This also helps develop intuition and sparks creative solutions. Distressing issues can now be seen as important messengers. Spiritual helpers and inner healers may be called upon. We are reminded that healing is tied to whole-ness, and wholeness occurs by uniting mind, body & spirit.

Everyone has a unique relationship with their body, in much the same way that interpersonal relationships are unique. So what *is* your relationship with your body? Do you ignore it? Berate it? Fear it? Drag it around like a burden—pushing it mercilessly, depriving it of adequate food,

water, or rest? Imagine the best relationship you can have with your body—respecting its needs without over-indulging, giving it encouragement, nourishment and fun.

What if you recognize the body as a vehicle for your soul to experience, express and learn? What if you saw the body as an expression of the Divine? How would your relationship with your body change?

What whisperings might you hear then?

TALES OF TRAVEL & ADVENTURE

Ever notice how people's eyes light up when they talk about a trip they took? Even obstacles and mishaps can be appreciated for the lessons learned, insights gained, and hardships overcome.

My first great travel adventure happened when I was twenty-one. My high school friend, Cheryl, knew people, who knew people who were going to France. I had just ended a three-year relationship and I needed a change. So with \$300 in my pocket, a down sleeping bag, and a cheap backpack, I quit college, and headed off to the great unknown.

We arrived in Paris on May Day. Vendors crowded the streets. Flower carts filled with Lily of the Valley perfumed the air. We slept in a cheap Parisian hotel. The toilet was one direction down the hall. Two doors down in the other direction was the bathtub, attended by women who spoke no English.

We spent the next three months hitch-hiking around Europe and Great Britain. We slept on the floor of an abandoned nursing home in Geneva (occupied by hippies from around the globe); on couches in an old water mill in Germany; on the rug of a small sewing factory in northern France; and on the grass outside a derelict castle in Switzerland.

In England a vibrant, dark-haired woman picked us up in her open Jeep. We shared the ride to her estate with a large English Sheep Dog. She put us up for the night and in the morning guided me in my first yoga class.

I returned with a deep sense of gratitude for the many kind and fascinating people who helped us along the way. I brought back a new appreciation of history—from the influence of the Roman Empire to the devastations of WWII. Perhaps my most important souvenir was a deep appreciation and love for the gifts of travel.

These memories have moved to the foreground as I prepare for my next European adventure. In a few days I leave for Great Britain* with another friend from high school, two of my nieces and one of their friends. I'm excited by the new discoveries waiting for me. In contrast to my first, impromptu adventure, I have carefully booked hotels and bought a train pass. (*I'm scheduled to be gone from May 17 to June 2nd.)

Whether it's a well-planned vacation or a spontaneous walk in the woods, the spiritual value is in the journey, not the destination.

Happy Trails, Rhonda

P.S. And oh, by the way, this is also a great way to celebrate a significant birthday. I won't tell you how old I am, but I can tell you that I'm twice as old as I was when I moved here (in 1980) and half as old as my house!

AKASHIC RECORD READINGS & PRIVATE CONSULTATIONS

To schedule an appointment call

314-644-0641 (the quickest way to reach me) or E-mail sourcenewsletter@earthlink.net.

For more detailed information on sessions see www.pathfindnews.com/resources/source.html.

HEALTH READING – Describes imbalances in physical, emotional and spiritual health, looking at root causes of dis-ease and giving providing holistic suggestions for healing at all levels.

PAST LIFE READING– Describes the past life most influencing you at this time, the significance to the present, and insights for soul growth.

CROSSING OF PATHS – Describes past life connection between you and another with suggestions for the wisest approach in the present.

PROSPERITY CONSCIOUSNESS – This reading looks at past life influences on your present attitudes regarding money and issues affecting richness in all areas of life.

RELATIONSHIP – This reading is a present life overview (no past life) of a key relationship. Strengths are identified and guidance given to overcome difficulties.

CAREER READING – Gives insight for aligning work with your inner purpose, and suggestions.

PAST LIFE REGRESSION–Explore your own past lives through hypnotic regression.

HYPNOSIS – For sleep, weight loss, stop smoking, stress reduction and more.

TAPPING TECHNIQUES EFT & Root Cause.

Fees: \$80 for first hour. \$30 for each additional half-hour. Most Readings are done in one-hour sessions.

Past Life Regressions require longer sessions.

Feedback on the Readings: A client in Texas, involved in a custody dispute, got a Crossing of Paths. ***“It was spot on. You even used a phrase he always uses about how he likes to rattle cages.”*** S.M.