

**THE SOURCE
LIFE ENRICHMENT CENTER
2726 Ellendale Ave.
St. Louis, MO 63143
Rhonda Leifheit, Director
314-644-0641**

Newsletter, Dec. 2011 - Feb. 2012

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www.pathfindnews.com/resources/source.html

Email: sourcenewsletter@earthlink.net

Greetings!

It's been a busy, exciting autumn. The "Meditations in the Garden" at MO Botanical Garden was filled to capacity and I look forward to doing it again in Spring. In Nov. I gave a presentation to a group of 40 on "Past Life Influences on Health". This was part of "The Development of the Healer" series sponsored by Healing Touch St. Louis. I also spoke at The Zen Tree (gifts and more) on Watson Road. The topic was past lives, karmic patterns and soul growth.

As winter approaches and the holidays arrive I wish you warmth, friendship and the blessings of spirit.

Rhonda

**LIFE BETWEEN LIFE: The World
Between Death & Rebirth**
Thursday, Dec. 8 for 2 weeks, 6:30 – 8:30 P.M.
at Mystic Valley

Imagine that you had a plan before coming into this life—a plan you created while in "bardo" (our spiritual home between lifetimes). Here the soul evaluates the life just lived and makes choices about the next life, with the help of spirit guides.

For the soul, entry into mortal life is an experiment, an adventure, and an opportunity to grow spiritually.

Participants will:

- * Journey to the bardo state, a place of compassion and clarity.
- * Visit your cosmic classroom and soul group
- * Learn how the soul makes choices about the "who, when and where" of rebirth.
- * Gain greater understanding of your current life purpose, challenges, and gifts.
- * Explore concepts of fate, destiny, and free will to more fully appreciate your life.

Fee: \$40. Pre-registration required. Early bird discount: send in payment by Dec. 5 & take \$5 off.
To Register: Call Mystic Valley at 314-645-3336. Send payment to 3212 Laclede Station Rd., Maplewood, MO 63143.

Do some HOLIDAY SHOPPING too!

More info: mysticv@att.net or

www.mysticvalleyonline.com. For info on class content call Rhonda at 314-644-0641. The maximum class size is 8, the minimum is 4.

2012 IN SIGHT
Sunday, Dec. 11, 1 – 3:30 P.M.
at The Soul-Esteem Center

The ancient, sophisticated Mayan calendar ends on 12-21-2012. Many see this as a time of exciting, extreme changes for our planet and culture culminating in a shift in human consciousness. Explore the implications--mystical, scientific and pragmatic. Investigate its connection with a rare celestial alignment of the sun and earth with the center of the Milky Way galaxy.

What does all this mean for you, personally?

Learn how you can be a positive participant in this time of transformation by clearing old patterns, releasing them, and moving forward. Create your intention to spiral upward in consciousness and manifest your desires.

Fee:\$20.

To Register: Call 314-275-7685 or 576-5508.

Location: 105A Progress Parkway, Maryland Hts. MO 63043. info@soul-esteem.com, www.soul-esteem.com.

**EMOTIONAL FREEDOM AND ROOT
CAUSE TECHNIQUES**
**The Remarkable Success of
"Tapping"**
Thurs., Jan. 12, for 4 weeks, 6:30 – 8:30 P.M.
at Mystic Valley

The Emotional Freedom Technique (EFT) combines tapping on acupressure points with positive intention statements. These techniques reduce the intensity of negative emotions, anxiety & stress. They ease many forms of physical distress or imbalance as well.

Our emotions are important guides, but when they are too intense we may feel “emotionally hijacked”, making it difficult to think clearly, communicate effectively, or listen to our intuition.

This class will include:

- * **Hands-on instruction in EFT for emotional distress**, anger, fear, grief, and anxiety.
- * **How to use “tapping” for health 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.
- * **How “tapping” can be used to increase prosperity**, improve communication, and more.
- * **Techniques to install positive beliefs.**

Fee: \$70. Pre-registration required. Early bird discount: send in payment by Jan. 9 & take \$7 off.

To Register: Call Mystic Valley at 314-645-3336. Send payment to 3212 Laclede Station Rd., Maplewood, MO 63143.

More info: mysticv@att.net or www.mysticvalleyonline.com. For info on class content call Rhonda at 314-644-0641.

**AWAKENING THE THIRD EYE:
Unraveling the Mysteries of
The 6th Chakra**

**Sunday, Jan. 15, 1:00 – 3:30 P.M.
at The Soul-Esteem Center**

“If therefore thine eye be single, thy whole body shall be filled with light.” Matthew 6:22

- * **Explore the mystical properties** of the 6th chakra—it’s ancient spiritual origins and it’s applications for us now.
 - * **Discover the true meaning of “clairvoyance”** or clear seeing.
 - * **Learn how the brain and body benefit** from visualization focused at the Third Eye.
 - * **Learn exercises** to help activate the 6th chakra. *The awakening of the Third Eye has both spiritual and practical benefits:*
 - It opens the doorway to intuition.
 - It becomes a bridge to the Divine.
 - It opens you to creative concepts, ideas and solutions.
- Fee: \$20.**
To Register: Call 314-275-7685, or 576-5508.

www.soul-esteem.com, info@soul-esteem.com.

Location: 104A Progress Parkway, Maryland Heights, MO 63043

**ALCHEMY FOR THE BRAIN/MIND
How Spiritual Practices Rewire
the Brain & Heal the Body**

**Mon. Jan 16, for 4 weeks, 6:30 – 8:30 P.M.
at 2726 Ellendale Ave.**

Alchemy refers to an ancient process of transforming something common into something precious. This class weaves ancient wisdom with modern science, transforming consciousness and opening the doors to authentic happiness.

Learn how the brain changes when mental and spiritual techniques (such as meditation, toning, and visualization) are practiced.

Sources include the research of Daniel Amen, M.D. (Change Your Brain, Change Your Life), Andrew Newberg (The Mystical Mind) and Rick Hanson, Ph.D. (Buddha’s Brain).

- * **Learn the functions of different areas of the brain** and how they relate to stress, sleep, appetite, anxiety, and other emotional states.

- * **Discover which areas of your brain may be over/under-active.**

- * **Experience mental and spiritual practices** designed to rewire the brain.

- * **Free yourself from the dungeon** of the reptilian brain where fear resides.

- * **Learn how meditation** changes body chemistry.

- * **Expand awareness** through brain resonance techniques.

Fee: \$70. (Early-bird discount below.)

To Register: Call 314-644-0641. Send \$25 deposit to 2726 Ellendale Ave., 63143 by Jan. 11, or pay in full by 1/12 and take \$7 off. Prefer to pay by credit card? Ask about PayPal.

**EMPATHS, INTUITIVES &
SENSITIVES**

**Tues., Feb. 7, for 4 weeks (no class 7/14)
6:30 – 8:30 P.M.**

at 2726 Ellendale Ave.

These terms can all be used to describe individuals whose unique gifts (and challenges) are not always appreciated by the world. If you've

ever been called "too sensitive" (or have felt that way yourself) this class will help you release feeling apologetic for traits that are much needed in today's world.

Dr. Judith Orloff describes empaths as "*finely tuned instruments*". According to Elaine Aron approximately 20% of the population have highly attuned or "sensitive" nervous systems. (From *The Highly Sensitive Person*)

See if you relate to some these qualities:

Are you intuitive about people's feelings?

Do you have vivid and/or intuitive dreams?

Are you highly sensitive to noises, smells, or crowds?

Do you have chronic physical pain or symptoms that are hard to diagnose?

Are you an emotional "sponge" or are your nerves easily "frayed"?

Do you feel recharged and refreshed by having time alone at home or in nature?

Are you an energy worker? Spiritually inclined?

Music lover? Poet? Writer?

This class will help you identify and appreciate your strengths and challenges:

* Discover the similarities and differences between Empaths, Intuitives and Sensitive.

* Develop action steps to prevent energy drain or negative influences.

* Become empowered by knowledge and learn strategies to take care of yourself.

* Accentuate your spiritual gifts.

* Learn ways to use your insights and feelings for greater creativity, health, happiness, and service to others.

Fee: \$70. (Early-bird discount below.)

To Register: Call 314-644-0641. Send \$25 deposit to 2726 Ellendale Ave., 63143 by Feb. 2, or pay in full by 2/2 and take \$7 off. Ask about PayPal.

BODY WISDOM

**Wed., Feb. 8, for 4 weeks, 7-9 P.M.
at The Soul-Esteem Center**

The body is a wondrous creation of Divine Mind. It is a temple for the soul, but all too often take it for granted. Consider these remarkable facts: Every second the body creates 3 million red blood cells,

eliminates dying cells, digests and assimilates nutrients, and fights off invaders and infections we never know about. The heart is the only muscle in the body that never tires; it beats 100,000 times a day, sending 6,300 gallons of blood through 96,000 miles of blood vessels. These are just a few of the things that take place in the 70 trillion cells in our body.

When we listen to the body, it gives us feedback. 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 turns up the volume, from a whisper to a shout, to get our attention. This can be through pain, illness, heart issues, anxiety, weight issues, insomnia & more. The body has remarkable wisdom and innate capacity for healing itself that we can learn to trust.

In this class you will:

* Learn to create a new, more loving, relationship with your body.

* Use Guided Imagery to bring compassion to those areas of the body that are struggling.

* Interpret the symbolic language unique to your own body.

* Use Transformational Imagery to heal and transform imbalances.

* Participate in your body's on-going molecular transformation!

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

To Register: Call 314-275-7685 or 576-5508.

Email: info@soul-esteem.com, www.soul-esteem.com.

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

***IMPROVE YOUR HEALTH BY
TAPPING IN TO THE MIND/BODY
CONNECTION***

**Mon., Feb. 27, for 3 weeks, 7-9 P.M.
at Clayton High School**

Greater health and happiness is at your fingertips. The "Root Cause" and "Emotional Freedom Techniques" are versatile healing tools that can be used throughout your life. EFT combines tapping on acupressure points with positive intention statements. It helps reduce anxiety & stress. (For more details see Jan. 12 description.)

Fee: \$45. (\$24 for Senior discount, 60+)

Please register by 2/20. Classes can fill quickly (or get cancelled the week before, if there is insufficient registration).

To Register: To pay by credit card or check, call St. Louis Community College at 314-984-7777. Or register at www.stlcc.edu and click the link for Continuing Ed. Give class title and course # and section (HEAL:706, Section 710).

Location: Clayton H.S., Room 123, 1 Mark Twain Circle, 63105. Park on southeast side/ teacher's lot. Call Rhonda at 644-0641 for details.

THANKS FOR THE FEEDBACK

This comes from a woman in Chicago in reference to a Past Life Reading we did over the phone. We did not discuss ahead of time the relationship she asked about. In fact, I was surprised to learn later that she'd been in the relationship for 15 years.

After having my reading and receiving the information you gave to me, I am now your biggest fan and believer in your gift.

Since the reading I have taken to heart the communication bit (knowing in my heart it was right on) and have made great efforts to change.

I deeply thank you for shedding such light on my life... You don't know me, yet, your reflection of past lifetimes for me were accurate...THIS lifetime is much like those only on a different plane.

I knew patterns were being repeated for me ... knowing the (past lives) root of my issue... I can work on it (more intentionally). It may take the remaining of this lifetime... I'm willing to devote that time to my soul.

Thank you again. I am deeply grateful for your insight and loving gift that you generously share.

Patti K. (Chicago)

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Life Enrichment Center
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and HYPNOSIS go to**

www.pathfindnews.com/resources/source.html

Feel free to call me at 314-644-0641.

Warmest Holiday Wishes,

Rhonda