

# FRIDAY MORNING MEDITATION & DISCUSSION GROUP JULY 2010 SCHEDULE

10 AM – 12 Noon every Friday at Crystal Visions

*We have meditation of 10 - 15 minutes and then we have our program with lively discussion. Everyone is most welcome! Donation for Crystal Visions.*

Please note: Our programs are subject to change without notice!  
Contact Aurora (828.545.8627) or Marie (828.301.3380) if you would like to confirm.

## **July 2nd: First of the Month Sharing**

Bring your current growing edge metaphysical news or experiences to share—anything that's uplifting!

Facilitator: Aurora Fox

**July 9th: Ann Puryear: “Opening the Energies”** Ann is a career coach, a Huna Practitioner, a Reiki Master, a Dowser, and gives awesome intuitive readings. She is an Energetic Consultant in the modalities of Numerology, Feng Shui, and Chakra Balancing. On sacred days she holds Goddess Gatherings. In her talk on July 9, she will share with us about these modalities, ending with some Goddess work!

Facilitator: Aurora Fox

**July 16<sup>th</sup>: Karen Cash and Anna Murri: “Zero Point Energy and How It Invites the Body to Heal Itself.”** It has been stated that about every 20 years there is a paradigm shift in healing and health care. Today the new paradigm is zero point energy, - the source energy of perfection. We will have some fun accessing and experiencing the ZPE field with the aid of the Zero Point Wand and other energetic wellness products. Do you know anyone who lives in pain? Would you be interested in energizing your food and water? Come and learn how you can use this revolutionary Self-Care technology to access the Zero Point Field and maximize yours and your families Total Wellness. If you own a Zero Point Wand, please bring it to the meeting.

Facilitator: Christy Dickson

**July 23rd: Sandra Sullivan: “Wings of Grace Healing: Theses are healing energies from our blessed wing ones brought forth by divine guidance.”** Earth Eagle (turkey) brings physical energy healing. The messenger (hawk) brings spirit energy. Swan is the energy that seals in the healing and closes your energy field. Sandra has assisted others with her gifts of healing, insight, and spiritual counseling since the 1980's.

Facilitator: Blanche Alford

**July 30<sup>th</sup>: Jane Wasson: “Drumming for Joy!”** Bring your own drum, rattle or instrument or just come and join in a spirit-led drumming ceremony using Native American songs and ceremony.

Facilitator: Katara Seifert