

## FRIDAY MORNING MEDITATION & DISCUSSION GROUP SEPTEMBER 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.

### **September 3rd: First of the Month Sharing**

Facilitator: Aurora Fox

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

### **September 10th: Jonna Rae Bartges: Happiness is a Choice!**

Facilitator: Christianna Morgan

Learn how to make it the core of your life when Happy Medium Jonna Rae Bartges provides tips and tricks for raising consciousness and shifting into a joyful state permanently. She'll share her experiences working with the doctor who created a whole new dimension in mental health – the new field of positive psychology – and how the research methods he used to collect his breakthrough data can work for you. She'll also lead the group in crafting mission statements to help each individual create an internal spiritual compass pointing them towards a joyful, purposeful life. Jonna Rae is an author <Psychic or Psychotic? Memoirs of a Happy Medium>, speaker and intuitive consultant and her sometimes humorous, always real life journey helps you understand and cultivate your own psychic potential.

### **September 17th: Steven Evans: The Journey to 2012 - Navigating a World in Transition**

Facilitator: Christy Dickson

Steven Evans is a Psychic and Mayan Astrologer whose daily Spiritual walk is inclusive of Day Keeping with Mayan Calendars, Western Astrology, Indigenous Wisdom, and Ancestral Presence. Since the first Harmonic Convergence in 1987, a countdown of sorts has been unfolding, coupled with immense conclusions and simultaneous rebirths of pretty much every facet of our collective lives. What once seemed very much in place regarding all of our support systems, old patterns, and repetitions, are now up for re-negotiation. Beyond the collective and daily illusions of our walk on the planet, there are many more aptitudes awakening and returning for the most auspicious time in our history, chronicled by the Ancient people in enumerable cultures and tribes, over 5125 years. Join in a broad discussion covering a plethora of subjects informing healthier choices and higher awareness within the current Illumination of our Personal and Universal Journeys. Come with questions and an open heart, as this is now our primary and healthiest discernment tool. Share and we all become aware.

### **September 24th: Dan Trollinger: Crystalline Light Body Activation**

Facilitator: Aurora Fox

In this time of great change, it is time to remember who we are and why we are here. The language of light and sound provides a doorway to higher states of awareness. Working with ancient wisdom, sacred geometry, and new crystalline energies now becoming available on earth, we will attune body and soul to the harmonics of oneness. This is the work of awakening. Remember this love and come home. The crystalline light body is the blueprint of who we are becoming, the homo luminous, the light beings of the new earth. As we learn to connect more fully with the light of our own being, we can open to the multi-dimensional aspect the Reality. There are simple practices that can help us cultivate our light, divinize the body, and illuminate the soul. Now is the time to wake up and serve the light like never before. Dan is a teacher, minister, counselor and healer in Raleigh, NC. He works with sound healing, sacred geometry, Reiki, energy medicine, shamanic healing, and more. Dan offers workshops on spiritual guidance, vision quest, mandalas, light body activation, Divine Mother, and energy medicine. He has coordinated group sacred journeys to Peru, Africa, Hawaii, New Zealand, and Italy. Dan is the author of Voices of the Dawn: Spiritual Masters Speak about the Birth of a New World, a book about living in the heart of compassion as we co-create a new earth.