



Lake Harriet Spiritual Community

4401 Upton Avenue South
Minneapolis, MN 55410

.... A Center for Conscious Living

is pleased to announce its

SPECTACULAR CLASS SERIES !!!

A smorgasbord of wellness classes for body, mind and spirit

****UPDATED****
09/04/2011



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09/04/2011

Reserve your spot today by calling/emailing the instructor or by registering at

<http://www.LakeHarrietSpiritualCommunity.org> (Events Calendar>LHSC Event Calendar on Meetup)

SEPTEMBER CLASSES

<p>Getting Unstuck</p> <p>A powerful, fun course that identifies subconscious patterns and imprints that keep us stuck, no matter how we strive to achieve our goals</p> <p>Lynda Austin, channel for <i>Essence</i> for over 25 years. 952-935-0017; Lynda@FollowJoy.com; website: www.FollowJoy.com</p>	<p>September 6 September 13 September 20 September 27</p>	<p>7:00-9:00 pm \$20 per session \$70 paid in advance for all 4 sessions</p>
<p>Open Channeling Sessions with "ESSENCE"</p> <p>An interactive dialogue of questions and answers with the non-judgmental, loving and supportive energy of <i>Essence</i></p> <p>Lynda Austin, channel for <i>Essence</i> for over 25 years. 952-935-0017; Lynda@FollowJoy.com; website: www.FollowJoy.com</p>	<p>September 14 October 25 November 29</p>	<p>7:00-9:00 pm \$15</p>
<p>Munay Ki</p> <p>9 rites of passage from descendants of Inkan shamen; bands of power/protection, healing/clairvoyance</p> <p>Deer Domnitz, Shamanic Practitioner; 612-928-0028; lindadeer1@yahoo.com</p>	<p>Sept 17: Rites 8 & 9 October: make up class Classes held offsite; call/email Deer for reservations</p>	<p>10:00 am-5:00 pm \$\$ Donation \$\$</p>
<p>Healing Circle of Seven Generations of Past Ancestors and Those to Come</p> <p>Powerful ceremony to release your karma and those of your ancestors back 7 generations and forward 7 generations to come</p> <p>Deb Juberian, Reiki master/teacher, Qigong and Quessage practitioner 507 388-4426; mjourney@hickorytech.net</p>	<p>September 26</p>	<p>7:30-9:30 pm \$\$ Donation \$\$</p>

October Classes - See Next Page

OCTOBER CLASSES

<p>Eliminate Sugar Cravings</p> <p>Learn why we crave sweets, how sugar decreases our energy, and the cycle of sugar addiction. Learn alternatives to refined sugar.</p> <p>Gabriele Kushi, owner of Kushi's Kitchen, a green cooking school in Minneapolis and author of the book, "Embracing Menopause Naturally"</p> <p>website: www.kushiskitchen.com</p>	<p>October 5th</p>	<p>7:00-8:30 pm \$10</p>
<p>How Come We Keep Creating the Same Realities?</p> <p>A self-empowering workshop exploring the life possibilities that individuals create through their own imaginations and how to "break the cosmic egg" so that individual choices can expand beyond past conditioning</p> <p>Liz Loney, M.A. Certified Life Coach; 612-922-9150 LLoney77@aol.com; website: www.imagineyourlifecoaching.com</p>	<p>October 5: Current primary obstacle</p> <p>October 12: Releasing the current block</p> <p>October 19: creating supportive ritual</p> <p>October 26: surrendering to the mystery</p>	<p>6:30-8:30 pm \$15 per session \$50 for all 4 sessions</p>
<p>Healing the Soul of Humanity: How Astrology Can Help Us Understand Our Personal and Collective Evolution</p> <p>Learn about the south lunar nodes, explaining our past, and the north node pointing to our intended evolutionary goal, as well as showing us aspects of our collective evolution, thus giving us a sense of purpose</p> <p>Mark Jones, psychotherapist, evolutionary astrologer and head teacher of the U.K. Pluto School</p> <p>Contact Person: Carmen Freire 612 242-4093; mitzvah22@yahoo.com</p>	<p>October 28</p>	<p>7:00 pm \$20 if paid by 10/15 \$25 after 10/15</p>