



## Tuning In - Tuning Up Newsletter

*Happy New Year! Updates from Diana Friedell. . .*

*For more info on any of these events go to [www.tuningin-tuningup.com/events](http://www.tuningin-tuningup.com/events).*

### **1) Sat. Jan. 14<sup>th</sup>, 11-5: Lightseeker's Way: Psychic Boot Camp**

*Have you ever Just Known or Felt that something is "Not Right". How do I KNOW when my Intuitive Response is Real and I'm not just making it up? How can I strengthen the connections to the psychic abilities that we are all born with? The answer is Practice, Practice, Practice. Come to Psychic Boot Camp and experience a break-through in developing & trusting your intuition. Powerfully enhance your psychic abilities in One Day to get helpful guidance for yourself and others. Class is for beginners as well as those already developing. \$65 Tuition includes lunch & mini-psychic readings. To register- e-mail [dfriedell@stny.rr.com](mailto:dfriedell@stny.rr.com) or call 607-433-2089.*

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*"It's amazing to learn more about our spirit guides and how to communicate with them. In this crazy world we live in, we need all the help we can get." 10/8/11*

*"Fun and interesting tapping into your intuition and developing this aspect of one's self." C.R., Cherry Valley, NY*

### **2) Sat., 2/4/12 11-5: Meditation for Intuitive Development**

*@ Diana's Office- 78 Chestnut St. Learn easy ways to meditate- both for beginners or for those already on a spiritual path, looking to deepen their meditative experience. Fun exercises to sharpen our intuition; to be able to go within to get our own answers to life's dilemmas; Experience guided meditation for healing and stress relief, to open your psychic channels, and to meet your Spirit Guides. \$55 includes lunch and free short psychic reading from Diana- For more info go to [tuningin-tuningup.com](http://tuningin-tuningup.com) or Call me, 607-433-2089*

3) *Healing Hearts Vespers Service* – WEDNESDAY, February 1st, 5:30–6:30 pm at the Unitarian Church, 12 Ford Ave. Includes guided meditation, prayer, candle lighting for those on their own spiritual path. See website for this month's details! As always, Free & open to the public.



4) **Tues. 2/14/12: 5:00pm** Development Circle @ Avalon Moon– We invite anyone interested in **Free readings** from practicing psychic students. \$5 donation. We need those of you who are ready for practice, and those of you who want a free reading. Space is limited to 12 people. Call Hazel and let her know you are coming! 746-7389.

6) **NEW YEAR MESSAGE CIRCLE!**, **January 18th** 7–9 pm. at Diana's 78 Chestnut St. Office. What's a message circle? Click here: <http://www.tuningin-tuningup.com/services.php>, for full description. These fill quickly, so don't delay! Attendance limited to 10 so that all present can receive a mini-reading from two psychic mediums– Diana Friedell, and Cindy Staffin (See her webpage at [www.essentialawakenings.com](http://www.essentialawakenings.com).) Is there a fork in the road for you? Are you on the right path? Sit back, relax and see what spirit has to say to you! \$25, Call 433-3600 (Transitions Boutique) to register.

7) **January 25th**, 5:30–6:30pm: "Meeting Your Loved Ones in Spirit": if you have been suffering from the loss of a loved one, Diana guides you in an altered state meditation to meet with loved ones on a guided journey for the purposes of completion and healing, as well as life guidance.. At Diana's Office, \$12 – 2<sup>nd</sup> & 4<sup>th</sup> Wednesday Meditation Group. Register 607-433-2089.

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