FRIDAY workshops:

7:00 pm “SERENITY JOURNEY”, Cheryl DeDecker, Chapin Rm 1 & 2

an evening of hypnosis for Stress Management and Relaxation

Learn how hypnosis will help you direct the subconscious part of the mind to bring about powerful life change. This change may include living a healthier lifestyle (living smoke free, making wise choices in nutrition and exercise, improving sleep, managing pain, reducing stress, overcoming fears, achieving life dreams). In addition to experiencing a “mental vacation,” learn how to harness the power of your thinking to enhance your life!

**Cheryl DeDecker**, Life Coach and Certified Hypnotist, has a Master’s in Counseling Psychology and 20 years providing cognitive behavioral therapy. She made the shift to life coaching and hypnosis to help everyday people with everyday challenges. With her advanced training in hypnosis she is ready to help you achieve your dreams!

8:00 pm “MEDITATION AND MESSAGING”: John Naughton, Chapin Rm 1 & 2

In John’s Magic Mountain Meditation, you will relax while walking down an imaginary mountain where you will meet fairies, guides, angels, butterflies, squirrels, chipmunks and more. After the meditation there will be sharing of experiences with the rest of the group and, if there is time, we will meditate with the purpose of getting a message for someone else in the group to share.

**John Naughton**: As a Psychic Medium John has developed the ability to channel energy through God’s ever-loving grace. With the ability to channel energy John has delivered many messages and offered a wide range of Reiki Services. As a Reiki Master he has worked with long distance Reiki sessions as well as hands-on Reiki. John passed his certification evaluation to be a Psychic and Medium at Lily Dale, NY. Also John is a certified Reiki Healer; John is available for Psychic Parties, Séances and Home Circles. Contact: 419-902-0564. Check out his website: www.EnergyWorksOfWNY.com or e-mail johnnaughton39@yahoo.com

7:00 pm “HIMALAYAN SINGING BOWLS - TOOLS THAT TEACH”: Lumena Atherton, Rm 4

Learn about the therapeutic qualities of Himalayan Singing Bowls through discussion and hands on experience. Discussion will include information on self healing and meditation techniques using sound. Lumena uses the sound of the Himalayan Singing Bowls and Balinese Gongs to help create sacred space for groups and to engage her clients’ own healing energy during private sessions.

**Lumena Atherton** has been an energy worker and sound healer for many years. She is a master certified Sound Healer from Nineways Shamanic School led by Mitch Nur, a Nagpa and Drup Shen Pa in the Nyingma and Bön traditions. She has worked with Tibetan Lamas from the Bon Po on mantra and focus and is also a practitioner of a number of energy healing modalities. She spent a year in Bali learning Dasa Vayu -- the Balinese form of Pranic Healing. Her Balinese teacher is a well-respected healer in southern Bali and she visits him often to maintain her connection with the energy of the island. She has travelled throughout Asia learning firsthand techniques of meditation, toning, breathwork and mantra. She is a registered Lightbody meditation teacher and has studied channelling with Sanaya Roman and Duane Packer. She currently lives on a retreat center in the Catskills and maintains a continuous connection to her teachers in both the USA and abroad.

More Info: [http://www.lotusflowerlight.com](http://www.lotusflowerlight.com); 607-538-9098; lumena@lotusflowerlight.com
**WORKSHOPS SATURDAY**

10:00 AM “GENTLE YOGA”:  Jennifer Lord,  **Chapin, Room 1 & 2**

Prana Flow-Energetic Vinyasa is a full-spectrum approach to embodying the flow of yoga created by Shiva Rea. Students of all levels are empowered to experience prana—the universal source of breath, life-energy and conscious intelligence—as the navigating source of yoga practice and vital living. Experience innovative approaches to vinyasa yoga and the state of flow within the rhythm of class.

Jennifer Lord has been a practitioner of yoga for 12 + years. After exploring the benefits of Hatha and Kundalini styles, she found that she aligned and resonated with the style of Prana Flow created by Shiva Rea so she completed her 200 hour certification with Shiva through the Samudra school of Yoga furthering her training at Kripalu in Massachusetts and Exhale in Venice California. She continued her study with Shakti Kaur Khalsa and obtained certification in Radiant Child Yoga in 2009. Jennifer teaches Prana Flow-Energetic Vinyasa, Prenatal and Children’s Story Yoga classes at the Green Earth in Oneonta, NY. [www.innerradianceyogawithjenn.com](http://www.innerradianceyogawithjenn.com)

10:00 AM “WHAT IS HEALING TOUCH?”:  Sue McKeon-Scharr, R.N.,  **Room 4 (Hogwart’s Rm)**

Healing Touch reduces pain, anxiety, relieves stress and depression, strengthens the immune system, deepens your spiritual connection, along with many other benefits. As an integrative therapy, along with what your doctor prescribes it is utilized in hospitals and clinics and taught in some nursing programs. Sue will describe the goals and benefits and what to expect in a session. Come experience for yourself the power of healing touch. Sue is also offering sessions today by app’t at the Registration desk.

Sue McKeon-Scharr, R.N. has been a registered nurse for over 20 years. Her exposure to the energy work arts began in 1993. She states “I began as a skeptic, but the work was fascinating to me, and I began my training. My spiritual and healing influences are Christian, Native American, Earth-based, Goddess and Celtic. I have deep respect for the spiritual paths of each individual. My heart-felt commitment to a healer’s path was made in New Mexico in 1994. I have been told by a reader in Ireland: “You are a clairaudient oracle who clarifies the truth for those who need to be taught the wisdom, and the knowing of spiritual realities.”

10:00 AM "AN INTRODUCTION TO TRADITIONAL & PRENATAL THAI YOGA BODYWORK:”

Darlene Abajian,  **Room 5 (Nursery)**

Through demonstration and discussion participants will learn what to expect during a customized full body session. Each participant will also receive a gift certificate for 25% off their first scheduled session.

Darlene Abajian holds an Advanced Practitioner Certification from the Lotus Palm School (Montreal, Quebec) and Thai Foot Reflexology Certification from the Thai Institute (Arlington, VA). She is grateful to practice this unique healing art that comes from the spirit of “metta” (loving kindness).

11:00 "TREATING MODERN DISEASE WITH TRADITIONAL EASTERN MEDICINE:”  Laura Reyda,  **Rm 3**

In this 45 minute discussion we will explore the basic principles of traditional Chinese medicine and how these ancient ideas remain relevant in the face of complex modern diseases.

Laura Reyda received a master’s degree of Acupuncture and Oriental Medicine in 2011. Her training includes study in the realms of western and eastern medicine, acupuncture and herbal therapy. Her clinical experiences include rotations in the Canandaigua Veteran's hospital and private clinics in the Fingerlakes region of New York State. She studied abroad in China, observing some of the world’s foremost doctors of traditional Chinese medicine. She also was fortunate to observe a teacher on the pediatric oncology unit at Columbia University Medical Center in New York, NY. Laura integrates her 9 years of massage therapy experience with acupuncture and herbal medicine to provide patients with the best possible care.

11:00 “SHAMANISM: THE PATHWAY TO DIRECT REVELATIONS”:

Katherine Ferris & Patricia Virasi  **Chapin Rm 1&2**

Come join the circle as we call in the four directions, Mother Earth and Creator to be with us as we discuss journeying for self-empowerment. The Shamanic Journey is a way to enter an altered state of consciousness and work directly with your spirit helpers to get answers to personal questions and help to bring balance to the planet.
**Katherine Ferris** is a Shamanic Practitioner, has worked with Don Cardinal, a Cree Elder; Michael Harner’s Foundation for Shamanic Studies, is also a Polarity Practitioner, and is Reiki II certified. **Patricia Virasi** is an educator, counselor, and an intuitive healer. She has been working in the human services field for the last twenty-five years. During the last ten years she has transformed her own private practice to incorporate many of the intuitive arts. She is a Reiki Master/Teacher and also works with therapeutic oils and crystals. She is trained in past life regression, runs women’s groups for self-empowerment, and uses astrological charts as another tool for self-exploration. She is a dynamic group leader and facilitates workshops up and down the east coast. Contact: 774-454-1641. Patti is also offering private tarot and psychic readings for the fair- make your app’t at the Registration Desk. Find her on the web at www.misspati.webs.com

**11:00 HINDU SPIRITUALITY**: Philip S. Hosley; Chapin, Rm 4 (Hogwart’s Room)  
A practicing Hindu, Phil will give a background in Hindu Spirituality, Vedic Astrology, and an experience of group chanting. Phil will also be reading astrological charts- make your app’t at the Registration Table. **Phil Hosley** is 64 years old, father of three daughters, devotee of Maharashi Mahesh Yogi, 38 years meditating one hour per day, involved in study of Hindu spirituality, Vedic astrology and all of the Vedas since 1989; He is currently a part-time Justice, Town of Oneonta.

**12:00 NOON "THE 2012 CELEBRATION: "THE CHALLENGE TO LIVE YOUR LIFE PURPOSE & PARADISE”**: Cowboy Swami Shaman; Rm 1 &2- 2012 is here — the indigenous shamans the world over tell this to be the beginning of the golden age where life is a celebration. Cowboy Swami Shaman (Swamiji) guides you on how to find more joy and meaning in your 2012 life and how to live in your paradise. **Cowboy Swami Shaman** (Swamiji) is the author of the Ayurveda Encyclopedia, and the Bhagavad Gita for Modern Times. Swamiji has been teaching meditation & yoga since 1976 and is a certified Ayurveda practitioner & Jyotish Vedic Astrologer since 1990. He was recognized as a swami by his guru in India in 1990, and recognized as a shaman by two shamans in Ecuador’s Amazon Rainforest in 2008. He is the founder of the School of Ayurveda, training people as certified Ayurvedic practitioners. Swamiji also uses his intuitive/psychic gifts, energy (Instant Permanent Blessings), and cosmic downloads to help people and pets; and heals and blesses homes & land as a Feng Shui/Vastu/Shaman. Swamiji also helps you find land and build you a home in paradisical Tobago. [http://PeaceAndParadise.com](http://PeaceAndParadise.com)

**12 NOON “EMOTION CODE EMOTIONAL RELEASE”**: Francie Goff, Chapin Rm 3 (purple)  
Are you experiencing pain, other health issues or difficulties in your life? Trapped emotions are composed of energy, just like our bodies. Because of this, these trapped emotions can influence our physical tissues. Releasing these trapped emotions can make conditions right to allow healing to occur. The Emotion Code is a gentle simple technique using muscle testing to identify emotions that have become trapped and magnets to release them, without re-experiencing the original trauma. We’ll practice muscle testing and learn how to do it in our daily lives. **Francie Goff, RN** is a Holistic Health Consultant/Educator certified in and providing a wide range of Holistic Health Services to empower clients, raising their awareness of their own ability to take charge of their health proactively. Some of the services she provides include: Emotion Code, Usui and Karuna Reiki, Integrative Guided Imagery, Labyrinth Facilitator, Aroma Therapy, CARE Certified Raindrop Sessions. Francie combines these modalities, allowing each session to be uniquely tailored to meet each client’s needs individually. She is the former owner of Whispering Dell Retreat Center.

**12:00 NOON “FORGIVENESS MEDITATION”**: Pat Crosby; Rm 4 (Hogwart’s Room)  
It's Here! 2012! The prophesied time. What does that mean for you?  
If you want to move into higher dimensions of living life from unconditional love and access the joy of the 5th dimension, it is time to unload old heavy lower-vibrating stuff from the past. In this powerful - yet simple - gathering, we share the empowering meditation and grace from the Angels of ForGIVEness and Archangel Michael. They invite you to access their healing presence and allow them to help you release heavy obsolete old blocks that are keeping you from achieving peace, tranquility, joy, love and ease. Join us for this powerful introduction to this simple healing modality. Bring a journal or diary to record what
you release today. And a list of what you want to forgive and let go. You will take home the tools to continue to use this releasing forgiveness ascension tool. You will have the opportunity to be with the divine presence of the angels during this workshop and feel their healing love for you. Website Link: [http://iLove Forgiveness.com; www.patcrosby.com](http://iLove Forgiveness.com; www.patcrosby.com)

**Pat Crosby** has traveled to sacred sites, meditated, and taught healing for over thirty years on four continents while studying with masters in various planes of consciousness. Her background includes PhD studies in psychology, a successful business career, and management of a healing center. Pat now serves as a voice for messages from exalted higher planes of consciousness to help humanity through the magnificent 2012 doorway.

12:00 PM "AN INTRODUCTION TO THAI FOOT REFLEXOLOGY:") Darlene Abajian, Rm 5 (Nursery)
Through demonstration and discussion participants will learn what to expect during a Thai foot reflexology session. Each participant will also receive a gift certificate for 25% off their first scheduled session.

**Darlene Abajian** holds an Advanced Practitioner Certification from the Lotus Palm School (Montreal, Quebec) and Thai Foot Reflexology Certification from the Thai Institute (Arlington, VA). She is grateful to practice this unique healing art that comes from the spirit of “metta” (loving kindness).

1:00 PM "LAKOTA INIPI CEREMONY": Natasha and Leonard Singer: Room 1 & 2
Experience the sacred space of the Lakota Inipi Ceremony as we create the medicine circle of the sweat lodge. Our prayers are in the drum and the sacred songs. Come journey with us on the Red Road of the Heart.

**Leonard Singer**, MA, LCSW-R, Diplomat of Social Work, has a private practice in Oneonta as a psychotherapist. **Natasha Singer**, LCSW, CASAC has a private practice in Oneonta as a psychotherapist and workshop leader. Leonard and Natasha are Ghost Dancers, Peace Dancers and Sundancers in the Lakota tradition and have been following the Native American spiritual path for over 26 years. They have been taught and are authorized to run healing ceremonies by several American Indian elders and medicine men. Karl Meier is also a Sundancer in the Lakota tradition.

1:00 PM “THE SPIRITUAL ASPECTS OF LOCAL PLANTS, & HOW TO USE”:
**Marguerite Bower**, Rm 3
"Spiritual Aspects of Local Plants, a Guided Meditation in accessing power plant medicine" Reach out of left brain to access space-intuition simply. In a meditative place, imagine & self inspire to get to know your power plant. You've already been chosen did you know? Today is the day to tune in to that fine friend who has been calling you. There's many, however one is connecting with you, actually right now. Bring a pencil and sketching paper. Not for notes oh no no no, but for writing, your inspirations and sketching visions.

**Marguerite Uhlmann-Bower**, R.N. is an herbal & wellness educator. She combines Natural approaches in Traditional Herbalism with evidenced based, health oriented private consultations and community programs. Inspired by the patterns in nature, she stewards 12 acres of land in East Meredith, has a United Plant Savers endangered medicinal plants garden that is open to the public from June through September, is a wild foods forager and medicinal plants wild-crafter. She is also Co-founder of the Delaware County Herbal Network Group. Call for an appointment at 607-278-9635 or email: 3moonsisters@gmail.com

1:00 PM “HYPNOSIS AND ENERGETIC HEALTH”:
**Thomas Warner**, Chapin, Rm 4 (Hogwart’s Rm)
Thomas will discuss the power of the mind and how it can improve your health and wellness. He will explain and answer questions regarding hypnosis and energetic healing as well as demonstrate techniques to assist in relaxation. Thomas is also conducting healing sessions in the morning- details on “Offerings in the Sanctuary”.

**Thomas Warner**- Yoga Teacher,Hypnotist, Empath ,Energy Healer, Spiritual Channel, and Intuitive. Thomas holds certifications in Yoga, Reiki, Channeling, Mediumship, and Hypnosis. He has immersed himself in the study of the mind, body, and spirit which, in turn, created a passion to assist his clients in discovering their deeper, true selves.
2:00 PM: “THE BIBLE UNFOLDED”: John Naughton; Room 1 (yellow room)
John will share his unique understanding of the Bible and explain the past life connection that he made as he learned some truths about how the Bible and Catholicism came to be as a result of the Will of God and mankind’s purpose. Also in this discussion John will share how Jesus taught people to be healers.

John Naughton: As a Psychic Medium John has developed the ability to channel energy through God’s ever-loving grace. With the ability to channel energy John has delivered many messages and offered a wide range of Reiki Services. As a Reiki Master he has worked with long distance Reiki sessions as well as hands-on Reiki. John passed his certification evaluation to be a Psychic and Medium at Lily Dale, NY. Also John is a certified Reiki Healer; John is available for Psychic Parties, Séances and Home Circles. Contact: 419-902-0564. John is also giving private readings today by app’t at Welcome Table. Check out his website: www.EnergyWorksOfWNY.com or e-mail johnnaughton39@yahoo.com

2:00 PM “ARE YOU SLEEPING IN A SAFE PLACE?” CHAPIN ROOM 2 (BLUE)
How to Harmonize the Energies in Your Home*: Tim Keys
Tim will instruct the class on how to use dowsing rods to find negative energies in your home. Methods to minimize and block these energies will be demonstrated.
Tim has been trained in the Slim Spurling dowsing method by Scott Andersen. He has also taken courses with Sandee Mac, president of the American Society of Dowsers and Sig Lonegren, Master Dowser. Tim is also offering private sessions on his crystal biomat, by app’t at the Registration desk.

Tim Keys is a Reiki Master Teacher, Licensed Massage Therapist, Medical Qigong Practitioner and intuitive crystal healer. A Reiki Master since 2001, Tim specializes in helping clients seeking relief from pain. His intuitive abilities help him to pinpoint the source of a client’s discomfort. Tim uses quartz crystals and copper energy rings as well as the amethyst Biomat to maximize the healing energies during a treatment. To make an appointment for a private session, contact Tim by email tk.bridgeoflight@gmail.com or phone 607-293-6671.

2:00 PM “METATRONIC HEALING”: Sarah Root, Chapin Rm 4 (Hogwart’s Room)
Looking for some vital, radical healing? Metatronic Healing energy is gentle, angelic and deep-reaching. Some say it feels like Reiki times 1000. It restores health to body, heart and soul. Metatronic Healing offers “spiritual surgery”: it expands you with its warm loving energies, dissolves specific fears and emotional stories from your cellular memory and your lineage, helps you release fully, and recalibrates your energy system. The Metatronic energies then nourish and replenish you with soul food, activating your heart center so you can return to your divinely given template, your true self, your soul. In this workshop you will learn about the healing modality that is quietly sweeping the planet – and you will get a real taste of Metatronic Healing energies through a special guided meditation.

Sarah Root is an Energy Worker and Intuitive. Sarah helps people align their lives with pure spiritual energies, for healing and spiritual awareness. Through Intuitive Readings, Energy Healing and Workshops, she helps people make quantum shifts toward their fullest potential – empowering their lives on all levels. Sarah is a clear channel of high-vibration energies and has founded a number of unique energy attunements. One of her special passions is earth healing and reconnecting people with nature. Sarah has been active in Energy Work since 1994. Visit Sarah at: www.RadiantAlignment.com

3:00 PM “LIFE GAMES: THE 7 KEY STRATEGIES FOR WINNING THE GAME OF LIFE”: Lewis Harrison; Chapin, Room 1 and 2
Among scientists Game Theory is the name used to describe systems that explain why and how individuals and organizations strategize, i.e. make decisions when one person (or more than one other person) might also affect the outcome of the decision. In this workshop you will learn how to create your own “playbook” of life strategies, choices and decisions for the creation of greater love, freedom, wealth and happiness.

Lewis Harrison is an American Author, Teacher, Success Coach, contemporary spiritual teacher, and entrepreneur. He is a pioneer in the integration of various trends in the human potential and alternative medicine movements. The author of twelve books including Healing Depression naturally (with an introduction by Jack Canfield of “The Secret” and “Chicken Soup for the Soul”) Lewis is best known as an interpreter of Taoism, Zen, Kabbalah and other mystic traditions in relation to Applied Game Theory and speaks and writes extensively on these subjects. He has a school through which his work is taught –
Lewis Harrison’s Natural Healing Academy of Natural Healing - www.chihealer.com, and a Spa and Retreat Center in Stamford New York – www.theHarrisonCenter.com; See Interview w/Lewis @ http://www.youtube.com/watch?v=zp4DtXpPBeM

3:00 PM “THE VIOLET FLAME”: Emily VanLaeys
Chapin, Rm 3 (purple)
AN OPPORTUNITY TO BE OF SERVICE, AS LIGHT WORKERS DOING OUR PART TO HELP BRING THE HEAVENLY KINGDOM OF LIGHT AND LOVE TO EARTH.
The Violet Flame is a gift from God which was first received by humanity in the 1930s, but not nearly enough people know about it yet! The Violet Flame is the perfect balance of the Outbreath and Inbreath of our Father-Mother God (Father=blue/Mother=pink - pink and blue blend to create violet). The Violet Flame is invoked by the use of invocations to transmute the pain and suffering Humanity has created throughout history through the misuse of our thoughts and feelings. Using these decrees can eradicate poverty consciousness, the consciousness of sickness and age, and every other negative idea that has kept humanity in bondage for aeons.

Emily VanLaeys is a certified life-cycle celebrant, offering personalized ceremonies for weddings and other occasions. She has been a student of metaphysics and spirituality for 40 years. Emily has written and published numerous magazine articles and a book called DREAM WEAVING: Using Dream Guidance to Create Life's Tapestry. She is currently working on a second book called The World According to Love. Emily also maintains two blogs: "Building Bridges of Oneness" and “Tips and Tales from Creative Weddings.”

3:00 PM “PENDULUM WORKSHOP”: Cindy Staffin, Room 4 (Hogwart’s room)
Learn to connect with your higher self and use a pendulum to make beneficial choices and locate lost items. Please bring a pendulum if you have one. Pendulums are for sale in the vending area & some will be available at the workshop.

Cindy Staffin - Psychic Medium, Intuitive Energy Healing Practitioner, Reiki Master/Teacher,
Reconnective Healing®, The Reconnection®, Paranormal Investigator
Cindy is a certified Intuitive Counselor and Healing Practitioner who has been using her abilities since childhood. She is passionate about empowerment and helping her clients remove blockages that are hindering their spiritual growth and physical wellbeing. Cindy teaches workshops and classes in Oneonta and surrounding areas and loves to entertain home groups with fun enlightening activities and readings. Visit Cindy at Transitions Boutique, 4 Dietz St., Oneonta NY 607-433-3600 or at 607- 241-6437. For more info visit Cindy’s website www.essentialawakening.com.
Cindy is also doing private psychic readings at the fair on Friday by app’t at the Registration Table.

4:00 PM: "CHI KUNG--BOOK OF THE WORLD, VERSE OF THE BODY":
Justin Deichman – Main Church Building (Chapin)  BACK YARD!! Weather dependent.
Chi Kung is one of the oldest living systems of exercise on the planet; utilizing a gentle but powerful coordination of movement, breath and mental intention to promote personal power, clarity, and longevity. In this approach the breath is the key element to building personal power and vibrant health. It is one of the most effective ways to regain and maintain personal health and promotes power and vitality. This workshop will focus on understanding the Breath, Universal Alignment, and powering up the Light Body through the use of Chi Kung.

Justin Deichman L.Ac. is a NYS Licensed Acupuncturist, Chi Kung instructor, and practitioner of Traditional and Innovative Healing Arts. Also trained in Reiki, Reconnective Healing, and is currently studying sound healing and hypnotherapy. In his practice he promotes a holistic, compassionate perspective on client care. He maintains a flexible approach that’s both deeply personal and effective. His blend of complimentary healing arts provides a unique experience that can yield immediate results and provide long term benefits. His office is located at 10 Market Street in Oneonta, NY, and he runs a Community Clinic, by donation, Wednesday afternoons at the Green Earth. For more information, please visit his website at www.justindeichman.com
4:00 P.M. MEDITATION TO MEET YOUR PERSONAL SPIRIT GUIDE: Diana Friedell, Chapin 1 & 2
We would like to believe we’re not alone, and we have spiritual help in important decisions on our life path. In Eastern Philosophy and in Theosophy, we each have seven spirit guides. Through guided imagery meditation, meet one or more of your spirit guides, and ask current questions on your life path and receive an undeniable answer.

Diana Friedell, (Also offering private readings Fri. & Sat. am by app’t; See Bios of Psychic Readers)
Metaphysician, Minister, actress, and director, received her training in the Spiritualist tradition from Lily Dale, NY. She has been doing readings & teaching Intuition and Meditation Classes for nine years all around the Northeast and on the Radio. Diana is a 2004 graduate of the School for Healing and Prophecy through Fellowships of the Spirit in Lily Dale. Diana was called to this work as a result of her search for spiritual meaning after her youngest son passed away tragically in 1994. Diana is available for private appointments, guided meditation sessions, energy healing, parties, phone readings and intuitive development classes- find her on the web at www.tuningin-tuningup.com.

4:00 PM “ENERGY WORKSHOP”: Cindy Staffin, Room 4 (Hogwart’s room)
Do you ever feel over-stressed or don't have the energy to make it through the day? In this workshop you will learn quick and convenient ways to relieve stress and boost your energy. See Cindy’s Bio above at her pendulum workshop.

4:00 PM “ASEA & HISTORY OF USUI REIKI: Ellen Sokolow, Loren Graham Room 3 (Purple room)
ASEA is the only product in the world that provides native, stabilized Redox Signaling molecules to the cells of your body. These molecules are vital to the protection and recovery of health at the cellular level. The first thing that we noticed, drinking the first 2 ounces, was that something inside woke up. It was like having an oxygen mask put on the whole body. Second thing was that from the first night, we have both been sleeping through the nights and dreaming deeply. I hadn't realized that I haven't slept enough in probably years! and there's more....

Ellen will also present the history of Usui Reiki and, if time allows, give short sessions.

Ellen Sokolow is a 5th generation Traditional Reiki Master, has been working with Reiki since 1982 and teaching since 1984. She is in direct lineage of Usui-Hayashi-Takata-Weber/Latz. She is the first Reiki Master to teach in Gaza and the West Bank of Israel during the years before the peace treaties were signed and gathered Reiki classes of German, Israeli, and Palestinian Reiki practitioners in the West Bank and in Israel. She has taught throughout the Middle East, Mediterranean, Europe and the United States. More info about Ellen: www.ellensokolow.org