**Higher Self**

**Upcoming Classes & Events – February 2017**

313 E. Front, Traverse City, MI 49684

**PRE-REGISTRATION REQUESTED FOR ALL EVENTS: 231-941-5805**

Sync Your Calendar With Ours!

**Community Meditation & Satsang**

**Every Tuesday in February 2017, 7pm - 8:30pm *with Higher Self Staff***

Traverse City Community Meditation & Satsang. Join your local community members for a free meditation class. Suitable for both beginners and experienced meditators, this class is open to people of all backgrounds and traditions. Class will start with a brief introduction to meditation, what it is, and how to meditate. After meditation, there will be time for spiritual Q&A (also known as "satsang" which means spiritual discourse or sacred gathering). Just drop in… Feel free to bring friends! All are welcome! Cost: FREE -- Benefit: Priceless…

**Infinity Elixir Open House**

**Saturday, February 4, 11:00am - 2:30pm *with Joshua Orah***

Stop on in on Saturday and visit with Joshua and he gives samples of his elixirs and explains some the benefits of Chinese Herbalism. Joshua is a wealth of knowledge and you won’t want to miss this chance to experience the samples and glean a little information from this source of wisdom.

**The Five Love Languages**

**Saturday, February 11, 10:30am - 12:30pm *with Chelsea Spencer***

There are basically five emotional love languages—five ways that people speak and understand emotional love. Understanding these 5 basic ways can help you with work and personal relationships in all areas of your life. Join Chelsea as she shows you how to determine what your language is and how you best relate to others. Cost: $20

**Tibetan Singing Bowl Concert**

**Saturday, February 11, 7:00pm - 8:30pm *with Mark Handler***

This concert is a meditative journey into deep inner space. Sound healing creates vibrations that balance prana and life force energy. These vibrations effect the body and mind, creating profound peace that will leave you feeling wonderful. These concerts are intended to deepen yoga and meditative practices and provide stress reduction. All that is required in these concerts is to be still and experience the lush, multi layered sounds that feel so good. This type of concert often leaves you feeling refreshed, lifted, healed, and inspired. Cost: $20

**Reiki Share**

**Monday, February 13, 2017 7pm - 8:30pm**

Reiki Share We hold a Reiki Share at Higher Self the second Monday of every month. Our Reiki Share is open to everyone…those who are curious and want to experience Reiki… those that have experienced the joy and healing of Reiki…and those who are practitioners of Reiki at any level. Reiki Shares are offered at no cost, although donations are accepted in any way you feel guided – all donations are given to local community charities. Cost: Free —Benefit: Priceless. Just drop in… Feel free to bring friends!

**The Magic of Quartz**

**Thursday, February 16, 6:30pm - 8:30pm *with Zach Weisbarth***

So, you love so many of the crystals and stones and have bought a few – now what do you do with them? In this course, we will show you how you can incorporate crystals in your home, work, and personal life. We will look into the following topics: Crystal Grids, Laying of Stones, Gem Essences, Pendulum Dowsing, Spells, and much more. Bring any of your crystals you'd like to the class to work with them on what is presented or to have them identified. Cost: $20.

**Crystal Open House**

**Friday, February 17th - Sunday, February 19th @ Open to Close**

All of the new crystals and gems and awesome finds will be displayed for you! Jeff and Jo found some sweet goods at the Tucson Gem Show this year; you’ll be able to explore, purchase, and share in the treasure hunt. ;)

**Reiki 1 & 2 Training**

**Saturday, February 18 and Sun February 19, 10am - 5pm *with Jeff & Jo Currier***

A thorough, hands-on training with Reiki Masters Jo & Jeff Currier that will leave you feeling confident with your practice for personal and professional application. The class is a combination of lecture, discussion, and experience. Practice time includes giving and receiving a complete Reiki session using all the hand positions, self -treatment, practice using all the Level 2 symbols (including distant healing). Jeff & Jo bring their years of experience and training with multiple teachers to provide you with the richest reiki training possible. Please inquire at Higher Self Bookstore with any questions. Cost for both levels: $300. Pre-registration is required.

**Make Your Own Eye Cover (for Meditation & Journeying)**

**Wednesday, February 22, 6:30pm - 8:30pm *with Mike Currier***

Join Mike as he walks you through and helps you to create your very own eye cover for meditation. Mike will be helping you to make either a fringe mask or a traditional style eye cover. All materials will be provided for you to create your custom eye cover. If you have something special you would like to incorporate into your eye cover, feel free to bring it to class with you. Cost-$35.00. The “uniquely you” benefit- Priceless…

**Angel Guidance Workshop 2**

**Saturday, February 25, 10am - 12pm *with Beth Jerva***

Start the year off with opening up to the angels. In this two-hour workshop, Beth will build upon what she shared in her first class. You will learn how to connect with angels and receive guidance from the angelic realm. The workshop will start with information about Angels: different levels, names, and the healing qualities of specific Archangels. The group will learn and experience the process of receiving guidance through exercises that will open your connection with the angels. The workshop will end with practicing angel card readings. Cost: $20

**Elixir Crafting 101: An Introduction to Chinese Tonic Herbalism**

**Saturday, February 25, 12:30pm – 2:30pm *with Joshua Orah***

What is an elixir? In this class you will learn the art and the magic of elixir crafting, what it is, and how it can benefit you in your everyday life. Taught by Elixir Master, Joshua Orah, this hands-on class will leave you full of knowledge on how to craft your own elixirs at home in a simple, yet effective way using the power of tonic herbs. You will get to sample several elixirs made by Joshua while learning how tonic herb elixirs can support your well-being on all levels. This class is open to anyone curious about health, well-being, herbs, and plant medicine in general. Cost: $20

**Herbal Teas: Remedies in a Cup**

**Saturday, February 25, 3pm - 5pm *with Mike Currier***

For thousands of years teas have been used to assist the body for specific conditions and to promote optimal well-being. Join Mike as he explains the many AMAZING properties of teas, and how they may be used to boost your personal health. He will show you the simple methods of preparing and combining ingredients. Besides tasting great, teas enhance vibrancy, vitality, and longevity. Class includes a free tea blend!! Cost: $20

**Shamanic Methods & Tools - Energy**

**Sunday, February 26, 1:00 – 6:00pm *with Jeff Currier***

This is the second of a three part series where Jeff will invite you to explore the different aspects of shamanic work for others and for the community. In this series we will go over how to create power objects, how to remove cords and energetic connections all by partnering and working with our power animals and teachers. You must have been formally trained on how to do a shamanic journey to take part in this series. If you are unsure if you have the necessary pre-requisite please call and speak with Jeff. Other class date will be March 5th. Cost: $60 per session. While you do not need to take all three in the series, it highly recommended.

**Journey Circle**

**Monday, February 27, 7pm - 8:30pm *with Jeff Currier***

Journey Circle – Connect to All That Is Fourth Monday of each month, 7:00pm–8:30pm with Jeff Currier Journeying is an ancient technique to connect with spirit for healing and direct revelation. Journeying allows you to connect to the past, present, and future for personal and community healing as well as for healing the earth. When we gather as a group the effect and impact is much more powerful and profound. You must be trained in how to Journey to participate. If you have any questions about your ability to participate, please call and talk to Jeff. Free community event.

**Looking Ahead to March:**

**Food CAN Change Your Health**

**Tuesday, March 1 @ 6:30pm – 8:30pm *with Jo Currier***

Jo explains the important role food plays on how we feel and how it can affect our health and well-being. What we eat often is the key to our personal physical health. Discover simple, easy ways to expand your diet into that healthier realm while dispelling the idea that it takes extra time, effort, or costs too much. Cost: $20

**Learn Self-Hypnosis**

**Wednesday, March 2 @ 6:30pm – 8:30pm *with Jeff Currier***

Jeff will explain what Hypnosis is and teach you how to do self-hypnosis. Self-hypnosis is an easy technique that can allow you to better understand yourself. The human mind is made up of two parts that are known as the conscious and unconscious mind. The conscious mind is what allows the individual to exist in society productively while the subconscious mind is the hidden programming. Self-hypnosis technique is a good way to change this scripting. It is simple and most anyone can hypnotize themselves. You can guide yourself into this deep area of thought through relaxation and focus. Change self-hypnosis is when you have hypnotized yourself and are working on changing a behavior, your weight and much more. Jeff will walk you through this process so you can gain back the control you desire. Cost $35

**Advanced Reiki Training (ART, Level 3)**

**Saturday, March 4th, 10am - 5pm *with Jeff & Jo Currier***

This is a one day intensive. It includes: the Usui Master attunement which increases the strength of your Reiki energy and increases the effectiveness of the Reiki II symbols; a Reiki meditation that strengthens the mind and expands consciousness; and advanced techniques for using Reiki to solve problems and achieve goals. You'll learn about the use of crystals and stones with Reiki and how to make a Reiki grid that will continue to send Reiki to yourself and others after it is charged. Finally, an exercise will be given for those planning to take Reiki Master training. You must take ART if you want to take Reiki Master or Karuna Reiki. Prerequisite: Reiki 1 & 2. Cost: $250 Pre-registration is required.

**Shamanic Methods and Tools - Divination**

**Sunday, March 5th @ 12:00pm – 5:00pm *with Jeff Currier***

This is the third of a three-part series in which Jeff will invite you to explore the different aspects of shamanic work for others and for the community. In this series we will go over how to work with your guides and teachers to retrieve information for yourself and for others. We will work on connecting to the spirit of things to aid you in locating lost objects or in providing shamanic divination for questions people have. You must have been formally trained on how to do a shamanic journey to take part in this series. If you are unsure if you have the necessary pre-requisite, please call and speak with Jeff. Cost: $60 per session.

**Using Essential Oils**

**Saturday, March 11th, 12pm - 2pm *with Mike Currier***

The interest, importance, and awareness of the benefits of essential oils is growing. In this class you'll learn the basics of using essential oils in a practical way so that you feel confident selecting what you need for your daily life, well-being, and health as well as for your family members. Jeff and Jo will share with you the resource sand simple techniques that they have learned over the years to make essential oils your new best friend :) This class is so much more than just “Aromatherapy”; Essential Oils will become a natural "go-to". And…you'll take home your own custom essential oil blend! Cost: $20.

**Intuitive Readings *with Shirley Southerland* ~ Spiritual Advisor & Counselor**

**March 10-14, Friday, Saturday, Sunday, Monday, Tuesday store hours, open to close**

We are happy to welcome Shirley back to Higher Self. She has been a regular guest at Higher Self Bookstore for over 20 years, and we are so excited to have her back! She is traveling once again from Virginia to Michigan to communicate with YOUR angels and guides. Shirley, an ordained minister and teacher, has developed an astounding ability to communicate directly…… with anyone’s Angels. She has found these guides very eager to share their view of your life circumstances with you and provide very specific guidance for your life’s fulfillment. For more on Shirley, visit http://www.sites.google.com/site/shirleysoutherland. Call for an appointment. $85 for one-half hour, $130 for one hour reading. Pre-payment is required. Sessions are recorded. (231) 941-5805

**Learning the Tarot! A 5 Week Series with Kafi**

**Each Sunday, March 12 – April 9, each Sunday 1:00pm – 2:30pm**

Join Kafi in the 5 part series as she goes through each of the Arcana's of the Tarot learning intuitively to interpret the Tarot Deck. We will work with an Arcana each week culminating with the major Arcana on the last week. You will participate in meditations and creating spreads so that you can read for yourself and others. Come and let the Tarot open the world of “the sacred you”. Please bring a notepad, a Tarot deck of your choice (examples will be available if you want to purchase a particular deck after class), pen and your sense of play and wonder. Cost: $150 for all 5 sessions