

Spiritual Inspirer April 2019

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Greetings & Blessings from Higher Self...

April showers bring May flowers, and if you're like us, you are ready for some flowers in your world! As we embrace the coming spring, we have some new events for you. First, Jeff Nixa, author of *The Lost Art of Heart Navigation*, will be at the Higher Self doing a weekend workshop. The guidance and direction you'll get from working with him will be life changing. We are also starting up a New Moon Circle with Amy White; Dede Alder will be back for two Sacred Drumming classes; and our newest reader, Tara, will be holding a four-part Tarot Class. Finally, Jeff will be teaching a couple of new classes around Stress and Fear. There is so much happening this month at Higher Self Bookstore to help you bloom inside. Come down, "plant yourself" ;-) and join our fun.

Blessing and Be well...

Your Higher Self Crew - Jo, Jeff, Zach, Allie, Andi, Kafi, and Tyler plus all of our wonderful readers.



Where's North? I'm Lost!

It seems as if a new virus has broken out but rather than cause the flu, this one is causing people to realize that they want "more" but just can't figure out where they need to turn. It's as if the poles of the earth have

flipped, and folks just don't know which direction is which anymore; however, they do know that the direction that they are moving in is not one that feels right. If you can relate to this, know that you are not alone. With all of the chaos and turmoil that is happening in our world, there seems to be an inner reflection going on about what is important and worthwhile and what no longer serves folks. It's as if a veil has been lifted and what we thought was truth we realize is not even close to what our heart wants. This new realization, new awakening is creating a significant conflict between our heart and our mind, and that conflict is stressing us out and confusing us.

As difficult as this feels, the way to rediscover your true north is to begin to trust your heart-sense, that inner voice, that gut feeling. Your heart is able to detect and understand things that our mind can't quite understand. When we begin to take small steps to correct our course and begin to follow the direction that our heart is leading us, then the conflict between our heart and mind decreases and we feel our stress lower. It's well documented that our inner voice, our gut feeling, our heart feeling is right over 95% of the time. Our mind often over analyses and sees things that aren't really there but convinces us that these may be true, and we move in a direction that isn't right for us. This doesn't mean you need to turn your life upside down. You didn't get to this place overnight, and you don't need to move so fast that you leave your loved ones and others behind. Begin by telling your mind you've heard it but will come back to it later and feel what your heart says. What your heart says will provide the direction you're looking for. Remember the heart speaks to us in feelings so it's a much softer voice than the booming words in our head. Trust your heart and you'll soon realize the direction that is right for you in this moment and the rest of your life will begin to come into balance and harmony.

[Click here for an on-going, updated version of the Higher Self Bookstore upcoming classes & events.](#)
Namaste.

Sacred Drumming
Monday, April 1st &
Monday, April 29th
6:30 - 8:00pm
with Dede Alder

Dede Alder will show you how to use the drum to clear, ground, transform, express, and vibrate your being. This workshop will explore using the drum as a tool for spirituality and magic. The drum has the ability to shake things loose and focus your whole being. This workshop will include technique, ritual, and meditation. All skill levels are welcome, some drums provided. Cost \$20.

Community Meditation & Satsang
Every Tuesday
April 2, 9, 16, 23 & 30
7:00 - 8:30pm
with Higher Self Staff

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. Just drop in... Feel free to bring friends! All are welcome! *FREE community event.*

The Aries Experience
Wednesday, April 3rd
6:30 - 8:30pm
with Zach Weisbarth

Join Astrologer Zach Weisbarth for

Many Blessings,
Jeff & Jo



Oneness Message *by Marilyn Champagne Raffaele*

Dear readers, welcome to the new age you are creating and have begun to experience. Let go of any concepts about how change must look because this only reflects what is already known.

The massive shift in world consciousness that is taking place will express in ways and ideas that the human collective is not yet aware of. Many resist change simply because they believe it will interfere with what seems to be perfectly fine already, unaware that better expressions of these same things will manifest in their place.

Those who remain focused on self-serving at the expense of others are being exposed and brought to justice. There is more to come and more to be exposed. You are in the midst of it because Light is now penetrating into many previously hidden agendas. The ascension process that began so long ago is beginning to manifest on a global scale.

Personal and collective consciousness manifests outwardly because Consciousness is all there is and therefore the substance of all form. The expansion of spiritual awareness in increasingly more individuals cannot help but express as higher and better form (change). There is much to come dear ones, much to come. [\(Continue Reading Here\)](#)

Deeksha Blessing & Meditation Thursday, April 4 & 18 6:00 - 7:30pm *with Jane Hale*

Jane Hale went to India in 2006 to receive training from Sri Ama Bhagavan, the founders of Oneness Blessing, to be in service of giving Deeksha to others. Deeksha is a transmission of divine energy which begins a process of beneficial neurobiological shifts within the brain. Jane has spent the majority of her life engaged in movement therapy and the healing arts. She has been facilitating Deeksha in various settings, through the higher self, for over 10 years. Cost: By Donation

Life Without Stress Thursday, April 11th 6:30 - 8:30pm *with Jeff Currier*

We live in a stressful world that is draining us of our vitality and will to live a fulfilling life. Join Jeff as he shares some insights around stress in today's world and some simple yet practical ways we can begin to reduce the amount of stress we experience. As we are stressed less our health and well-being improve. You'll learn how to move away from stress and more towards happiness and eventually joy. If you're tired of living under the weight of the stress you have this will be the class for you. Cost: \$20

his new series of embodied astrology where we will be exploring everything Aries. This class will include guided meditations and ceremonies allowing you to fully explore your Aries Nature and further you along your spiritual path. Learn practical tips and techniques for connecting with the Sacred Warrior that exists within us all! If you would like a print out of your natal chart please arrive with your birth time, date, and location. All astrological signs welcome! Cost: \$20

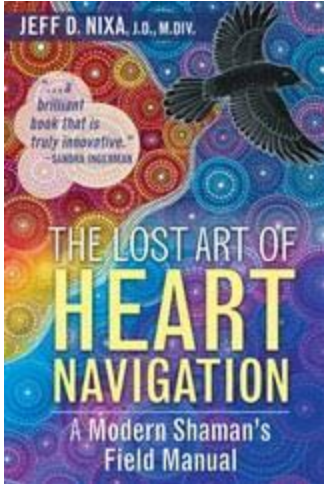
New Moon Circle Friday, April 5th 6:00 - 8:00pm *with Amy White*

Join us at Higher Self Bookstore Friday, April 5, 2019 from 6pm to 8pm for a New Moon Circle! The New Moon represents beginnings. It is a potent time to connect with ourselves, our purpose and what we want to grow both personally & globally. Through meditation, journaling & sharing we will plant seeds and set intentions for our hopes, dreams and goals. Please bring writing materials. We hope you can join us! \$10 suggested Love Donation.

Yoga Nidra Tuesday, April 9th 5:30 - 6:30pm *with Naomi Cole*

Yoga Nidra, which means "Yogic Sleep", is a form of meditation which promotes deep relaxation where you border between sleeping and consciousness. In the beginning of the practice you will set a sankalpa, or intention. The whole practice is guided while lying on your back with the use of props and blankets.
Cost: By Donation

Reiki Share



Awaken Your Jaguar: The Lost Art of Shamanic Heart Navigation

Friday - Sunday, April 12-14th
with Jeff Nixa JD, MDiv.

Friday 7p-9p: Welcome, Introductory talk, book-signing (love donation)

Saturday 9a-5p: The Shamanic Heart Path: Ancient Wisdom for Navigating Modern Life, \$65

Sunday 9a-5p: Fire Talks: Introduction to Shamanic Counseling methods, \$65

The most important task we have is to discover what we are here for: to know our soul's purpose and to bring that unique gift-our 'medicine'- fully alive in the world. But how do we find our true purpose? Who can be

trusted to show us? And how do we begin living a life more aligned to our hearts without falling back into old patterns of helplessness, anxiety, busyness, or self-doubt?

This weekend program will introduce you to the powerful healing and empowering practices of the Heart Path, a soulful, time-tested, strength-based approach to living rooted in the earth-honoring spiritual traditions of world shamanism. Saturday's workshop will provide an overview of shamanic healing with key practices for awakening one's "inner jaguar", the instinctual power and capability of the heart. Sunday's program will expand on Saturday's work and teach a basic Fire Talk (shamanic counseling) practice for breaking old patterns by directly engaging with the spirits of our inner fears and wounding patterns in a safe and structured way that can transform our deepest fears into our greatest allies and teachers. Click [Here](#) for more details

Tarot Class - Learning the Universal Language Four Consecutive Fridays, Beginning Friday, April 19th 6:30 - 8:00pm with Tara Pobuda

Tarot Classes - Learning the Universal Language, Numbers, Colors, Symbols, Elements, and the importance of soul guidance. Tarot is a divine tool that guides you through a greater understanding of self and therefore opens a horizon of experience. The basis of understanding the art of the cards dates back hundreds of years and it reveals truth in connection to the Higher Self and those around you.

The Four-Part Course of study is every Friday at 6:30pm. You are not required to attend all four classes. The following is a general description of what is to come as the course progresses.

4/19/19-History of Tarot and its uses. Major and Minor Arcana. The Numbers of Tarot.

4/26/19-Symbols and Elements

5/3/19-Colors and Connections

5/10/19-Royalty and Relationships

Please be sure to bring a personal Rider-Waite Deck to class. To know if you're deck follows the Rider-Waite system, there should be a reference on the copyright page with a description of the deck stating it is based on Rider-Waite Tarot or not. If you sign up for the class and need a deck, Higher Self

Wednesday, April 10th
7:00 - 8:30pm

We hold a Reiki Share at Higher Self the Wednesday of the second full week 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 Share is 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!

Journey Circle
Wednesday, April 24th
7:00-8:30pm
with Jeff Currier

Journey Circle - Connect to All That Is the fourth Monday of each month. 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.

Fear as an Ally
Thursday, April 25th
6:30 - 8:30pm
with Jeff Currier

FEAR! It freezes us, it stops us, it holds us back. Imagine a life where fear no longer has that kind of power over you. In fact, imagine a life where fear becomes your ally and friend allowing you to experience your life in the way your heart and head combined want to experience it. Join Jeff, Shamanic Healer & Hypnotherapist, as he shows you how to unlock the potential that lies behind fear

Bookstore will give class participants 15% off a deck. Materials for studying will be provided. Cost: \$20 per class

giving you tools and techniques that will turn things around for you, freeing you to live the life you desire. Cost: \$20

Advanced Reiki Training

Saturday, April 27th
10:00am - 5:30pm
with Jo & Jeff Currier

ART (Advanced Reiki Training) with Jo & Jeff Currier. Learn Advanced Reiki along the banks of the Boardman River. This one-day intensive includes: the Usui Master symbol & 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. Prerequisite: Reiki 1 & 2. Cost: \$250. Pre-registration is required.

Check out our services...

Psychic Tarot/Oracle Readings
Reiki Healing
Shamanic Healing
Hypnotherapy
Shamanic Divination
House/Land Clearing
Access Consciousness "The Bars"
Past Life Regression
Aromatherapy Consultation
Scent Tent
Chakra Balancing
Sound Healing
Astrology Readings

Looking Ahead to May...

Community Meditation & Satsang

Every Tuesday in May: 7, 14, 21 & 28 @ 7:00 - 8:30pm with Higher Self Staff

Individual Soul Portraits and Personal Reading

May 7 & 8 @ Open to Close each day with Katherine Skaggs

Deeksha Blessing & Meditation

Thursday, May 9 & 23 @ 6:00 - 7:30pm with Jane Hale

Summoning Your Shamanic Power

Friday - Sunday, May 10 - 13, 2019 in Midland, MI; June 14 - 16, 2019 in Traverse City, MI with Jeff Currier

Yoga Nidra

Tuesday, May 14 @ 5:30 - 6:30pm with Naomi Cole

Reiki Share

Wednesday, May 15 @ 7:00pm - 8:30pm with Higher Self Staff

Sherry Lord Intuitive Readings

Thursday, May 23 - Sunday, May 26 @ Open to Close each day

Lemurian Being Workshop

Sunday, May 26 @ 12-4pm with Sherry Lord

Journey Circle

Wednesday, May 29 @ 7:00 - 8:30pm with Jeff Currier

NADA (National Acupuncture Detoxification Association) Certification for Auricular Acupuncture Training

May 31, June 1 & 2 @ 8:30am - 5:30pm each day in Midland at Ways To Wellness with Barbara Starke, RN, FNP-BC, HTCII/P-BC, NADA ADS/Trainer

Click [HERE](#) or call [\(231\) 941-5805](tel:2319415805) to schedule an appointment!

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Newsletter Editor: Madie Begley

Click [HERE](#) to book a class!

2019 Reiki Training

Advanced Reiki Training

Saturday, April 27 @ 10:00am - 5:30pm

Reiki 1 & 2

Saturday & Sunday, October 19 & 20 @ 10:00am - 5:30pm

Crystal Reiki

Saturday & Sunday, November 16 & 17 @ 10:00am - 5:30pm

Click [HERE](#) to book a Workshop!