**Higher Self**

**Upcoming Classes & Events– July 2016**

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 @ 7:00 – 8:30 pm *with Shalvah Orah***

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. The event 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.

**Love & Destiny Card Readings**

**Thursday July 7 & Saturday July 9 @ 11:00 am – 4:00 pm *with Ron Elmore***

Ron Elmore use a 2000-year-old esoteric science that combines numerology and astrology factors to forecast for a client what the future cycles hold. Areas that are often involved are purpose finding years, wish fulfillment, years of recognition or business success, good money cycles, and relationship compatibility to name a few. He also does personal dowsing to fine tune some information. Cost: 20 minutes $20; 60 minutes $60 Call ahead to book your appointment: 231-941-5805

**Reiki Share**

**Monday, July 11 @ 7:00 – 8:30 pm**

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!

**Yoga of Sound and Breath**

**Thursday, July 14@ 6:30 – 8:30 pm *with Mark Handler***

For thousands of years the yoga of sound and breath have been very powerful yoga and vibrational practices. The tools of specific pranayams (breath techniques) and sound can leads us into deep states of meditation, profound peace, relaxation and healing. This class will introduce participants into how to use voice, antique Tibetan singing bowls and breath to explore inner states of consciousness at will. Much of the class will be experiential. Please feel free to join us to enhance your skill in finding your way to bliss. Cost: $20

**Art of Being a Seer**

**Saturday, July 16 @ 10:00am–1:00pm *with Denise Iwaniw***

As spiritual beings having a human experience during a profoundly expansive time in the evolution of the earth and her inhabitants, the purpose of this much anticipated class is to strengthen intuitive channels while maintaining a healthy balance between our daily lives of work and play and our spiritual life. Drawn from decades of experience as a metaphysical teacher, mentor, and student of the esoteric, Denise presents a course of teachings and corresponding exercises designed for serious seekers and practitioners of the spiritual arts. Cost: $65

**Readings with Denise Iwaniw**

**Saturday, July 16 @ 1:00pm - 2:30 pm**

Denise will be available for private readings at Higher Self from 1pm - 2:30pm. Come prepared with a question and hear what spirit shares for you through Denise. Cost: $85 per half hour.

**Full Moon Agni Hotra Ceremony**

**Wednesday, July 20 @ 6:30 – 8:30 pm *with Shalvah Orah***

Join your community in a transformational full moon fire ceremony and meditation designed to help you heal on all levels. Agni Hotra, which means “fire healing”, is a powerful ceremony from the Vedic tradition that amplifies your heartfelt prayers and intentions. Full moon is a time to clear out and relinquish all that is no longer useful. During the full moon, the healing effects of the Agni Hotra ceremony are amplified, so it is a particularly auspicious time for letting go of obstacles and blocks in your life — including addictions, old patterns, karmic imbalances, thought forms, self-limiting beliefs, and anything that keeps you from being free. The fire ceremony assists in releasing those energies back to the infinite quantum field, leaving an open space for new energy to enter your life. The Agni Hotra ceremony will be followed by a short meditation to help integrate the experience. Cost: $20

**Shirley Southerland - Ministry of Angels Readings**

**Thursday, July 21 through Saturday, July 23 @ 10:00 am – 7:00 pm**

**Sunday, July 24 @ 11:00 am – 5:00 pm**

**Monday, July 25 @ 10:00 am – 6:00 pm**

We are happy to once again welcome Shirley back to Higher Self. She is traveling from Virginia to Michigan to communicate with YOUR angels and YOUR 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. Please call ahead to book your appointment time: (231) 941-5805. Rates: $85 for one-half hour, $130 for one hour reading. **Pre-payment is required.** Sessions are recorded.

**Sound Healing Meditation**

**Thursday, July 21 @ 6:30pm-8:30pm *with John Sarantos***

Join John Sarantos as he leads you through a meditation using sounds of the Native American Flute, Singing Bowls and other instruments to provide a meditative state for personal growth, awareness and healing. Immersing yourself in sound as John plays around you, leting the sound taking you to wonderful personal places. Cost: $20

**Learn to Play the Native American Flute**

**Saturday & Sunday July 23 – 24 @ 12:30 – 4:30 pm *with John Sarantos***

With its unique, enchanting sound, the contemporary Native American flute has become increasingly popular, not only as a purely musical instrument, but as an ideal tool to enhance relaxation, meditation and healing. This eight-hour class divided over 2 days is a non-musical theory approach to learning how to play the Native flute. You will learn: basic and intermediate fingering, breathing techniques, embellishments, non-musical techniques to create your own songs, how to use the flute for relaxation, meditation, healing and fun. Cost for class including a cedar flute: $135; Cost for class if you bring your own flute: $100

**Journey Circle – Connect to All That Is**

**Monday, July 25 @ 7:00 pm – 8:30 pm *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. Shamanic journeying is a way of communicating with your inner or spirit self and retrieving information. Your inner self is in constant communication with all aspects of your environment, seen and unseen. When we gather as a group the effect and impact is much more powerful and profound. You must be trained or have experience in how to Journey to participate. If you have any questions about your ability to participate, please call and talk to Jeff at 231-941-5805. Every fourth Monday of the month. Cost: FREE community event.

**Creating Ceremony**

**Thursday, July 28 @ 6:30 – 9:00 pm *with Jeff and Jo Currier***

Learn how to create a ceremony for any occasion. Jeff and Jo will walk you through the steps to create a ceremony and will work with you to create a personal ceremony idea that you have. Creating ceremony is an ancient practice that can be used for celebration, to create growth and development, to express gratitude, to release energies that no longer serve your highest good, and much more. You'll leave with a better understanding of what ceremony is and the confidence to create your own. Cost: $20

**Aum Rudraksha Jewelry Open House**

**Thursday, July 28 & Friday, July 29 @ 10:00 – 7:00 pm *with Barb Johnson***

Barb will be showcasing the newest bracelets, necklaces, and malas from Bali at this open house event. Check out the great selection and unique styling of this sacred seed jewelry. Aum Rudraksha made the jewelry for the movie, "Eat, Pray, Love" as well as several custom pieces for the movie's star, Julia Roberts! Wearing Rudraksha seeds may help you to feel balanced physically, mentally, and emotionally and they help our bodies to detox - it's the ultimate "healthy" jewelry! Come on in to see for yourself...

