

Break-out Sessions at the 2018 Canadian Fellowship Conference

SATURDAY MORNING: 10:30 am – 12 noon:

ASTROLOGY FOR LIFE with Lori Jensen

If you search the Edgar Cayce readings database for the term “astrological,” you’ll receive nearly 1,500 results. That’s because Cayce started every Life Reading (a reading to consider the person and his or her purpose in this current life) with a look at the person’s “astrological conditions and aspects.” When asked to give a Life Reading, Cayce’s opening started something like: “Yes, we have the entity here, and those relations with the universe and universal forces, as are latent and exhibited in the present entity.” Followed closely by, “As to astrological conditions and aspects...”

Astrology teaches us about how we think and feel and relate to others. It helps us to understand our unique characteristics and how we make choices. We can use it to highlight our strengths and talents, to recognize our urges, and to uncover what we came here to learn. The workshop will focus on the natal chart which will be provided to each participant, and our North Nodes, learning how to read it as a lifetime tool of understanding for ourselves, our relationships, career and long-term development.

PSYCHIC BUTTERFLY ART with Rev. Bob Johnstone (Also available in the PM)

Psychic Butterfly Art is a transformational tool in which, after you share a sacred meditation time together, Reverend Bob asks you to select a variety of paints. The colours one chooses usually represent a deeper aspect of self, and are relevant at both the known and unknown levels of consciousness. When your Butterfly is completed, it becomes a reference for recalling the sacred path you are on. Each Butterfly represents you and only you in that moment. If you attended the workshops in previous years, Bob is asking that you bring the butterfly that you created then, to the workshop this year so we might see a comparison to this year’s work.

THE RING OF EARTH FOR BONE INTEGRITY AND PAIN with Martee TegTmeyer (discovered by C. Norman Shealy)

Promoting the natural production of calcitonin, “75% of people would benefit”, “40-60 times as powerful as morphine” and is useful to “prevent and reverse osteoporosis”. “When used with the Ring of Crystal, it can be useful for Multiple Sclerosis, ALS, and Parkinsonism”.

See how people can stimulate these acupressure points on themselves and others using tapping, laser light, magnets, essential oils.

(<https://normshealy.com/the-sacred-rings/the-ring-of-earth>)

TIME OF TRANSITION: THE SHIFT TO THE 5TH DIMENSION with Sylvie Auger

Edgar Cayce, through some of his readings, talked about the shift in energies which is currently happening now on the earth plane. He mentions the Age of Aquarius, the fifth root race, the fourth dimension.

Through this presentation we are going to look into how the shift to the 5th dimension is affecting us as it is opening up new possibilities of tapping directly into our Akashic memories. The law of cause and effect is more than ever in action.

We will also practice the magnetic grounding meditation which is a tool to help us to better anchor in the magnetic grid of the earth so we can therefore better attune our energetic field to the earth's new one.

INTRODUCTION TO QIGONG with Marina Quattrocchi

Qi is often translated as life force or energy—that elusive substance we're all seeking. Qi also means breath and gong means work or skill. So qigong literally means breath work or energy workout. For thousands of years mystics, and now quantum physicists, have been explaining that we are made of, and live in a dynamic sea of energy. This energy is meant to flow freely like a gently flowing river. When there are blockages we're like a coiled garden hose where the water cannot move effectively. The gentle flowing movements of qigong amplify our internal energy helping us become healthier, calmer and more emotionally balanced. Breathing and meditation are an important component. The breath work and meditation are similar to yoga, and qigong is often called Chinese yoga, and the slow flowing movements are similar to tai chi, but easier to master. Dr. Marina Quattrocchi will lead us through a gentle series of qigong movements that can be practised by anyone regardless of age or physical circumstances. All movement can be done sitting or standing.

SATURDAY AFTERNOON: 3:45 pm – 5:15 pm:

TAKING CHARGE OF YOUR HEALTH NATURALLY with Martee Tegtmeyer

Bring forward the top health challenges of chronic pain and stress, which you would like to transcend. Some things we can do, others we cannot. In an open and supportive educational forum, find out in 10 minutes or less, what your priority chronic pain and stressors are and how to address them energetically for enhanced comfort and relief.

See how people can use holistic modalities such as Touch For Health Kinesiology on themselves. Demonstrations are guided by Muscle Response Testing (validated at Oxford University)

MEDIUMSHIP 101: THE MAKING OF A MEDIUM with Elizabeth Langs

“From Edgar Cayce’s perspective, communicating with people who were not incarnate (spirits) was simply another aspect of the psychic sense...He taught that these spirit communications have a place in the full spectrum of life and the psychic sense.” (Edgar Cayce, The Psychic Sense)

The purpose of this workshop is to introduce you to the study and practice of mediumship. Discussions will include what mediumship is, its purpose, the mechanics-how it is done, and suggestions on how to begin the journey towards becoming a medium for those who are interested. Participants will be guided through several exercises to introduce them to the concept of listening to spirit. This workshop is for people with little or no experience in mediumship.

PSYCHIC BUTTERFLY ART with Rev. Bob Johnstone (Also available in the AM)

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INTRODUCTION TO DREAMS with Marina Quattrocchi

Dreams are sacred scripts leading us towards our core of personal greatness, and guiding us each night towards greater clarity, purpose and self-awareness. Each dream is nightly therapy helping us work through problems, rehearse difficult situations and face our worst fears. Dreams speak to us in the universal language of spirit. By the end of our lives most of us will have spent five to seven entire years dreaming! Dr. Marina Quattrocchi will share significant dreams that altered the course of her life. We will also examine the purpose of dreaming and what is a dream, the fascinating stages of beta, alpha, theta, and delta sleep, tips for remembering dreams, keeping a dream journal, and how to begin understanding the messages found in dreams.

RESTORATIVE YOGA INTRODUCING THE CHAKRAS with Andrea Schoenwald

In the spiritual traditions of India the body is viewed in both its physical and energetic form. This energetic form is known as the ‘subtle body’. Within the subtle body we find chakras, which are meeting points of the energetic pathways of the body known as the Nadiis. Prana (our life force) uses these pathways to travel throughout the body.

Bring a yoga mat, or large towel and wear loose clothing and join me in a gentle, restorative based healing yoga practice introducing the chakras root to crown, leaving you feeling renewed, refreshed, relaxed.