

Pathways

A HEALTH CRISIS RESOURCE CENTER

June and July 2009

Drop-in Hours

Monday - Thursday 9:00am to 7:00pm

Friday 9:00am to 5:00pm

Saturday 10:00am to 4:00pm

Regular Office Hours

Monday - Friday 9:00am to 5:00pm

Services of Pathways are Free. Financial donations and or volunteer contributions of your time are greatly appreciated and considered an essential part of one's healing journey.

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Warm greetings!

We invite you to peruse this newly designed Pathways calendar. The new format enables you to search by topic headings for any of the classes and individual one-on-one appointments you're interested in. Come, Explore, Transform, and Create....

New Participant Programs

(see back of calendar for detailed scheduling information)

1T. Welcome to Pathways Orientation *Annie Kachelmyer*

Tuesdays, June 2 & July 7

5:15 - 6:45pm

2T. Welcome to Pathways Orientation *Becky Sydeski*

Tuesdays, June 9 & July 7

10:30am - 12:00pm

An orientation and welcoming for new participants at Pathways. We will help you access Pathways' services as simply as possible. The Pathways Video will be shown. Please be sure to sign-up and confirm with the front desk.

10T. Healing Circle**

Vivianne Hanke, Cheryl Hiltbran, Sheila Reiser

Tuesdays, June 2, 9, 16 & July 7, 14, 21 2:30 - 4:00pm

People interested in self-healing come together for spiritual connection through ritual, healing practice and meditation.

Renewing Life

3F. Renewing Life - Friday Daytime Series

Co-Facilitators to be determined

New series beginning in July

10:00am-12:30pm

Please call Pathways to be placed on the waiting list.

4W. Renewing Life - Wednesday Evening Series

Co-Facilitators to be determined

New series beginning in July 6:00 - 8:30pm

Please call Pathways to register or to be placed on the waiting list.

Must Attend All Sessions.

This is an intensive program for making the most of what life hands you when living with a life-threatening illness. A donation of \$15 is requested for a Participant Manual. Renewing Life™ is an adjunct to medical care. The program focuses on teaching communication skills, coping strategies, and life-affirming attitudes.

Session 1 Renewing Life™ Out of Illness

Session 2 The Healing Partnership of Mind/Body/Spirit

Session 3 Creating a Nourishing Circle

Session 4 The Possibilities for Growth in the Feelings You Hate

Session 5 Fear and Love

Session 6 Forgiving, Making Meaning, and Reframing

Session 7 Using Your Inner Healer and/or Higher Power

Session 8 Making Life Wishes/Loving Yourself Enough to Make Goals

Session 9 Celebration

Statement of Purpose: Pathways provides programs that are designed to support a creative healing response to illness.

Group Classes

Art, Music & Creativity

5W. Close Knit Group *Beth Ehresman, et al*

Wednesdays, June 3, 10, 17, 24 & July 1, 8, 15, 22, 29 10:30am - 12:30pm

Learn to knit/crochet or share your abilities with others while experiencing the support of others. Can work on own knitting/crochet project or work with the group to make chemotherapy caps and comfort shawls. Donations of materials welcome. We are accepting 5" squares that we will piece together to make patchwork shawls and hats.

6W. Visual Journaling: Giving Voice to Your Heart *Jeanie Wilke*

Wednesdays, June 3, 10, 17, 24 & July 1, 8, 15, 22, 29 11:00am - 1:00pm

Uses drawing or image-making and journaling, **no artistic skill required**. Through image-making your truest feelings can be revealed; through writing, those revealed feelings can be interpreted. The heart is the voice of inner wisdom. Drawing is the conduit through which that voice can speak. Begin to put aside the non-productive, mind-based question "why did this happen to me?", and begin to ask the soul-based, healing question "why did this happen to me?" Suggested Donation of \$7 for supplies.

7TH. Evoking Our Healing Energy through Story *Andre Heuer, D.Min., LICSW*

Thursday, June 11 12:30 PM - 3:00 PM

In this experiential session we will learn a technique using story and our body's energies to foster the healing of mind, heart, and body, to increase self-understanding, and to create a sense of well-being. This unique approach is particularly helpful in dealing with physical pain and tension and in dealing with the many contradictory forces we face in dealing with illness.

Energy Healing

8SA. Intro to Reiki Training *Myrna Radel, Reiki Master*

Saturday, June 6 1:00 - 3:00pm

For those with no Reiki training who would like to practice Reiki and learn about its benefits for stress reduction, relaxation, energy and more. **Come completely smoke and scent free**. Due to the chemical sensitivity of the Provider, in addition to Pathways' ban on cologne and perfume, persons will be asked to leave if you have used any scented products. Assisted by Reiki Master, Naum Tsypris and other masters.

9SA. Reiki Level 1 Training *Lou Radel, Reiki Master*

Saturdays, June 20 & July 11, 25 1:00-5:00 pm

Saturday, June 6 3:00 - 5:00pm

Must have attended June 6 (1-3pm training) Introduction to Reiki and would like to practice this Japanese technique for stress reduction, relaxation, energy and more. Must attend all four sessions. **Come completely smoke and scent free**. Due to the chemical sensitivity of the Provider, in addition to Pathways' ban on cologne and perfume, persons will be asked to leave if you have used any scented products. Assisted by Reiki Master, Naum Tsypris and other masters.

Meditation, Imagery, & Inner Practice

10T. Healing Circle** *Vivianne Hanke, Cheryl Hiltibran, Sheila Reiser*

Tuesdays, June 2, 9, 16 & July 7, 14, 21 2:30 - 4:00pm

People interested in self-healing come together for spiritual connection through ritual, healing practice and meditation.

11W. Rigpa Meditation Study and Practice Group** *Donna Hagert*

Wednesdays, June 3, 10, 17, 24 & July 1, 8, 15, 22, 29 5:45 - 7:00pm

Learn how meditation can help to deal with chronic illness and every

day stress. Based on Sogyal Rinpoche's "The Tibetan Book of the Living and Dying".

12SU. Golden Dome Healing Meditation *Sandee Hork*

Sundays, June 7 & July 19 7:15 - 9:00pm

Participate in bringing in multidimensional healing energies for yourself, the community, and the world. Hold and support a love-based connection for healing mind, body and spirit.

13M. Heaven on Earth Meditation/Journey *Carolyn Dunow, Energy Healing Coach*

Mondays, June 8 2:00 - 4:00pm

Experience the journey beyond death to overcome fear of dying, gain wisdom and insights into your life today, and/or taste the essence of the universal and unconditional peace and beauty of heaven while on earth.

14F. Innertrek Workshop 1 & 2 Series *Alison James*

Fridays, June 12 & July 10 7:00 - 9:00pm

Must attend both sessions.

Workshop 1 you will begin your trek of learning to access your inner landscape and build your soul's sanctuary.

Workshop 2 you will go pro-active to search & receive your own answers with the skills learned from Innertrekking.

Workshop 1 live drum will be utilized. Workshop 2 you will need to bring own CD player with headphones, notebook & blindfold, CD provided for usage this night. At completion of both workshops you will have the skills to confidently gain your own answers resulting in empowered self-healing on multiple levels. CD/s & CD players/headset, batteries & blindfolds are available for sale. Universal technique and good for anyone- No admittance after 7:15pm.

15T & SA. Intro to Mindfulness Meditation *Gail Iverson*

Tuesday, July 14 7:00 - 9:00pm

Saturday, June 13 10:00am - 12:30pm

Mindfulness meditation leads to insight into the nature of our hearts and minds, revealing an inherent clarity, openness and ease. This class will include an introduction to the intention behind practice and an introduction to simple, direct techniques that encourage a calm and focused awareness.

16SU. Falun Gong** *Ming Johnson*

Sundays, June 14, 21, 28 & July 12, 19, 26 9:00am - 3:00pm

Falun Gong is a traditional Chinese self-improvement practice of mind and body. All ages and physical conditions can benefit through practicing five gentle exercises and through studying and applying the principles which are centered on Truthfulness, Compassion and Forebearance. The practice is also called "Falun Dafa". Newcomers always welcome.

1:00 - 2:30pm Group Practice

2:30 - 3:00pm Discussion and study.

17TH. Sufi Four Layers of the Heart, al-wird *Jess Fauchier*

Thursdays, June 18 & July 16 6:30 - 8:30pm

The Sufi way is to live in the divine love 24x7. Towards that end, we teach the Four Layers of the Heart process. Beginners are welcome. Expect to leave knowing how to do the Sufi Four Layers of the Heart process.

18SA. Drum and Journey Circle *Timothy Cope, C.S.C.*

Saturdays, June 20 & July 18 7:00 - 9:30pm

An opportunity for those with prior shamanic experience to further explore the shamanic path, address personal concerns, and become more at home with journeying. There will also be songs, chanting, and movement. Bring your own drums, rattles and sacred objects, and if you wish, a snack to share with the circle after our ritual work. Please be prompt.

The doors will be locked and no one admitted to the building after the circle convenes.

19TH. Finding Clarity *Andre B. Heuer, D.Min., LICSW*

Thursdays, June 25 9:30 - 11:45am

As we face life's difficulties and struggles finding clarity can at times can be challenging. In this workshop we explore an approach to bring clarity to our life, investigate ways of letting go of control, clarify intentions and make decisions that help us survive and thrive while accepting the mystery of life.

20TH. Meditation for Wellness *Andre B. Heuer, D.Min., LICSW*

Thursdays, July 9 12:30 - 2:30pm

In this simple and effortless process you will discover your own natural method of meditation. We will discuss the challenges and difficulties of establishing a meditation practice. This session is particularly helpful for those who have found meditation difficult.

21TH. Imagery, Imagination and Healing *Andre B. Heuer, D.Min., LICSW*

Thursdays, July 23 9:30 - 11:30am

In this session you will learn about the theories and practice of imagery are investigated, how to use imagery as a tool for fostering healing and creativity, and why imagery is more than a visualization technique.

Mind-Body-Spirit Healing

22M. Way of the Love: Intro to Sufi Healing *Pat Aylward*

Mondays, June 1 and July 6 6:30 - 8:00pm

This class is an introduction to timeless Sufi teachings and healing methods. Teachings center on opening the heart which carries the pure connection to spirit. Learn specific techniques and practices to heal wounds of the body, heart and soul.

23W. Kinesiology Supported Self Care for Optimal Health & Wellbeing
Maria Turnblom

Wednesdays, June 3 & July 8 7:00 - 9:00pm

Learn how Specialized Applied Integrative Kinesiology can customize your optimal self-care plan, and dynamically change over time as you change. Knowing - and following - **your customized best care plan** for nutrition & supplements, remedies when needed, energetic exercise, rest & relaxation & sleep, meditation & vitality practice, stress release & emotional clearing when needed all make an enormous positive difference in the quality of your life. Whether you are moving through a major health challenge, recovering and strengthening your constitution, or already healthy such that you simply want to increase your stress hardiness & vitality, this intro is for you. Please bring plain drinking water into the classroom.

24M. Body Scanning *Rmay Mary Rivard*

Mondays, June 8 & July 13 7:00 - 8:30pm

Body scanning is an intense clearing of your physical and energy bodies. A 90-minute workout without leaving your chair. Intention setting, breathing, tapping, scanning, clearing, and energizing will be incorporated into this class.

**25M & T & W. Beyond Aromatherapy -
The healing and therapeutic value of Essential Oils** *Linda Simon*

Tuesday, July 14 6:30 - 8:30pm
Wednesday, June 10 6:30 - 8:30pm
Monday, June 15 9:00 - 11:00am

Aromatherapy is very trendy right now. Beyond smelling good however, therapeutic grade essential oils can help you create an environment of healing for physical, mental and emotional well-being. Learn what are essential oils, differences in grades of essential oils, how the oils can improve your health and vitality, and how to create a healthy medicine cabinet.

26TH. Change Your Thoughts and Change Your World *Phil Bolsta*

Thursday, June 11 2:30 - 5:00pm

Taught by Phil Bolsta, author of "Sixty Seconds: One Moment Changes Everything" (www.sixtysecondsbook.com). Discover how affirmations can bring you peace, heal your life, and strengthen your connection to the deep love. Come prepared to participate in a lively discussion of spiritual principles.

27W. Mind-Body Emotional Re-Patterning: Change your mind-Change your life
Maria Turnblom

Wednesdays, June 17 & July 15 7:00 - 9:00 pm

With the help of specialized applied kinesiology, a map of the emotional physical correspondences, your heightened awareness, and energy balancing, we'll demonstrate how the priority "current reality interference pattern" has had us fighting against our goal and ourselves. Then we have a conscious choice to change that tired old pattern - and instead consciously live according to Higher Truth - or not. To facilitate change, we'll spiritually align, discharge the emotionally charged self-limiting beliefs, and install the new life supporting beliefs and positive emotions. Please bring with you plain drinking water, and a "next step" important goal to shed light upon! It is helpful for you to have already experienced "Kinesiology Supported Self Care for Health & Wellbeing".

28TH. The Simplicity of Healing *Keith Trier*

Thursdays, June 18 & July 16 6:30 - 9:00pm

This class offers simple and tangible techniques to access your healer within, restore broken relationships, and open to healing that starts on a spiritual level and then flows to the physical level. No admission after 6:40pm.

29. Exploring Nature Based Spirituality - Part 1 *Karen Sandberg*

Thursdays, June 18 & July 16 6:30 - 8:30pm

Come explore a 5 elements cosmology of Water, Fire, Earth, Mineral, and Nature (from indigenous West Africa). You will learn what element is dominant for you and how this is relevant to your life purpose. We will discuss the attributes of each element and how having balanced elements brings your health into balance. We will each make an elements talisman and take part in a healing water ritual.

30F. Natural Foods *Marcy Lundquist*

Friday, July 10 5:00 - 6:00pm

Learn natural food selection by understanding principles of food balance and harmony. Explore ayurvedic, oriental, and western dietary traditions. Minimum of 5 people needed for this class.

31W. Growing Your Spirit *Lisa Venable*

Wednesday, July 15 1:00 - 3:00pm

Attending to the inner life is your path to self-healing. Grow your Spirit so that fear and negativity have less power and you can live in your highest potential. Learn simple meditations and find the spiritual voice that shows you back to your true self.

Movement & Guided Practice

32M. Intermediate Tai Chi-2 *Skip Parsons*

Mondays, June 1, 8, 15, 22, 29 & July 6, 13, 20, 27 4:30 - 5:30pm

Moving further into the form. Pre-requisite: Participant must have already taken two or more Tai Chi sessions from Skip. Please wear clothes you can move easily in. Regular weekly attendance is encouraged.

33T. Kundalini Yoga and Meditation *Kristina Fruechtl*

Tuesdays, June 2 & July 7 9:00 - 10:15am

Experience your inner light of consciousness through the Yoga of Awareness. Combines movement, breath techniques, meditation, relaxation, mudras and mental focus. This yoga balances the glandular system, strengthens the nervous system and enables us to harness the energy of the mind and emotions. Please wear loose, comfortable clothing.

Group Classes

34W. Spring Forest Qigong (SFQ) Practice* *Christy Hannah, Cert. SFQ Instructor*

Wednesdays, June 3, 17 & July 1, 29 1:00 - 2:00pm

Please join us as we balance our Qi through the meditative practice of SFQ. Enjoy the benefits of balancing your physical, emotional, and spiritual well being. *Pre-Requisite: SFQ Overview or Level 1 with Master Lin.

35W. Beginning Tai Chi 1 *Skip Parsons*

Wednesdays, June 3, 10, 17, 24 & July 1, 8, 15, 22, 29 4:30 - 5:30pm

Tai Chi is a moving meditation to calm the mind, relieve stress, increase body awareness, deepen balance, release imagination and harmonize with life. Please wear clothes you can move easily in. Regular weekly attendance is encouraged.

36F. The Dances of Universal Peace *Roman Zabir Orest*

Friday, June 5 7:00 - 9:00pm

Simple folk dance movements while singing sacred music from the world religions. A spiritual movement class where beginners are welcome and no experience is required. **Drop in session, no registration needed.**

37M & W. Spring Forest Qigong Overview *Barb Palmer, Christy Hannah, Shirley O'Neil*

Wednesdays, July 15 1:00 - 3:00pm

Mondays, June 8 1:00 - 3:00pm

Strengthen your life force energy with Spring Forest Qigong self-healing techniques. In this overview we will demonstrate and practice seven simple yet powerful active exercises and a sitting meditation. Balance the flow of Qi and enhance physical, emotional, and spiritual well-being. No previous experience is necessary.

38T. Yoga *Nora Larson*

Tuesdays, June 9 and July 7 4:15 - 5:00pm

This class offers a space to move, breathe, and let go. Yoga can facilitate balance, strength, and serenity in the body and the mind. We will take a gentle approach, but the physical ability to move is encouraged for participants.

39TH. Yoga *Linda Schissel*

Thursdays, June 11, 18, 25 1:00 - 2:00pm

Explore the benefits of Yoga. Experience gentle stretching postures, pranayama and meditation to relax the body, clear the mind, restore balance and re-energize. Wear loose comfortable clothing.

40M. Spring Forest Qigong (SFQ) Practice* *Barb Palmer, Cert. SFQ Instructor*

Mondays, June 22 & July 6, 20 1:00 - 2:00pm

Please join us as we balance our Qi through the meditative practice of SFQ. Enjoy the benefits of balancing your physical, emotional, and spiritual well being. *Pre-Requisite SFQ overview or Level 1 with Master Lin.

41SA. Qigong *Rand Adams*

Saturdays, June 27 & July 25 2:00 - 2:45pm

This is a group instruction Qigong class. Various techniques from Yang and Chen style Taiji Qigong, Medical Qigong, Taoist, and Buddhist Qigong will be taught. Please wear loose and comfortable clothing.

42F. Nurturing Yoga - Seated *Marcy Lundquist*

Friday, July 10 3:45 - 4:45pm

While seated, enjoy gentle postures and movement to build strength, flexibility, and grace in a compassionate manner.

a safe and respectful place to express thoughts and feelings you may be afraid to share elsewhere, to investigate self care ideas, and to share life experiences. Call Pathways to be placed on waiting list.

45T. Bibliotherapy Group *Barbara Gavin and Beth Ehresman*

Tuesdays, June 9, 23 & July 14, 28 11:30 - 1:00pm

Join us in reading and discussing "The Immune Power Personality: 7 Traits You Can Develop to Stay Healthy" by Henry Dreher, 1995. Participants expected to read one chapter per week. Please buy the book on your own. Our discussion focuses on how the book affects our healing journey. Bring your lunch.

46T. Intro to The ColorPrint: Your "Energetic Fingerprint"

Krysta Kavenaugh

Tuesdays, June 9 6:30 - 8:30pm

Your ColorPrint informs you about what's wonderful about you and encourages you to be exactly who you are (not more than, less than or different than)!

It explains your gifts, talents, qualities, needs and pacing. When you live your Colors fully, you have more joy, aliveness, well-being, productivity and connectedness in your life. Practical applications for health, career, relationships, life purpose, and spiritual connection.

47T. Giving and Receiving *Krysta Kavenaugh*

Tuesdays, June 16 1:30 - 4:30pm

In the cycle of life, we have to breathe in and breathe out: a balance of them both. Yet in this culture rarely do we balance our giving and receiving. This imbalance negatively affects our health and lives. This will be a mix of presentation, discussion, and experiential. Remember how to have the whole, healthy cycle of life.

48T. Compassionately Facing Illness, Disease and Death

Krysta Kavenaugh

Tuesdays, June 16 5:45 - 9:45pm

We'll look directly, yet compassionately, at these issues to see where we might find life, healing, acceptance, understanding and whatever resolution is meant to be. We'll explore origins of the disease which often comes from the family system., look at issues of "following" vs. "belonging", what the disease is trying to tell us, and how we can accept or heal the disease. (By starting on time, we can do more.)

49TH. Anger: Get User Friendly *Marilyn "Spruce" Krause*

Thursday, July 16 10:00am - 12:30pm

Explore what is beneath your anger: why you fear or suppress anger. Receive tools to get more comfortable with all of your emotions and how to feel and release anger in life supporting and productive ways.

50TH. Be the "David" You Were Meant to Be *Krysta Kavenaugh*

Thursday, July 16 3:00 - 4:30pm

Michelangelo responded, when people asked how he carved his sculpture David from one piece of marble, "I carve away what wasn't him." Experience a system, based on forgiveness and Love, that lets you gently release what isn't you to remember the Divine Spark that you are. Gentle yet profound. Easy yet powerful. Beautiful and amazing. Based on Ho'oponopono and Zero Limits.

51TH. The Shattered Soul *Krysta Kavenaugh*

Thursday, July 16 5:45 - 9:45pm

If you've had a trauma in your life -- physical, emotional, mental or spiritual, it could be that pieces of your soul are scattered in space and time. We'll work with people to retrieve these lost pieces to regain wholeness, thus allowing life to be lived as it's meant to be: alive, passionate and joyful. (We need the full four hours, so we start on time.)

52M. A Respectful End to Grief *Valerie Lis*

Monday, July 27 5:00 - 7:00pm

After the loss of a loved one, grief is natural. In time, the pain usually softens. Occasionally an incomplete healing process will turn grief into misery. Emotional Freedom Techniques (EFT) are self-tools which allow the release of these stressful feelings. While relaxation methods are temporary, EFT offers a permanent solution. This workshop supports a return to memories based on the joy of love - a respectful end to grief.

Transformation through change, grief, or loss

44M. Sharing the Journey Ongoing Group *Deborah Javinsky-Wenzek, L.P.*

Mondays, June 1, 8, 15 & July 6, 13, 20 1:00 - 3:00pm

It is easier to walk the journey through life with an illness when people are able to share their fears, joys, and laughter with others. This group provides

Body work

(*massage and hands on touch, limited 1 session per month)

62M.* Massage Therapy (Monday) *Vedran Huseinbegovic*

June 22 9:30am - 12:00pm

Swedish massage, myofascial release, relaxation, deep tissue, and trigger point work.

64T.* MFR Massage and Energywork *Jacquelyn Smith*

June 2, 9 9:30am - 12:30pm

Combination of Myofascial Release with Deep Tissue and Swedish Massage, incorporating Reiki and Energy Balancing and Clearing.

67T.* Rosen Method Bodywork *Louisa Castner*

June 2, 9, 16, 23, 30 & July 28 3:00 - 4:00pm

Gentle hands-on practice that helps you connect to less conscious levels of tension that often involves your muscles, breath, and emotions. Learn about where you hold tension.

68T.* Integrated Body Therapies *Edwinna Sackariason, LMT*

June 9, 16, 23, 30 11:30am - 12:30pm

A massage which includes myofascial release to loosen facial tension, massage to cleanse the tissue, and energy work to integrate the modalities in order to support, facilitate, and empower a person's healing journey. Swedish massage, myofascial release, relaxation, deep tissue, and trigger point work.

71T.* Integrated Body Therapies *Edwinna Sackariason, LMT*

July 14, 28 11:30am - 1:30pm

A massage which includes myofascial release to loosen facial tension, massage to cleanse the tissue, and energy work to integrate the modalities in order to support, facilitate, and empower a person's healing journey.

73W.* Relaxation Facial *Sarah Officer*

June 3, 17 & July 1, 15 11:00am - 1:30pm

A one-hour gentle skin cleansing with gentle upper body, facial and arm and hand massage including facial masking treatment.

78W.* Relaxation Facial *Sarah Officer*

June 10, 24 & July 8, 22, 29
11:00am - 12:00pm

A one-hour gentle skin cleansing with gentle upper body, facial and arm and hand massage including facial masking treatment.

80W.* Massage Therapy (Wednesday) *Vedran Huseinbegovic*

June 24 & July 8, 15 9:30am - 12:00pm

Swedish massage, myofascial release, relaxation, deep tissue, and trigger point work.

81TH.* Lymph Drainage Therapy and CranioSacral Therapy *Nancy Newman*

June 11, 25 & July 9, 30 9:30 - 11:30am

Lymph Drainage Therapy assists the body in recirculation of body fluids, stimulating the immune system. CranioSacral Therapy is a light touch therapy that ends in the release of deep tensions, pain and dysfunction.

90E.* Reflexology *Gloria Mattacola*

June 5, 12, 26 & July 24 10:00am - 12:00pm

Reduce stress, promote relaxation, establish balance of the body, promote healing, improve circulation delivering oxygen and nutrients to all body cells.

Energy Healing

56M. Hands On Energy Bodywork *Rhesa Schwartz*

June 1, 8, 15, 22 & July 6, 13, 20
10:00am - 12:30pm

Identify and move energy blocks using chakra system and intuitive healing techniques.

57M. Energy Balancing *Lannette Huberty*

June 1, 8, 15 5:30 - 6:45pm

Receive a gentle, peaceful and loving experience from several energies.

58M. Healing Touch *Mary Johnson*

June 8, 22 & July 6, 20 2:00 - 4:00pm

A combination of imagery, breathing, reflexology, therapeutic touch and energy balancing to promote relaxation, healing and self-care.

60M. Highstream Hands-On Energy Systems *Bob Hedstrom*

June 8, 22 & July 13, 27 6:00 - 9:00pm

Experience hands-on energy frequencies that support your journey through wholeness. Omega, Temple Academies, Magnified Healing and more.

65T. Jyorei - Purification of the Spirit (Tuesday) *Bobby Okuda*

June 2, 9, 16, 23, 30 & July 7, 14, 21, 28 10:00 - 1:00pm

Energy transmittal from a distance of one and one-half feet to forehead and crown. Jyorei creates happiness, light, and love by clearing clouds from the spirit.

72W. Jyorei - Purification of the Spirit (Wednesday) *Bobby Okuda*

June 3, 10, 17, 24 & July 1, 8, 15, 22, 29 10:00am - 1:00pm

Energy transmittal from a distance of one and one-half feet to forehead and crown. Jyorei creates happiness, light, and love by clearing clouds from the spirit.

75W. Hands-on Energy Healing *Dennis Searle*

June 3, 10, 17, 24 & July 1, 8, 15, 22, 29 2:00 - 5:00pm

Using healing energy techniques to assist an individual's healing path.

77W. Energy Balancing *Mary Kingston*

June 10, 17 & July 15, 29 10:30am - 1:00pm

Helps to create well being of body, mind and spirit. May include Qigong, Reiki, and CranioSacral Therapy.

82TH. Jyorei: Purification of the Spirit (Thursday) *Bobby Okuda*

June 11, 18, 25 & July 9, 16, 23, 30 10:00 - 1:00pm

Energy transmittal from a distance of one and one-half feet to forehead and crown. Jyorei creates happiness, light, and love by clearing clouds from the spirit.

84TH. Higher Self Healing *Keith Trier*

June 11, 18 & July 9, 16 4:00 - 5:45pm

Energy work based on a "Course In Miracles" approach to healing. Experience a 2 person healing circle cultivating awareness of love in yourself and in others.

85TH. The Radiance TechniqueR *Laurie Savran, 6th Degree*

June 11 & July 9 4:30 - 6:15pm

This energy taps into the highest point of your radiant center and balances and energizes all levels of your system, and brings you into wholeness.

86TH. Reiki *Donna Hagert, Reiki Master*

June 11 & July 9 6:00 - 8:00pm

Reiki is healing energy from the universe focused on emotional and/or physical pain bringing peace through touch or non-touch depending on the preference of the recipient.

88TH. Healing touch

Ron Moor

June 18 10:00am - 12:00pm

Gentle hands-on healing sessions that increase body energy, release stress and enhance the body's healing abilities.

91F. Healing Touch Jim Taylor

June 5, 19 & July 10, 24 10:00am - 12:00pm

Restores balance, harmony and well-being. Relieves pain, anxiety and depression. Enhances healing and personal growth.

92F. Mari El Healing Jane B. Livingston

June 12, 26 & July 17, 31 10:00am - 12:30pm

A hands-on healing technique to aid in the release of energy/emotional blocks such as fear, anxiety, sadness, anger, etc.

93F. Healing Hands Energy Therapy Margaret Klette

June 12, 26 & July 10, 24 4:00 - 6:00pm

Experience prayer with Healing Hands energy bodywork. Reduce stress, promote physical healing, and embrace your spirituality.

94F. Transformational Energy Work Marcy Lundquist

July 10 1:30 - 3:15pm

Brings back your natural healthy self through biofield balancing. Restores a pleasurable sense of well-being that enhances healing. Includes light touch.

95SA. Reiki Liz Jacobson

June 20 & July 18 10:00am - 1:30pm

Reiki is Universal Life Energy. It breaks up blocks in the body allowing it to heal itself. Works on all levels - physical, mental, emotional and spiritual. Work can be done with gentle touch or with hands off the body.

96SA. Reiki Rand Adams

June 27 & July 25 3:00 - 3:45pm

Reiki is Universal Life Energy. It breaks up blocks in the body allowing it to heal itself. Works on all levels - physical, mental, emotional and spiritual. Work can be done with gentle touch or with hands off the body.

Meditation, Imagery, & Inner Practice

61M. Sufi Four Layers of the Heart - Individual Jess Fauchier

June 8, 15, 22, 29 & July 13, 20, 27 6:00 - 8:45pm

The Sufi way is to live in the divine love 24x7. Towards that end, we work with the Sufi four layers of the heart process and related techniques. All are designed to help us to live our life in physical reality as an expression of our soul and ultimately divine love. Our goal is for every action we take to bring divine love into physical reality. **Come prepared for deep work.**

66T. Forgiveness Guided Imagery (Tuesday) Jim Wittenberg

June 2, 9, 16, 23, 30 & July 7, 14, 21, 28 1:30 - 2:30pm

In this session of interactive guided imagery, you will be invited to experience completion with those in your life with whom you have issues of forgiveness. Peace, health, abundance, and love are gifts that can manifest through this forgiveness process.

70T. Individual Guided Meditation Merra Young

June 16 and July 21 10:00am - 12:00pm

Includes: loving-kindness; grief and loss; transforming emotions; compassion; mindfulness and others. For beginners or experienced meditators.

74W. Forgiveness Guided Imagery (Wednesday) Jim Wittenberg

June 3, 10, 17, 24 & July 1, 8, 15, 22, 29 1:30 - 4:00pm

In this session of interactive guided imagery, you will be invited to experience completion with those in your life with whom you have issues of forgiveness. Peace, health, abundance, and love are gifts that can manifest through this forgiveness process.

Mind-Body-Spirit Healing

79W. Spiritual Guided Hands Terry S. Niles and Lori Barg

June 10, 17, 24 & July 1, 15, 29 5:00 - 7:00pm

Gain insights from your spiritual centers and feel what it means to be spiritually in your body. Can do deep work.

83TH. Finding Inner Peace Valerie Lyon

June 11, 18 & July 9, 16 2:30 - 4:45pm

Experience the peace and well-being your heart desires. Experience your wholeness. Energize yourself. Healing Touch, Reiki, Qigong, Imagery, Love and Joy.

89TH. Voice Healing Marilyn Habermas-Scher

June 18 & July 16 10:00 - 11:45am

Rest on a table or on a mat on the floor and receive a dynamic vibrational massage through singing.

Transformation through change, grief, or loss

59M. Write Your Health Care Directive Gay Moldow

June 8, 22 & July 6, 20 4:00 - 6:00pm

An advance directive is used to direct your health care when you are unable to speak for yourself. Come to write your own document. This is an empowering tool for everyone.

63M. Heal the Hurt Valerie Lis, MA

July 27 11:00am - 4:30pm

Memories can continue to hurt years after an event, as the healing process becomes blocked. Emotional Freedom Techniques (EFT), self-treatment with fingertip tapping, seeks to detach stressful feelings and - in a complete, respectful, peaceful manner to heal the hurt.

76W. Wisdom Tools Trish Herbert, PhD; Psychology and Gerontology

June 3, 24 & July 8 2:00 - 5:00pm

Focus will be on the three wisdom tools - listening, tonglen practice, and reflection. Offering stabilizing directions for those dealing with emotional and spiritual impact of illness on their lives. Tonglen is a method of overcoming fear or suffering, and dissolving the tightness in your heart. Develop a plan for yourself.

Pathways' Scent Free Policy

The following are banned within the building and property:

1. The use/scent of perfume, cologne and/or essential oils
2. The application of any body products while at Pathways
3. Smoking and tobacco products

Scheduling Procedures

How do I get started?

1. Determine your category (see below).
2. Contact Pathways to Pre-schedule each month between the 1st and the 15th.
 - Pre-scheduling alerts us that you're interested in signing up for sessions in the next month. Without pre-scheduling you will not be called for scheduling.
 - Call 612-822-9061 or go to our website: www.pathwaysminneapolis.org and click on "pre-schedule online".
 - In order to pre-schedule we will need your name, telephone number(s) and category.
 - All participants that call between the 1st and the 15th of each month will be randomly assigned a number for the order in which you will be called to schedule. People calling after the 15th will be added to the end of the calling list.
3. Come to the "Welcome to Pathways" orientation (dates are on the front cover of the calendar)
4. Call the front desk to sign up for available classes that are happening this week: 612-822-9061

What is my Category?

Category 1

is for persons with life threatening illness (cancer, debilitating heart disease, HIV/AIDS, HIV positive, lymphoma, ms, als, transplants, etc.) This category is also for an immediate family member or significant other who is his or her primary caregiver.

Category 2

is for persons dealing with disability, pain and or other symptoms related to chronic, physical illness, or physical injury (cfs, chronic pain, diabetes, ei, lyme, etc.) This category is also designed for persons from Category 1 who have no advance in illness following one year of Pathways services.

Category 3

is for persons in recovery from stress and emotionally based concerns and for persons from Category 2 following one year of receiving Pathways services.

Category Status is self-identified. However, if you have been a Category 1 or 2 for one year without any advance in illness, your category changes to the next lower category. This allows the newly diagnosed or those with advancing illness to have the highest priority.

When is my scheduling day?

Brand NEW Category #1: Monday, Lypg'44 for Lwn{ appointments; Monday, Lwn{ '49 for Cwi wuvcr r qkpw gpw; O qpf c{. Cwi wuv'46 for Ugr vgo dgt "cr r qkpw gpw.

Current Category #1: Tuesday, June 23 for July appointments; Tuesday, July 28 for August appointments; and Tuesday, August 25 for September appointments.

Category #2: Wednesday, June 24 for July appointments; Wednesday, July 29 for August appointments; and Wednesday, August 26 for September appointments.

Category #3: Thursday, June 25 for July appointments; Thursday, July 30 for August appointments; and Thursday, August 27 for September appointments.

Then What Happens?

If you've completed a pre-scheduling sheet earlier in the month, one of the volunteer schedulers will call you to schedule appointments on your scheduling day. Read through the calendar. Please have your classes and one-on-ones picked out ahead of time with the title, number (e.g. 1T or 66W), and date. And alternatives if your pick is full; you may add your name on up to 4 wait lists.

All participants can schedule for a total of 2 one-on-one appointments and unlimited group class appointments per month. Only one appointment can be a bodywork appointment designated with a *.

Brand New Category-One participants will be automatically pre-scheduled for four months, receive first priority for scheduling up to 4 one-on-one appointments and unlimited group classes for four months.

After the designated scheduling days, anyone may call to register on a space available basis.

Special Events Registration

begins as soon as the calendar or co-sponsored event announcement is published. Scheduling days do not apply for Special Events. Your payment guarantees your place.

What about Confirmations?

Remember to confirm your appointment at least 2-3 days in advance. Failure to confirm by 24 hours prior to your appointment could result in our cancelling your appointment and offering it to someone on the waiting list.

Accessing the Basement and Second floor

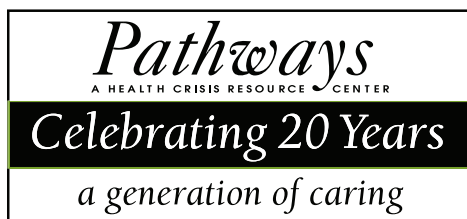
Participants unable to access our second floor or basement rooms due to stairs, are requested to inform us of their desire for "First Floor Only" when registering.

Pathways

A HEALTH CRISIS RESOURCE CENTER

3115 Hennepin Avenue South
Minneapolis, MN 55408
(612) 822-9061

Return Service Requested



June and July 2009

Calendar of events, programs, and services

Special Events

Finding Peace, Love and Healing in Turbulent Times with

Jeff Rahim Bronner

Friday, June 5: 7:00-10:00pm

Saturday June 6 & Sunday June 7: 9:00am-5:30pm

Location: Pathways

Cost: \$249 (limited Pathways scholarships available) Register by calling Pathways at 612-822-9062 or at: www.SufiUniversity.org

This workshop will help you find safety in the midst of chaos, discover how to step out of the mass consciousness of fear and doubt and realize you have all you need during challenges of life. Learn how to access and bring out your Divine strength and resources.

Jeff Rahim Bronner is a seminar leader, motivational speaker, Sufi spiritual healer, and business consultant for companies and individuals across the country. To learn more, please see our website: www.pathwaysminneapolis.org

Deepening Our Spiritual Connection through Insight and Purpose with

Rebecca Halima Hamm

Friday, July 24 7:00-10:00pm

Saturday, July 25 9:30-5:30

Sunday, July 26 9:30-12:30

Location: Pathways

Cost: \$195 (limited Pathways scholarships available) Register by calling Pathways at 612-822-9061.

This weekend workshop takes people through a step-by-step process to experience greater connection not only to themselves, and to others, but

most importantly, to the Divine. Throughout the weekend, we will gradually walk through a series of Sufi teachings and exercises intended to increase our individual and collective awareness so we may illuminate what block our emotional, physical, and or spiritual paths to healing.

Rebecca Halima Hamm is an intuitive healer and gifted teachers. To learn more, please see our website: www.pathwaysminneapolis.org and call: Sharon Wilson at 763-232-1874. presented a revolutionary new methodology for living more fully in the present moment. Richard Moss teaches strategies for facing difficult feelings so that we no longer collapse into fear, reaction and defense. This frees us to love deeply and say YES to all that life offers.

HoloChromatic ColorEssences: Healing the Shadows in Your Life with

Jamie Champion

Saturday, June 27, 12-6 pm

Cost: \$95 (Pathways scholarships available)

Location: Spirit United Church 3204 Como Ave. SE Minneapolis

To register call: 877-457-2882

Prerequisite: a free introduction to the ColorEssences, given on Friday night, 6/26, from 6:45-9:00PM at Spirit United Church (see above).

ColorEssences are powerful elixirs formulated from flower, gem and light-infused water that invoke transformational wellness by positively affecting the body, mind and spirit. We'll look at how these areas show up when healthy, what their shadow manifestations look like, and, best of all, how you can restore and maintain their balance. The workshop and ColorEssences, are designed to energetically support, balance, and reconnect you with your natural wholeness and vibrancy, creating greater health and well-being.