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April 2009

Happy Spring!

I hope this letter finds you anticipating some rain to green things up! I always try to give you things to think about to stretch your emotional and spiritual bodies.

No discussion here of CEOs giving themselves a bonus. No time to talk about stocks or bailouts. Instead, I'd like you to review how you are energetically and emotionally living your life right now. We hear of many families living in tent cities or in food stamp and unemployment lines. So many who have lost their retirement accounts to unethical financial practices and people who are criminals. And all the mortgage fraud as well. Is your head spinning? At least we are rebuilding and reshaping our world and the darkness is being brought to light and rooted out.

I was dining with a friend recently, who heard about a woman who paid her friends' mortgage for three months when they had lost their jobs, "just because she could and she wanted to." What a great time to reach out, to help others in need! Even little things matter.

I appreciate more clearly the impact that my personal thoughts and feelings have on my environment. After years of practicing *Medicine for the Earth* (named from the book of the same title, by Sandra Ingerman), this delightful body of healing work is so simple, so ageless. It is "common," in that it is spiritual wisdom found all through history. What perfect timing for review of my words and my positive, loving thoughts right now.

Recently, I read *The Astonishing Power of Emotions* (Carlsbad, CA: Hay House, 2007), by Esther and Jerry Hicks, as part of the Teachings of Abraham™. I relate totally to the entire picture of "Putting Your Canoe into the Stream."

Abraham speaks through Esther about how we are floating on the river current, our paddles intact. Remarks are clear: so many of us intentionally paddle upstream against the current, because "It's what my mother did and her mother before her. Anyone who amounts to anything works diligently against the current."

Esther and Abraham see us getting stronger paddles as we become more efficient at fighting the current. Yet, they conclude that there is nothing upstream that will truly satisfy us!

"If you will allow it, this Stream, this fast-moving Current, will carry you downstream to the fulfillment of everything that your life has caused you to create — for it is all there for you, in a sort of Vibrational Escrow, waiting for you to flow to it."

I LOVE THIS! Oh, how much of my life I was that "A-Type Personality," pushing against the current. Try picturing your life with this model.

SPRING SPECIAL

April 1 – June 20 (Summer Solstice, 11:46 pm, MST), 2009:

\$25 off 1½ hour session. \$15 off 1 hour session

Also, for the remainder of 2009, I am revising my workshop schedule, as the needs of my community are redefining my commitment. Educational/experiential short workshops are set up in Boulder and Lafayette, FREE OF CHARGE, except for supplies you may need, such as a pendulum, which will be available at minimal cost. Please consider bringing a friend or family member. These free workshops will be repeated in the Fall as well, so that you can explore:

- ◆ *Dowsing and Earth Acupuncture*
- ◆ *Basic Shamanic Journeying*

I am pleased to announce that I have become an ordained Minister to help you with ceremonies. Soon there will be a monthly journey/drumming circle meeting in the Foothills, very close to downtown Boulder.

Thanks for all your support and referrals. Keep paddling downstream and have a beautiful Spring.

Loving Light and Laughter,

Karen



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Spring Special: April 1 – June 20, 2009

\$25 off 1½ hour session

\$15 off 1 hour session

Free Workshops: Call 303.665.0175 to RSVP (required)

Lafayette – Spaulding near Public Road: Call 303.665.0175 to RSVP

Wednesday, April 8, 6:30 – 8:00 pm

Spirit Journey and a Brief History of Shamanism

Wednesday, May 13, 6:30 – 8:00 pm

Pendulum Power and Earth Acupuncture

Boulder – Karen's Office on Walnut Street: Call 303.665.0175 to RSVP

Saturday, May 16, 10:00 – 11:30 am

Pendulum Power and Earth Acupuncture

Saturday, May 23, 10:00 – 11:30 am

Spirit Journey and a Brief History of Shamanism

To Be Announced:

Late Spring 2009: Two-day training in Dowsing and Earth Acupuncture

Early Summer 2009: One day training in basic Spirit Journeying

Summer 2009: Two-day training in basic Nature Spirit Journeying

September 2009: One day training in basic Nature Spirit Journeying