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HAPPY NEW YEAR!

With the new moon coming in January in the sign of Aquarius, we look once again to the World around us. For many of us, the thymus chakra is awakening. This new millenium chakra is between our heart and throat. It is the combined colors of blue and green which becomes turquoise.

Many have spoken of this chakra as the "Self-Love" chakra. In order to love another unconditionally, we must first learn to love ourselves.

In addition to working with clients remotely and in person, I will continue to teach workshops this year. Coming up in April is;

Dowsing, Earth Acupuncture with an introduction to Medicine for the Earth: How to Transform Personal and Environmental Toxins, based on the current work of Sandra Ingerman.

WHEN: Saturday and Sunday  
April 17 and 18, 2004  
10AM to 5PM

WHERE: Longmont, Colorado  
8255 So. Pratt Parkway  
at the Home of Maura Rieman  
(Directions: 303.485.9290)

COST: \$300 includes 2 books, work book, pendulum, bundle of pre-cut copper wires, graph paper, compass and organic catering.  
\$250/ea. for you and a buddy. Group discounts available.

This experiential workshop will teach you how to use a pendulum for answers to questions in your life. You will be guided through shamanic journey work to communicate with the spirits of the land, living things on the land and the spirits of the home. The knowledge gained with your own readiness will give you the opportunity to remove negative energies and stress-lines from the property.

You will go away from the weekend, able to balance energies in your home and office, as well as for those you love and care for. Included in the cost of this workshop, will be delightful organic meals and snacks. You will receive the Pendulum Chart Book and another book of your choosing. A thorough workbook will be given to you, as well as a pendulum, chart paper and a bundle of copper dowsing rods, so you are fully prepared to move to your next step.

There has been wonderful feedback on this workshop thus far and if you have any questions, please call me. This workshop will also be offered in Steamboat Springs, Colorado in September, 2004, and on the front range of Colorado in October, 2004.

Let Your Spirit Soar! the other fantastic workshop offered is at the magnificent YMCA of the Rockies in Estes Park, Colorado.

WHEN:	Friday May 7, 3PM through Sunday May 9, 1PM
WHERE:	YMCA of the Rockies Estes Park, Colorado

This is a residential workshop where you are entitled to use the amenities of the YMCA. We will have rooms in a lovely lodge and all three meals a day are included.

You will experience an introduction to Shamanic journey work, balanced with yoga work. There will be an opportunity to meet your own spirit guides and to work with your body and breath to fully integrate your experiences. Both myself and Jane Plant, yoga instructor, are ready to deal with your individual needs. We promise a support of your growth worth remembering.

I will be teaching this workshop with another yoga instructor in Pagosa Springs, Colorado in June, 2004.

These workshops, as well as my private work, have been designed for you. No matter what "level" you think you are "on" or where you feel you need to "be" in 2004 -- I will help you complete your dreams.

And, in case we haven't spoken personally in a bit, I'll be calling you to check in with you. I'm gathering data to see if email may work better for you. Or, perhaps if you'd like to disconnect from my efforts, then you have that choice as well!

A whole new life awaits each and everyone of us. You are the pivot for your family core group. This filters into community in miraculous and mysterious ways.

Please, get a handle on your own evolution. And if I may be of service, you know how to reach me.

Best to you and your core group at work, home and play!

Much Love, Laughter and Music in 2004.

Fondly,



P.S. Please call right away for fliers on the workshops, February 5th is the deadline to receive \$40.00 OFF the "Let Your Spirit Soar" workshop in Estes Park. Full payment must be submitted by March 5th, 2004.

\* Call for details about using your credit card, or see [www.KarenRiceKing.com](http://www.KarenRiceKing.com)