**lotusBlue Lotus Healing Arts**

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***“Events in Consciousness!”***

***for Family & Friends***

Having a birthday party or special occasion get-together, or a gathering of a few friends and want something unique and meaningful to do together? Check out these classes lasting from one 2-hour activity to a 4-hour activity to a multi-scheduled weekly 10-hour series. Each scheduled event will be on Zoom until in-person gatherings open-up again. Rev Dr. Joy Kachel will be your live facilitator. Call today to schedule your “*Event in Consciousness!*” Classes are introductory and designed to stimulate interest in further study. Listed prices are per person. Special group rates may also be available.

* GI103 **Working with Angels & Guides**

Areyou aware of other healing hands working with or through you while you are doing healing work? Ever have the feeling that someone else is directing your hands or giving advice on what to do next? Meet your healing guides, angels, teachers & doctors and learn how to better communicate and work with them.  **4 hrs $49**

* GI104 **Working with *Etheric Fingers***

This is another healing technique that many healers and healing modalities use. It is a method used to work deep in the body even down to the cellular/molecular level. The work is done energetically and can be hands-on or hands-off the physical body. Many practitioners spontaneously use this technique without realizing what they’re doing. In this class we will learn how to consciously practice the technique and learn when it is appropriate to use and not.

**4 hrs $49**

* GI105 **Working with Breath**

Breath is essential to life. It is also vitally important to reaching and staying with God, Spirit, Consciousness, the I Am Presence at our core. Because breathing is so fundamental to our physical and spiritual being, breathwork is a very useful tool for healers and clients alike. In this class we will examine and practice several breathing techniques designed for analytical and remedial purposes.  **4 hrs $49**

* GI106 **Working with Guided Imagery**

Very often suggesting scenarios for clients to follow, is a non-threatening way for them to safely address issues, situations or conditions that present themselves in the healing process.

Guided imagery allows clients to engage with the healer & gives them something that they can

take with them to work on after the session is over. We’ll look at the role of symbology & the

spontaneous development of imagery for use as healing tools. **4 hrs $49**

* GI108 **On Being an Empath**

Do you literally feel another’s pain? Do you know what someone is feeling or know what’s wrong just by being present in their auric field? Great! But, do you know how to “turn it off” when you’re not working or wanting to know? Can you let the pain & feelings inform without taking them on or into yourself? We will explore “Energetic Aikido,” different methods of energetically allowing stuff to pass through, clearing & cleansing, protection & more. **4 hr $49**

* ID101 **Using a Pendulum**

One method for accessing information, especially looking for blocked energy in the auric body, is the use of a pendulum. We will explore different methods of pendulum use possible ways to interpret the results. Bring a pendulum or a crystal or metal piece on a chain for use in class. Students will participate in using a pendulum and develop their own system for interpretation. **2 hrs $25**

* ID102 **Muscle Testing**

This method of accessing information is also known as *Applied Kinesiology* and is used regularly in many healing modalities and by individuals for personal use. We will examine several methods of muscle testing and explore their various uses. **2 hrs $25**

* GI103 **Working with Intuition**

Can you just “feel” that something is going to happen or “know” when something is or isn’t right? Psychic gifts, empathy, intuition are all abilities that can be shut down if we’re afraid or nurtured if we are open to it. Let’s explore the gifts and how they can be used to better our lives**. 4 hrs $49**

* GI109 **Working with Angels & Guides**

Guardian angels, archangels, gatekeepers, ancestors, spirit guides, and Higher Self … We all have spirit beings who work with us either in the background of our subconscious or who make their presence known to us if we ask them. Learn who these beings are and what they can do to help us. **2 hrs $25**

* ID105  **Removing Attachments & Cords**

Do you have pain in places without any physical cause? Do you feel that you just can’t shake someone or something that’s holding you back? Perhaps you’ve been corded or injured in the past by negative thoughts & energies. Learn how to identify what is affecting you or someone you’re working with and how to release it. **4 hrs $49**

* ID106 **Clearing People, Things & Spaces**

Learn spiritually practical ways to clear people, things and spaces of negativity using prayer, chanting & toning, smoke, candles, oils, corn meal, water, bells, bowls, and other sound, color, energy and the use of talismans and symbols**. 4 hrs $49**

* ID107 **Working for the Healing of the Planet**

Let’s join as a community in sacred practices to manifest healing, peace and unity for Mother Earth and all her occupants. **2 hrs $25**

* HT103 **Forgiveness is Healing**

The mindset of forgiveness – of people, events, perceived hurts & losses – is the foundation of healing. We hold on to the past & our version of the past in our conscious & subconscious minds. True healing happens when these negative memories are faced and released. We will be ruled by the negative ego, with pain, loss, sin and death until we can forgive. **4 hrs $49**

* ID103 **Accessing Past Life Memories**

Do you ever get “flashbacks” of events from a past not in your time? Ever meet someone new who you know you know already? Do you have aversions to or feel drawn to something or some place but don’t know why? Perhaps these are memories from a past life. Let’s explore the possibilities. **4 hrs $49**

* ID111 **Setting Protection**

Do you avoid being in crowds, malls, even movie theaters? Are you uncomfortable in places or around people you don’t know? Learn some simple practical techniques for protecting yourself energetically. **4 hrs $49**

* ID104 **Distance Viewing**

Learn to tap into events, people and experiences that are beyond the limits of time and/or space for the purpose of healing. **4 hrs $49**

* ID112 **Working with the Shadow Self**

Learn to access the deep negative aspects of ourselves in order to release them from our subconscious or unconscious minds. This is an essential part of all spiritual work, that which allows us to bring the darkness to the light, to free us from the negativity of the ego and choose again to live the Divine Light in our lives. **4 hrs $49**

* ID108 **Working with Tarot**

This class is meant to simply begin the exploration of this divination tool using several Tarot decks and using several card layouts to questions that you have for yourself.

**2 hrs $25**

* ID109 **Working with Runes**

Runes are another ancient divination tool useful for exploring probable answers to questions you pose.

**2 hrs $25**

* ID110 **Working with Numerology**

Numerology is yet another means of finding guidance for our life based on the energy of numbers. We will look at our names, birthdates, and other spelling/numerical options for us. **2 hrs $25**

***Spiritual Topics & Book Studies***

* SP104  ***The Gospel According to Jesus***

This is a spiritual journey into the teachings of Jesus as consolidated into a single gospel. We will look at the Gospel of Jesus from a metaphysical perspective, seeking His wisdom for our lives. **4 hrs $29**

* SP108  ***7 Spiritual Laws of Success***

This is an in-depth look at the 7 spiritual laws that govern the universe and our lives. How can we align ourselves more precisely to better follow these laws and live a more harmonious and fulfilled life? We will read Deepak Chopra’s book and watch his DVD outlining these 7 spiritual laws. **4 hrs $29**

* SP109 ***Teach Only Love***

Delve into the 12 principles of **Attitudinal Healing** according to Gerald Jampolsky.

**10 hrs $49**

* SP101 **The Mystics**

The human capacity for self-awareness has been the motivation for man’s search for answers to deep and mysterious questions like: What is life? What happens to us after death? If we examine the mystical cores of the world’s major religions across time and space we find that they all converge at a similar point. We’ll explore in depth the mystical core beliefs of Sufism, Hinduism, Buddhism & Christianity. **10 hrs $49**

* SP102 **Introduction to World Religions**

How well informed are you about the 5 major religions of the world? We will begin the study of world religions to discover how all humans have tried to answer some of life’s deepest questions. We will look at the core beliefs of Hinduism, Buddhism, Judaism, Christianity, & Islam and view these different traditions and experiences, by examining some basic practices such as prayer/meditation, chanting and music and reading some of their sacred texts. This course is designed not only to stimulate the brain, but to stir the heart as well. **10 hrs $49**

* SP103 **Rumi & the Sufi Way of Love**

Sufism, the mystical path of Islam, was profoundly shaped by the 13th Century poet and scholar Jalal-ud-Din Rumi. Rumi’s glorious spiritual journey lasted for over 30 years in which he founded the Mevlevi Sufi Order with its famous *Whirling Dervishes,* His teachings and writings have inspired many other great Sufi Masters/Poets. Join me for an in-depth experience into the heart and mind of this revered Spiritual Master and begin to appreciate the depth of incredible passion present in the soul of the Middle East. **10 hrs $49**

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* SP107 ***The Hope* – Sacred Activism**

The **Sacred Activist** is inspired by his/her growing initiation into the full embodied passion of Christ consciousness to imagine a new future for humanity, a birth on earth of the **Divine Human** of the **New Creation**. It is not a path of union with the Transcendent God only, but a path through which the transcendent and imminent powers of Love and Wisdom are embodied in the core of human life. Join us as we venture through Andrew Harvey’s book, *The Hope*.  **10 hrs $49**

***Prayer & Meditation***

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| * + MC104 **Centering Prayer**   *Centering Prayer* is a Christian contemplative meditation practice leading to internal silence  as a means of communing with God. It requires your intention to be in a loving relationship  with Spirit and your commitment to effortlessly surrender your thoughts and emotions in  order to simply rest in God. It allows us to release our ordinary awareness of living in this  world. In fact, it goes beyond even spiritual awareness, deeper, to the level of the Higher  or True Self as a child of God, and finally, even deeper into Oneness with Divine Presence.  *Centering Prayer* is an attitude of the heart – of love, trust and faith. It is a form of prayer  that has been practiced by Christian monastic mystics for over 16 centuries. *Centering Prayer*  is an attitude of the heart – of love, trust and faith. It is a form of prayer that has been  practiced by Christian monastic mystics for over 16 centuries. **$5 donation per one-hour**  **session. On-going Fridays 6 – 6:30 pm Text 509-520-1188 for the start date.** |

* + MC103 **Introduction to** **Meditation**

New to meditation or having difficulty quieting mind chatter? Come and join us for an hour of experiencing several meditation practices such as sitting meditation, moving meditation, silent meditation, breathing techniques, music, guided imagery and more.  Bring an open mind, a sense of adventure, a desire to establish a meaningful meditation practice and enjoy more inner peace. **$25 for 4 sessions Fridays 9 - 9:45 am Text 509-520-1188 for the start date.**

* MC101 **Meditation for Inner Harmony**

Come and join us for an hour of meditation.  Experience such practices as sitting meditation, walking meditation, silent meditation, breathing practices, music, guided imagery and more.  Bring an open mind, a sense of adventure, and a desire to experience inner peace.

**$5 donation per session on-going Fridays 10 – 11 am. Text 509-520-1188 for the start date.**