

THE AWARENESS NETWORK



www.theawarenessnetwork.org

SCHEDULE OF EVENTS

Jan, Feb, Mar 2010

Every Thursday 8:30 AM to 10:30 AM
Divine Science Community Center
1540 Hicks Avenue, San Jose 95125

Jan 7 Sophia, Songhealer

“Empowering the Voice of the Heart”

The voice can be tool of creation and healing when freed of energetic blockages. Sophia, a divine singer and songwriter, will share techniques of toning that to energize and align the chakras and help clear those blockages, We will close with a Sacred Circle Dance.

Jan 14 Mary Electra, Tonal Alchemist & Healer

“Awake Now! Find Your Own American Dream”

Based on her new book, *Time to Be Alive*, Mary Electra will assist attendees to find their deepest core abilities in order to create their dreams and find a voice to turn those dreams into reality.

**Jan 21 Alx Uttermann & Jonathan D. Rosen,
Ministers, The Universal Church of Baba's Kitchen**

“Music as Medicine: The Healing Power of Kirtan”

Join in the joyful power of sacred Sanskrit singing: *kirtan* and *bhajans*! In addition to sharing some divine chants together, we'll explore the inner depth of *kirtan* and its healing impact on the human heart.

Jan 28 Henry Wolgemuth, Ph.D. Kundalini Healer

“What is Kundalini?”

How do you experience the Life Force coming through your body? Is it like a great wind-MANA, a flow of sweet pleasure-KAMA, a stream of tingling water-PRANA, a river of transforming fire-KUNDALINI, or a surrounding ocean of liquid light-AMRITA? Come explore the mysterious KUNDALINI with us.

Feb 4 Scott Catamas, Master Coach

“Compassionate Communication, A Practical Guide to Joyful Relationships”

Scott will share specific ways to improve any relationship, based on his extensive experience as a coach and teacher for Compassionate Communication and Connections. He wants to create a dialogue of what interests you and will provide free handouts. Scott travels throughout the U.S., Europe and Asia sharing these tools of transformation.

Feb 11 Pamelah Landers, Master Hand Analyst

“Relationship Success is in Your Hands”

Did you know that in your hands there is a line that actually determine what matters most to you about how you express love and how you want love shown to you? Pamelah, the author of a number of books, will show you what that line in both of your hands says about you.

Feb 18 Bradford W. Tilden, Musician and Healer

“An Introduction to Crystal and Sound Healing”

Crystals and sound are powerful tools for healing and conscious expansion. They are practical and fun to use, with immediate results ranging from stress reduction to attuning with high vibrations of cosmic consciousness. Bradford's knowledge and wisdom are derived from lifetimes of working with crystals and sound.

Feb 25 Marcia Heinegg, M.A. Career Counselor

“Creativity and Self-Expression Through Writing”

You will tap into your creativity through visualization, discussion and writing. Marcia will share a chapter about her spiritual awakening from her recently self-published book *California to New Zealand THE LONG WAY*.

Mar 4 Lauren Hoover, Author, Chef, Educator

“No Wheat No Dairy No Problem”

Lauren shares her own fascinating healing journey of how the combination of food allergies and a culinary degree led to writing her cookbook, *No Wheat No Dairy No Problem*.

Mar 11 Jennifer Moiles, Health Counselor

“Introduction to Ayurveda: Aligning with Nature for High-Level Wellness”

Ayurveda, the 5,000-year-old "science of life" teaches us how to harness the healing power of nature through food and lifestyle choices. A potent and completely sustainable method of healing, Ayurveda promotes balance, immunity and longevity.

Mar 18 Wayne Hoff, Bodyworker/Energy Healer

“Heart and Soul as Healer”

The Mevlevi Sufis consider the heart the seat of the soul. Experience your own heart and soul on your own healing journey and use this connection as a powerful healing resource. Wayne specializes in healing trauma.

Mar 25 Barbara Musser, Breakthrough Mentor

“For Love AND Money: Keys to Creating the Life You've Dreamed Of”

Many people think they can have either love OR money, but not both in abundance. Discover what stops you and ways to create what you really want. You may be surprised that it's probably not what you think!

PLEASE JOIN US EVERY THURSDAY for a fun, informative session. No prior experience necessary. \$7 Light breakfast included. Call 408-264-1768 for more information.