



## OCTOBER 2009 Schedule

Thursday

Oct. 1<sup>st</sup>, 7:30-9PM

### **MEDIUMSHIP ~ DEVELOPMENT CIRCLE - Open Night**

This monthly workshop is for the person who is interested in channeling and has some previous background in this area of metaphysical work. It is the perfect forum to practice personal channeling techniques, mediumship exercises and practices, automatic writing and the development of a more disciplined working relationship with their spirit teachers. Students will also be given a practical approach to clearing the aura, grounding and working with spirit during classes. Our advanced channeling students will also be available for mentoring of newer students for this class. Requirements: permission of instructor. \$25- per class

INSTRUCTOR: A. Patricia Bankins, RM, TCT

Fridays

Oct. 2, 9 & 23, 7-8PM

Sunday

Oct. 11 & 18; 4-5PM

### **Kangen Water Presentation**

**Change your water, change your life! Can't make it to Lourdes this year to take the waters? No problem, trot over to The Crystal Matrix with an empty bottle and fill up with FREE Kangen water, a water that is the same alkaline water you can experience at Lourdes! Try the water for free, tell us your stories - did the Kangen water help with your blood pressure? Did it help with cholesterol levels? Did you experience better digestive processes? Did you experience weight loss? Did your joints**

**finally stop aching? We want to know your stories!**

**Equate a single cell in your body to a fish bowl. When a fish bowl gets dirty, do you drop a pill into the fish bowl? No. YOU CHANGE THE WATER!**

**To learn more about Kangen water, call to sign up for a free DVD presentation at The Crystal Matrix on the health benefits of alkaline water. Consider also, that Kangen water is squeaky green! It helps eliminate the proliferation of plastic water bottles! Sign up on the dates listed to learn more! Bring your thirsty friends.**

**Presented by Linda Ferrero  
Call (323) 377-7177 to reserve space**

Saturday  
October 3<sup>rd</sup>, 3:30-6:30PM

**ADI SHAKTI POWER: SEXUALITY AND CREATIVITY**

This class features a 1 \_ hr. Kundalini Yoga class (with Gong) with specific kriyas and meditations designed to get us feeling secure and in command of our domain by working on our aura, the power of our word, and our arcline. Building this awareness and fine attunement, we can conceive a life filled with joy, grace and vitality. A short break and discussion follows the class and we end the workshop with a final meditation. Please bring a mat if needed. A booklet and access to music are yours to take home. You leave with tools to help you access your sexuality and creativity in the "real world". Yogi tea and vegan treats are always served. Cost of Class: 45.00 Cash or Check only.

Sunday  
Oct. 4<sup>th</sup>, 12-2PM

**REIKI CLINIC**

Second Degree and Master Reiki practitioners share their healing skills for this Reiki Clinic Afternoon. This healing clinic

will be presented in the traditional Dr. Usui, Kyoto Clinic set-up for treating clients. Come treat yourself to an hour of relaxing healing Reiki energies. By Donation

Sunday  
Oct. 4<sup>th</sup>, 3-5PM

### **AN INTRODUCTION TO SUPER FOODS**

Learn how to set up a your pantry using sugar-free/gluten-free alternative ingredients and superfoods. Learn how to us Vitamix for the ultimate breakfast drink using raw cacao, maca, acia, chia, and spinach. Use hemp to make raw chocolates.

Experience the health benefits of essential fatty acids for brain function and a healthy hearty in hemp, the polyphenols in raw cacao, the adrenal nourishment of maca, the reduction of sugar cravings using green foods and more!\$35.00 per class (includes all ingredients)

Recipes: Sept. ~ Super Green Smoothie, Hemp Ball Truffles

Oct ~ Peanut Butter Cups, Kale Goji Salad, Raw Hummus

Nov ~ Savory Flax Crackers, Sea Kelp Noodle Salad, Lemon Chiffon Pie

INSTRUCTOR: Kelly Keough, Master Gluten-free Chef

Sunday  
October 4<sup>th</sup>, 7-9PM

### **GROUP CHANNELING CIRCLE**

A channeling circle is a great way to introduce yourself to your natural intuition and the practice of conferring with spiritual guidance. Join with like minded friends coming together for personal enjoyment, questions & answers, wisdom sharing and special teachings with Asheme` and the Master St. Germaine and the Spiritual Counsel. Plan on bringing a friend and 1-2 personal inquiries. \$33.00

Call Early ~ The circle is limited to 12 participants.

PRESENTER: Patricia Asheme Bankins

Sunday  
Oct. 11<sup>th</sup>, 10am-6pm

### **REIKI I**

#### **“1st Level Class in the Usui Method of Healing” (CE)**

Reiki is the ancient and sacred Tibetan healing practice rediscovered in Japan by Dr. Mikao Usui. The word Reiki, describes "Universal life force energy". We each experience Reiki in a very personal and individual way. Reiki energizes the entire physical and ethereal system safely & quickly. It accelerates the body's ability to heal and may enhance the function of the immune system. Reiki also harmonizes body, mind and spirit; increases creativity and awareness; releases stress, fear and emotions. Level One training teaches Reiki history, Reiki treatment hand positions, basic diagnosis techniques, chakra and aura information and provide Level One Attunement and Initiation. Workbook & Certification included.

\$220.00 (20% discount if paid one (1) week in advance)

Instructor: A. Patricia Bankins, RMT

The Crystal Matrix Healing & Learning Center, "Provider approved by the California Board of Registered Nursing, Provider #CEP-14543, for 8 contact hours".

Tuesday  
Oct. 13<sup>th</sup>, 6:30-8PM

#### **THETA HEALING MANIFESTATION MEDITATION NIGHT**

Become the power manifestor you are meant to be! Join Angel Healer, Lisa Beachy as she leads you through a Theta-Healing mediation that guides you through the process of dissolving limiting beliefs of lack and transforms them into empowering beliefs of abundance and manifesting. Make sure to bring your pen and paper to the group. We will write and speak our intentions to the group as we anchor them into the Universe.

\$11 per evening

INSTRUCTOR: Lisa Beachy

Thursday

Oct. 15<sup>th</sup>, 7:30-9PM

### **ADVANCED MEDIUMSHIP CIRCLE**

This monthly workshop is for the advanced channeling student who has completed the CMC Channeling Course. Students will continue guidelines of channeling practices and be introduced to new ideas and techniques of mediumship. Students will practice personal channeling techniques, mediumship exercises, automatic writing, the development of a more disciplined working relationship with their Master Spirit Teacher. We will also practice world healing and balancing whenever needed based on world conditions. Requirements: Completion of Guidance I or permission of instructor. \$25- per class  
INSTRUCTOR: A. Patricia Bankins. RM

Friday

Oct. 16<sup>th</sup>, 6:30-8PM

### **ANGELIC HEALING MEDITATION CIRCLE**

Come join in this healing meditation circle in which we bring in the Angels to raise the room to the highest vibration of healing energy for the good of all involved in the group. A guided meditation will take you to the angelic realm where you will meet your Angel(s), receive a message or gift from them, and then at the end we share any messages with the group. A small gift will be given to each paying attendee. \$15 per person  
Meet at: 6:30 / Start at 7:00 Sharp  
Facilitated by, Lisa Beachy, ACP-Certified Angel Practitioner.

Saturday

Oct. 17<sup>th</sup>, 4-6PM

### **SPIRIT CIRCLE**

Join us to develop your sensitivity by working on your ability to see, hear, or sense the presence of your loved ones. During these circles you will do intensive “warming up” exercises and together we will bring through your loved ones while learning to provide confirmations of the spirit communicators’ identities.

Grounding and cleansing meditations will be used for closure after each circle. \$10 suggested donation  
INSTRUCTOR: Tatyana Elmanovich (For more information call 805-823-4691 or cell 818-631-6767)

Sunday  
Oct. 18<sup>th</sup>, 1-4PM

### **WORKING WITH THE DRAGONSTONES**

A Dragonstone Oracle Reading connects past, present and future. Always focused on the soul's purpose, DragonStone Readings access each aspect of an intuitive reading not exclusively by events, but by how the soul's interaction is directing your life. A Dragonstone Oracle Reading can be read in a past-present-future layout, a single draw of the day or a five-pull Soul Reading.

This class gives you directions, and confidence, on how to use your own set of the DragonStones, practice by reading for another person, and receive the yet unpublished second addition booklet of stones for advanced readings. Your own set of DragonStones is included in the cost of the class. \$63.00  
INSTRUCTOR: Patricia Bankins (creator of The Dragonstones Oracle)

Saturday  
Oct. 24<sup>th</sup>, 4-6PM

### **EL DI'A de LOS MUERTOS**

El Di'a de Los Muertos, celebrated on November 2nd, is a day honoring loved ones and acquaintances (including our pets) who have made their transition to the other side. In this workshop you will learn the mixture of concepts and cultural adaptations, how to prepare a personal altar - including customs, foods, and traditional objects such as Calaveras (skeletons) to fully enjoy this celebration. Come with questions, curiosity and pictures of loved ones should you choose. \$20.00

INSTRUCTOR: Rev. Dee Marcin, RM, CHt, TCT, of TARAROS'

Sunday  
Oct. 25<sup>th</sup>, 10AM-7PM

## **MOTHERLESS DAUGHTERS**

When a girl or young woman loses her mother her idea of who she is becomes interrupted. We may lose our mothers in multiple ways...through neglect...through alcohol or drug use...through absence from working...and the ultimate loss of death. Each of these ways scars us in ways we do not see nor may even be aware of, but they are there. Our recovery from this great loss experiences the same 5 Stages of Grief that signifies any other loss, anger, bargaining, denial, despair and finally acceptance, and we must complete the process into acceptance before we can fully heal from our loss and totally embrace our life in its fullest.

Join our group for tears, laughter and healing on the amazing journey of mother-loss recovery. The book *Motherless Daughters* will be available for purchase 1-week in advance of class date at a 30% discount (must be pre-ordered by Oct. 4)  
\$108- (10% discount of pre-paid one week in advance)  
INSTRUCTOR: Patricia Bankins