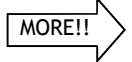




QuietStar Center for Transformation

August–September 2010 News and Events



11549 Los Osos Valley Road, Suite 109, San Luis Obispo, CA 93405
www.QuietStar.com info@QuietStar.com

(805)783-2662

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Sunday Circle 4pm Potluck after	2	3 Store/Office 12-2 Authentic Mvmt 3-4 Evening w/Darius 6pm	4 Store/Office 12-2	5 Store/Office 12-2 Angels 6pm	6 Store/Office Open 12-2 Satsang with Lisa 6:30-8pm	7 Satsang with Lisa 11:30am-1:00pm
8 Reiki 1 9:30-5:30 Satsang with Lisa 6:30-8pm	9	10 Store/Office 12-2 Authentic Mvmt 3-4 ** Shift Happens 6pm	11 Store/Office 12-2 New Moon Circle 6pm	12 Store/Office Open 12-2 Angels 6pm	13 Store/Office Open 12-2	14
15 SoulCollage® Day-Long 10:30-5:30pm	16	17 Store/Office 12-2 Authentic Mvmt 3-4	18 Store/Office 12-2	19 Store/Office Open 12-2 Angels 6pm	20 Store/Office Open 12-2 Drum Circle 6:30	21 SoulCollage® Monthly Suit Series Day1: 10:30-3:30
22	23	24 Store/Office 12-2 Authentic Mvmt 3-4 ** Shift Happens 6pm	25 Store/Office 12-2	26 Store/Office 12-2 Angels 6pm	27 Store/Office Open 12-2	28
29 SoulCollage® Monthly Suit Series Day 2: 10:30-3:30	30	31 Store/Office 12-2 Authentic Mvmt 3-4	August 2010			Bios on other page

Satsang with Lisa (Lisa Schumacher)

Satsang is a meeting for the inquiry into the true nature of Being; a celebration of who one is. When we focus all of our attention on what is always present regardless of circumstances, a vast silence is revealed. This is Satsang; true communion. We come together in support of the natural way of life; awakening to real, abiding love that is our true identity. August 6, 7, 8 (see calendar above for times). Come to one or all meetings. All events by donation.

**Higher Self-Spirit Guides with Elaina Geltner

Develop intuition, learn to distinguish between chatter and true inner guidance. Develop a spiritual practice. The foundation course for many other teachings at QuietStar for over 20 years. Contact us for next date. \$285 [242.25]* www.QuietStar.com/HigherSelf.htm

Reiki 1 and Reiki 2

Reiki Masters Wendy Hiller and Dale Becherer

Reiki 1: Learn the subtle art of Usui Reiki. The Usui system of Reiki is one of the easiest natural healing systems known today. This class will attune you to level 1. With level 1 Reiki you will be able to

heal yourself and others Sunday, August 8th, \$125 [106.25]*

Reiki 2: Having been "attuned" to Reiki 1, this course is for those ready to deepen their healing abilities -- for the self and others. After being attuned to level 2 you will be able to use the Reiki symbols to heal both in person and in absentia (distance healing) **Date TBA 9:30-5:30pm** (Must have taken Reiki 1 anywhere) \$175 [\$148.75]*

Soul Collage® Workshops and Authentic Movement with Raquel Mitchell

SoulCollage® is an invigorating way to meet, play, and be with self. It's a supportive tool for gathering courage and strength to explore those deeper parts of oneself, and a creative way of working through self-healing, inspiration, and affirmations. We will be guided by our intuition, imagination, and a variety of images to create a personal deck of cards that can be used to access our inner wisdom. There is no one or right way to develop your personal cards as each one represents a part of yourself. Day-Long Workshops, Monthly Suit Series, SoulStudio and Soul Circle offered. Visit <http://www.amourfahti.com> for workshop schedule, facilitator bio, details.

Authentic Movement is process-oriented. The innate intelligence of the imagination, body, and psyche becomes revealed without censorship or judgment. Gain access and give form to your creativity, achieve wholeness and integration. Every Tues. \$15 (class-card discount)

QuietStar is a perfume-free environment
 *Many workshops have early registration discounts,
 14 days in advance. [indicates EARLY price] We appreciate the courtesy of your pre-registration for all events.
 Call 783-2662 or use link at QuietStar.com

Event Details

Register online at www.QuietStar.com or call us!

[Early registration discount] applies to most workshops

Angel Circle (Christopher Dilts) Join the growing circle of people who are getting personal, practical help from the Angels. You can attend one or more; reservations please! 534-9287 or www.AskAnAngel.org. \$20/meeting or \$85 for 6

Drum Circle (Bill Timothy) a mix of various drumming traditions, appropriate for all levels of experience. 6:30 to 9:00. By donation.
****Higher Self 1** (Elaina Geltner) Develop intuition, learn to distinguish between chatter and true inner guidance. Develop a spiritual practice. The foundation course for many other teachings at QuietStar for over 20 years. Check web for next start date: www.QuietStar.com/HigherSelf.htm

****Shift Happens** (Elaina Geltner) Advanced Students. Deepen your connection to spirit; navigate these powerful times with grace and love. Pre-Requisite: Higher Self 1. Info: elaina@quietstar.com.

New Moon Circle (Laura Passmore) Native American-based Ceremony from our ancestors. Grandmothers gathered around the "Birthing (NEW) Moon" to plant seeds of your heart's desires, aspirations, healing, healing of Mother Earth and All Our Relations. Co-ed. By donation. See special instructions on website or call us!

Sunday Circle Community Healing and Meditation Circle. Cutting-edge transformational energies and techniques. Gather healing energy for ourselves and the planet. Rotating facilitators. Open to everyone! By donation. 1st Sunday of the Month, 4 pm, followed by Vegan-Raw Foods Potluck.

An Evening with Darius

Linda Mora and Darius, spiritual master teacher and guide, offer insights into the Awareness of You, which focuses on being Human in a Spiritual World. Be present as you are offered tools and information to claim your Divinity and access personal potential and inner wisdom. First Tuesday of each month, 6-7:30pm, free-will offering.

Transformational Arts Fair

Sunday, September 19, 10-4. Join local artists whose work frees the spirit and creates shifts in consciousness. Aura Photos, Art, Music, Food, Healing Arts Practitioners! Our 3rd Annual...you don't want to miss this! Free lecture and music schedule and great photos at www.QuietStar.com/fair.htm.



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12	13	14 Store/Office 12-2 Authentic Mvmt 3-4 ** Shift Happens 6pm	15 Store/Office Open 12-2	16 Store/Office Open 12-2 Angels 6pm	17 Store/Office Open 12-2 Drum Circle 6:30	18
19 Transformational Arts Fair 10-4	20	21 Store/Office 12-2 Authentic Mvmt 3-4	22 Store/Office Open 12-2	23 Store/Office 12-2 Angels 6pm	24 Store/Office Open 12-2	25
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Who We Are (more info at QuietStar.com/practitioners.htm!)

Rev. Elaina Geltner Co-Founder of QuietStar. Soul Path Alignment™, Sound and Energy Healing. 25 years experience assisting people to create the lives they've always dreamed of. Mentor for healers and bodyworkers and a channel for healing energy.

Bob Nanninga LomiLomi Hawaiian Temple Bodywork, Certified Bowen Therapist with 20 years experience in the healing arts. Didgeridoo instruction. Co-Founder of QuietStar SLO and our Healing Team.

Christopher Dilts Angel Intuitive and Healer who has been helping people learn to connect with their Angels for over 15 years.

Chuck J Energy Healing, Spiritual Counseling. Past-Life Workshops. Healing Team.

Rev. Yvonne Roza Facilitates harmony of the Mind-Body-Spirit connection through Harmonic Attunement, Lightbody Integration, Spiritual Counseling. Classes, Individual sessions, Founding member of Healing Team. Weddings, too!

Robin Klickstein The Reconnection & Reconnective Healing® Practitioner, Intuitive, Visionary Artist, QuietStar Bookkeeper and much more.

Kathryn Brewer MFT Educational Psychologist, Energy Psychology. Works with all young people & their adults to assist in harmonizing relationships with family, school, peers, & self; specializes with those sometimes called the "new humans".

Laura "Puma" Passmore has been Practicing Spiritual Ceremony for 14 years, having studied with various teachers. She is an advanced student in the Intuitive Healing Arts Program at QuietStar and an aerobics instructor.

Kathy Wensloff Certified Raw Foods Chef and Massage Therapist. Kathy's path to vibrant health has led her to discover, study and share Living/Raw food. She has studied with Cherie Soria & Alissa Cohen.

Laura Lee Waldorf Certified Bonnie Prudden Myotherapist, committed to providing her clients sessions and training for "learning to live pain free." She provides an interactive self-healing program.

McKenna Rodriguez QuietStar Healing Team Intern, Store Volunteer. She has taught fifth grade, is certified in Reiki, and has been exploring her unique talents and gifts all her life.

Margaret Camuso, PhD Educator and counselor, specializing in alternative psychology, archetypal pattern analysis & dream interpretation.

Ron Bryant Shamanic & Luminous Energy Field Healing, Ceremony Facilitation

Dale Becherer Certified Massage Therapist, Reiki Master & Teacher Nationally & State - Swedish, Deep Tissue/Sports/Trigger Point Therapy, Four Hand/Tandem Massage, Reiki, Energy Healing.

Wendy Hiller Nationally and California State Certified Massage Therapist, Reiki Master and Teacher, Emotional Release Therapist.

Raquel A Mitchell MA, Soul Collage® Facilitator, Movement Artist, Transformational Life Coach Trainee. She joins us from NYC to share the benefits she has experienced through the creative process, as she assists people to un-cover who they really are.

Linda Mora and Darius facilitate Spiritual Living seminars and private gatherings, offering insight to all who are journeying on a path of discovery and spiritual knowledge. Come experience the fun gathering with like-minded people!

Lisa Schumacher Introduced to her beloved teacher, Gangaji in 1995, Lisa recognized the true peace & absolute freedom that is our essential nature. She has been asked to share this open invitation to realize what is eternally present in the core of all being.

Our Metaphysical Bookstore

Sip tea, listen to all those cd's you've been wondering about, explore your curiosities, indulge your passions. Sample essential oils, use the shiatsu massager to relax your muscles. Maybe a book will even "fall off the shelf" and you will know that's just what you need right now. Use us as your favorite library...it's ok with us. Come find out what's waiting for you if you just open the cover. You can also shop in our online store at www.QuietStar.com.

Store is Open:

- ◆ Tuesday through Friday 12-2
- ◆ During Events ◆ By Appointment
- ◆ Beautiful Crystal and Gemstone Jewelry from Local Artists
- ◆ Greeting Cards: art and photography
 - ◆ Quartz Crystal Singing Bowls
 - ◆ Antique Metal Singing Bowls
 - ◆ Crystals, rocks
- ◆ Runes, Oracle cards, Pendulums
- ◆ Stained glass mandalas and garden art
- ◆ Eco-friendly skin and body products:
 - Pangea Organics, Clear Creek,
 - ◆ Spiritual books for Children
- ◆ Didgeridoos made from local materials
 - ◆ Organic, fair trade chocolate
- ◆ VitaMineral Green and VitaMineral Earth:
 - Raw Vegan Whole Food Supplements

A big THANK YOU to all the volunteers who make QuietStar the wonderful place it is! Thank you for greeting people at events, cleaning our space, running the store and offering your talents as musicians, healers, speakers, administrators and leaders in our community. You are the glue that holds it all together. QuietStar Center for Transformation is a California non-profit spiritual organization.

When you purchase items in our store, you are supporting the work of QuietStar. Your donations help us grow.

If you would like to participate in the Dream Team, the Sunday Vortex Team, the Transformational Arts Fair committee, or any of our other wonderful opportunities to be of service, please contact our office.