



Calendar of Events

September 1st – December 31st, 2010

We offer a wide variety of programs for those interested in personal and spiritual growth topics. Many of our presenters are members of our regular Sacred Quest community, as well as special guest speakers. You can receive more information on any of the following events by contacting us at 905-666-3010 or sacredquest@rogers.com, pre-registration is required for all events. You may register for all programs in person, via email or by phone. We accept VISA, MasterCard and AMEX. If you cancel your registration two weeks prior to your booking, you will receive a refund, minus a 10% administration fee. If you cancel from one week to 14 days of a workshop you will receive a store credit for the amount minus 30%. We regret that we cannot offer a refund or credit for registrations canceled within one week of the event. . When registering for a free event you will be required to provide a credit card. If you do not attend your program or cancel with 24 hours notice, your card will be charged \$10. We are located at 118 John St., Whitby. John St. runs east off of Brock St., two blocks north of Dundas. Sacred Quest is on Face Book. Visit our page to get store updates and inspirational messages. Hope to see you soon!

Beginners Guide to Crystals

Thursday September 9th, 7-8:30pm

Facilitator: Jennifer Roach

Cost: \$20

In this workshop you will learn about the common crystals, healing properties, how to cleanse your stones, the different shapes of crystals and how to program them. If you have crystals already, feel free to bring them with you.

Tarot Card Readings

Saturday September 11th, 12-4pm

Reader: Lisa Dewald

Cost: \$60

Lisa Dewald has been developing her connection to Tarot from her teen years. She has a unique and refined gift in working with the Tarot. Please pre-book all readings.

Tea Leaf Readings

Saturday September 11th & 25th, 12-4pm

Reader: Gloria Perreria

Cost: \$35

Appointments run approximately 30 minutes.

Gloria has been reading tea leaves seriously for the last ten years. She has always been interested in Tarot, but reading Tea Leaves is her calling. When Gloria reads, she gets specific feelings and images. It is something she truly enjoys and hopes you do too. Please be prepared to have a cup of tea and enjoy it. Let Gloria know if you enjoy regular tea or herbal tea. Come and enjoy!

Taking Charge of Your Health

Monday September 13th, 7-8:30pm

Facilitator: Helen Vuletin

Cost: Free – donations accepted

Everyone's body has the power to heal itself. Learn how you can take charge of your health by using homeopathy as a tool to stimulate your body's innate healing powers.

Spirit Connections....Reconnections

Tuesday September 14th, 7-8:00pm

Facilitator: Linda Ouellet

Cost: Free – donations accepted

Join us for an evening with Linda Ouellet. Linda has been exploring her gifts as a medium her entire life. Linda has a passion for educating the public on the process of connecting with spirits and how this process is innate to all of us.

Intro To EFT

Wednesday September 15th, 7-8:00pm

Facilitator: Kim Etherington

Cost: Free – donations accepted

Emotional Freedom Technique (EFT) is a form of emotional acupressure. By using acknowledgment of issues, phrases of acceptance and tapping on meridian points you are able to provide relief from issues, both physical and emotional.

The Use of Homeopathy and Flower Essences For Everyday Ailments

Thursday September 16th, 7-9pm

Facilitator: Carol Scott Higeli

Cost: \$50 – includes handouts

Following a brief introduction to these natural therapies, you will learn how they can alleviate symptoms of the flu, cold, headaches, insomnia, anxiety and mood imbalances. Add these "tools" to your self-care toolbox for all of your family, including your pets.

Sacred Quest's 3rd Birthday!!!

Saturday September 18th, 12-5pm

Cost: Free – donations accepted

Join us for a day of fun and festivities. You will be able to receive treatments, readings, and win prizes.

Join us for our Special Guest "The Zoltach"

Sacred Message Circle

Saturday September 18th, 1-4:30pm

Cost: \$60

Join international author & deep trance spirit medium Sayge as he channels the powerful spirit called "Zoltach" at this open reading event, and answers your personal questions. Each guest gets 2 questions with Zoltach. Seating is limited, so register early.

Soul Card Readings

Sunday September 19th, 12-5pm

Reader: Jennifer Roach

Cost: \$50

Take a spiritual journey with Jen as she taps into your energy and life path. Using Soul Cards and her intuition, she will give a reading that may include the past, present and future, messages from Spirit Guides and/or passed loved ones.

Archangels & Ascended Masters

Monday September 20th, 7-8:30pm

Facilitator: Michlynn Walton

Cost: Free – donations accepted

During this workshop we will explore healing with the Divinities and Deities; who you can call on for specific

needs and issues. Learn how to invoke the archangels to assist you on your journey.

Intro Into Reflexology

Tuesday September 21st 7-8:30pm

Facilitator: Susan Wheller

Cost: Free – donations accepted

"When our feet hurt, we hurt all over." ~ Socrates
Our feet can carry several hundred tons of total weight in a single day. In confined spaces known as shoes, we walk up to five miles or 9,000 steps on an average day! During this introductory workshop we will discuss various Reflexology techniques that you can perform on yourself or a partner to relieve stress, relax muscles and send healing energy to the rest of your body. Essential oils will also be applied to your feet to enhance your experience.

Basic Psychic Protection

Wednesday September 22nd 7-8:30pm

Facilitator: Jennifer Roach

Cost: \$15

Do you feel down or angry for no reason? Feeling drained or tired with no real cause, or have experienced thoughts that just seem out of character for you? Join Jennifer as she discusses ways to protect yourself from negative energies and psychic vampires. Learn how to incorporate psychic protection into your daily routine.

Reiki Level 1

Saturday September 25th 12-5pm

Facilitator: Michlynn Walton

Cost: \$120

Based on traditional Usui Reiki Healing you will learn how to use the universal life force energy to balance the chakras and auric fields. Once you receive your attunement you will do a healing session, using your intuition to obtain guided messages and/or past life information. Crystals & other vibrational aids that can enhance your work by shifting frequencies will be introduced.

Raise Your Vibration

Sunday September 26th 12-5pm

Facilitator: Dawn James

Cost: \$70

Get ready for an introduction to The Laws of Vibration, and how to use them to reduce stress, increase energy, and develop your Divine Inner Wisdom. Based on Dawn's new book "Raise Your Vibrations, Transform Your Life", Dawn will guide you to explore ways to break negative patterns that create dissatisfaction, toxicity and stress in your life. Dawn demonstrates that every living thing is made up of energy, and energy is constantly vibrating. We all have the ability to affect the flow and quality of energy within us. When we learn how to raise our vibration, we can transform our life!

Power of Affirmations

Monday September 27th 7-8:30pm

Facilitator: Michlynn Walton

Cost: \$15

You are probably familiar with the saying "change your thoughts and change your life". Using the powers of positive affirmation is the root of this very process. Join us as we explore the various ways to use affirmations and create processes that work for you.

Self Hypnosis

Tuesday September 28th 7-8:30pm

Facilitator: Kim Etherington

Cost: \$25

Hypnosis is a natural state of mind that produces a great degree of suggestibility. In this state you are able to change core beliefs and work with affirmations in a more effective manner. This experiential workshop will teach you how to use self-hypnosis to enhance your personal growth work.

Intro into Exploring Wellness

Wednesday September 29th 7-8:30pm

Facilitator: Philip Wright

Cost: Free – donations accepted

The Exploring Wellness course is aimed at integrating the three levels of wellness – Body, Mind and Spirit – to set us on the path to total wellness. The first session will introduce you to these three levels of wellness and show how together, they can bring true harmony and balance to our lives.

Intro into Tarot Reading

Thursday September 30th 7-8:30pm

Facilitator: Lisa Dewald

Cost: Free – donations accepted

Have you ever wondered what the Tarot cards mean? Join us for this introductory session on understanding the Tarot deck.

Learning To Tune In

Saturday October 2nd 1-3pm

Facilitator: Linda Ouellet

Cost: \$25

This workshop is for anyone that would like to practice tuning in to the other side. It will include an opportunity for the group to practice doing a psychometry reading.



Intuitive Healer

Monday October 4th 7-9pm

Facilitator: Michlynn Walton

Cost: \$20

Join us for a discussion on tapping into your intuitive healing powers. Explore the various processes of energy

healing and discover what process is your connection to your inner healer.

Emotional Release

Tuesday October 5th, 7-8:30pm

Facilitator: Kim Etherington

Cost: \$25

What does it mean to your body and your spirit to hold on to emotion? How do our emotions influence our physical health, and our beliefs? During this session you will learn about the influence of fear, sadness and anger on the body and how you can release stored emotion associated with past and current trauma or events. This workshop will provide an understanding of what really letting go and moving on feels like.

Exploring Wellness – Body

Wednesday October 6th, 7-9pm

Facilitator: Philip Wright

Cost: \$20

The first step on the path to wellness is bringing health and balance to the body. We will discuss the problems inherent in the modern western diet and explore the advantages of following a natural, whole foods diet for true health.

Vaccination – Making an Informed Choice

Thursday October 7th, 7-9pm

Facilitator: Helen Vuletin

Cost: \$25

There is a huge amount of information to wade through to make the critical decision about how to vaccinate for yourself or a loved one. Much of this information is charged with emotional undercurrents, making it very difficult to make a sound, rational decision based on facts for your specific situation. This workshop will give you tools to help you understand the available options and what you need to do to satisfy school and legal requirements depending on your choice.

Tea Leaf Readings

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Reader: Gloria Perreria

Cost: \$35

Appointments run approximately 30 minutes.

Gloria has been reading tea leaves seriously for the last ten years. She has always been interested in Tarot, but reading Tea Leaves is her calling. When Gloria reads, she gets specific feelings and images. It is something she truly enjoys and hopes you do too. Please be prepared to have a cup of tea and enjoy it. Let Gloria know if you enjoy regular tea or herbal tea. Come and enjoy!

Tarot Card Readings

Saturday October 9th, 12-4pm

Reader: Lisa Dewald

Cost: \$60

Lisa Dewald has been developing her connection to Tarot from her teen years. She has a unique and refined gift in working with the Tarot. Please pre-book all readings.

Stone Wrapping

Saturday October 10th, 1-3pm

Facilitator: Jennifer Roach

Cost: \$20 - includes material, but not stones

For those of you who love crystals, raw or tumbled, this is the workshop that will teach you how to wrap them so you can wear them as an attractive piece of jewellery. If you don't have any stones, you can pick a few up at the workshop. You will leave with 3 finished pieces and the skills you need to continue to create your own pieces.

Clearing Anxieties and Phobias

Wednesday October 13th, 7-8:30pm

Facilitator: Kim Etherington

Cost: \$25

This information session will discuss a number of strategies for dealing with anxiety, phobias and the emotion of fear.

Are You Co-Dependant?

Thursday October 14th, 7-9pm

Facilitator: Liz Bloom

Cost: \$20

Do you often find yourself in relationships in which you become the caretaker for the other person? Do you tend to take responsibility for other people's feelings or actions? Do you feel guilty when you do something for yourself? If you answered yes to any of these questions you may be co-dependent. This inter-active workshop will explore the reasons why people become co-dependent, and offer solutions on how to improve your relationship with yourself and others.

Personal Mandalas

Saturday October 16th, 11am-2pm

Facilitator: Rev Carleen DeVan

Cost: \$45

The Mandala is used in India and Tibet to attract spiritual power for meditation purposes. The term derives from the Sanskrit word for "circle" although Mandalas may embody various shapes. A Mandala consists of a series of concentric forms suggestive of a passage between different dimensions. The center is the beginning of the Mandala, as the center is the beginning of all form. No artistic talent is required for this experience. There will be a short meditation to enable us to open our hearts and our minds and to prepare us to transcribe our subconscious thoughts into an art design. All materials will be supplied. Time permitting, Carleen will assist the participants to interpret his/her Mandala.

Women's Retreat

Friday Oct 15th - Sunday Oct 17th

Facilitators: Diane Cassidy and Kim Etherington

Cost: \$300

Located in Gunter Ontario, \$280.00 for the weekend. Limited availability so register early

Please email questions to mysistersvoice@rogers.com

Natural Cold & Flu Prevention

Monday October 18th, 7-8:30pm

Facilitator: Helen Vuletin

Cost: \$40

Cold and flu season is just around the corner. Now is the time to be proactive and find out how you can ward off pesky viruses with natural treatments. Homeopathy helps your body to function optimally so you don't get sick. Learn how to use specific homeopathic remedies to prevent illness during cold and flu season. Participants will receive a free homeopathic cold and flu kit with instructions on how to use it.

Understanding Mediumship

Tuesday October 19th, 7-8pm

Facilitator: Linda Ouellet

Cost: Free – donations accepted

Join us for an evening with Linda Ouellet. Linda has been exploring her gifts as a medium her entire life. Linda has a passion for educating the public on the process of connecting with spirits and how this process is innate to all of us.

Sacred Sound Circle

Wednesday October 20th, 7-8:30pm

Facilitator: Dawn James

Cost: \$20

Enjoy the harmonic sound vibration of Quartz Crystal and Tibetan bowls – while toning and chanting to sacred vowels, bijas and affirmations. No previous music or singing experience required – it's all about using your own self created sounds to shift and uplift your vibrational level. The intent of the Sacred Sound Circle is healing, insight and transformation.

Creating Sacred Space

Thursday October 21st, 7-8pm

Facilitator: Kim Etherington

Cost: \$20

Moving energy is good energy. Join us in an exploration of how your physical space, home or office can influence your body and your emotions.

Connecting to Tarot (2 parts)

Fri.'s Oct. 22nd & 29th, 7-9pm

Facilitator: Lisa Dewald

Cost: \$40/person

In this two part session you will learn to unravel the mystery that lies within The Tarot and unlock a world of communication that lies within us all. You will learn how to read several spreads, and understand how the Tarot speaks to us in ways we could not imagine.

Reiki Level 2

Saturday October 23rd, 10am-5pm

Facilitator: Michlynn Walton

Cost: \$165 – includes manual

In this class you will be attuned to the Reiki symbols & learn to do distance healing, balance the chakras, clear unwanted energies and use crystals & other vibrational aids. You will practice working with guides, angels, masters & totems to receive messages. Pendulum assessment of the chakras will be taught.

Soul Card Readings

Sunday October 24th, 12-5pm

Reader: Jennifer Roach

Cost: \$50

Take a spiritual journey with Jen as she taps into your energy and life path. Using Soul Cards and her intuition, she will give a reading that may include the past, present and future, messages from Spirit Guides and/or passed loved ones.

Spirit Medium Linda Ouellet

Sunday October 24th, 1-3pm

Reader: Linda Ouellet

Cost: \$70

There are spirits around us all, and they want to communicate with us. Linda is a gifted medium and will be in the store facilitating connections to the other side. To book appointments, please call the store.

Healing Wand Crafting

Sunday October 24th, 12-1:30pm

Facilitator: Michlynn Walton

Cost: \$20 – includes all materials

Your wand can be used in healing or energy work to direct energy between the material & energetic realms. Join us in creating your own personal "magic" energy healing wand. Materials for one wand provided.

Creating the Talking Stick, a Tool for Listening

Sunday October 24th, 2:30-4pm

Facilitator: Michlynn Walton

Cost: \$25

Learn the meaning and use of the talking stick as you create your very own. When the talking stick is passed around it is an action that is indicative of the respect that we have toward the concept of harmony, balance and for each other.

Power of Symbols

Monday October 25th, 7-8:30pm

Facilitator: Michlynn Walton

Cost: \$15

Symbols are the language of the soul. Join us for an experiential workshop on using symbols to deepen your life experience. You will be guided through meditation to find which symbols resonate with you on a personal level.

Introduction to Animal Communication**Tuesday October 26th 7-8:30pm****Facilitator: Kim McCormack****Cost: Free – donations accepted**

Everyone has the ability to communicate with animals! This class will give you an introduction to what Animal Communication is and how to access this ability.

Exploring Wellness – Mind**Wednesday October 27th 7-9pm****Facilitator: Philip Wright****Cost: \$20**

Shakespeare wrote “Nothing is either good or bad, but thinking makes it so.” We will explore some of the distorted ways of thinking that prevent us from fully experiencing true wellness and the beauty of our lives. We will look at how negative patterns such as guilt, judgment and frustration often make our lives miserable, when they should be a bliss.

Make Your Own Pendulum**Thursday October 28th, 7 – 9 PM****Facilitator: Jennifer Roach****Cost: \$25**

Your pendulum is a sacred divination tool. Make your own and personalize it to you and your energy. Let your higher self guide you to make one as unique as you!
Basic stone wrapping/jewellery making is preferred but not necessary. If you have your own pliers, please bring them with you.

Forgiveness & Compassion:**The Experience of Divine Healing****Saturday October 30th, 12-4pm****Facilitator: Kim Ethington****Cost: \$70**

The process of forgiveness is often misunderstood and this misconception can lead to obstacles to forgiveness and healing. The two hour forgiveness workshops we have offered in the past have had such amazing feedback that we have expanded the program. In this seminar, you will confront your obstacles and release yourself from resentment so you can experience a life of love and compassion.

Animal Communication Workshop**Sunday October 31st, 12-3pm****Facilitator: Kim McCormick****Cost: \$45**

This 3 hour workshop will help you strengthen your telepathic abilities through a variety of guided meditations and exercises. You will learn how to communicate with your animals in spirit, lost animals as well as how to scan the body for pain. Please bring pictures of your animals, an open mind, an open heart and a desire to learn.

Tuesday Evening Meditation Group**Tuesday's November 2nd, 9th, 16th, 7-9pm****Facilitator: Kim Ethington****Cost: \$10/session**

Meditation is a powerful tool for gaining understanding and insight, as well as relieving stress. This group will meet Tuesday evenings, and a variety of techniques will be explored. You may attend one or all of the sessions.

The Power of the Pendulum**Thursday November 4th, 7-8:30pm****Facilitator: Rowan Star****Cost: \$15**

Using a Pendulum for divination work and guidance is a popular and easy process to understand. Join us for an experiential workshop on how to use your Pendulum.

Tea Leaf Readings**Saturday November 6th & 20th, 12-4pm****Reader: Gloria Ferreria****Cost: \$35****Appointments run approximately 30 minutes.**

Gloria has been reading tea leaves seriously for the last ten years. She has always been interested in Tarot but reading Tea Leaves is her calling. When Gloria reads, she gets specific feelings and images. It is something she truly enjoys and hopes you do too. Please be prepared to have a cup of tea and enjoy it. Let Gloria know if you enjoy regular tea or herbal tea. Come and enjoy!

Healing With Colour**Monday November 8th, 7-8:30pm****Facilitator: Michlynn Walton****Cost: \$15**

Colour is pure energy. Each colour of the rainbow has a different frequency. These frequencies are a powerful energy, reaching us through light rays. Learn how the use

of colour affects you physically, mentally, emotionally and spiritually.

Exploring Wellness – The Mind-Body Connection**Wednesday November 10th, 7-9pm****Facilitator: Philip Wright****Cost: \$20**

It's official – the way we think really does affect our health! We will look at some ideas from the relatively new science of Psychoneuroimmunology (PNI). This science studies the connection between psychological processes and the health of the body.

How To Use Oracle Cards

Thursday November 11th, 7-8:30pm

Facilitator: Jennifer Roach

Cost: \$15

Oracle Cards are like playing cards that have meaning. (ie: Angel, Fairy, Animal, and Goddess Cards) They are like any other way we seek answers from a Divine Source. Using Oracle Cards is helpful as they set the mind aside for the moment so that intuition can come through. During this workshop we will discuss several ways to receive messages through your cards. *If you have your own deck, please bring it with you. If not, please let us know when signing up, and I will provide one for you to use.*

Learning To Tune In

Saturday November 13th, 1-3pm

Facilitator: Linda Ouellet

Cost: \$25

This workshop is for anyone that would like to practice tuning in to the other side. It will include an opportunity for the group to practice doing a psychometry reading.

Introduction to Astrology

Sunday November 14th, 1-4pm

Facilitator: Joan Ann Evelyn

Cost: \$50

Astrology Sun Signs could hold the answer. In this Introduction to Astrology Workshop, you will learn about the Sun Signs Personalities, Planets and Houses that make up an Astrology Chart.

Tellington Touch for Animals

Monday November 15th, 7-8:30pm

Facilitator: Kim McCormack

Cost: Free – donations accepted

The foundation of the Tellington Touch Method is a specific form of light circular touches and strokes known as Tellington Touch. Join us for an introduction to this wellness modality for you and your pet.

Sacred Sound Circle

Wednesday November 17th, 7-8:30pm

Facilitator: Dawn James

Cost: \$20

Enjoy the harmonic sound vibration of Quartz Crystal and Tibetan bowls – while toning and chanting to sacred vowels, bijas and affirmations. No previous music or singing experience required – it's all about using your own self created sounds to shift and uplift your vibrational level. The intent of the Sacred Sound Circle is healing, insight and transformation.

Advanced Psychic Protection

Thursday November 18th, 7-8:30pm

Facilitator: Jennifer Roach

Cost: \$20

Prerequisite: having taken the psychic protection course, or have basic knowledge of psychic protection.

This workshop will continue to expand your knowledge on psychic protection. We will do a meditation, incorporate colours and symbols, and call upon the gods/goddesses for protection. We will also discuss psychic protection around other objects. Please wear comfortable clothing. Handouts will be supplied. Feel free to bring in any symbols of protection you are using.

Understanding Mediumship

Friday November 19th, 7-8pm

Facilitator: Linda Ouellet

Cost: Free – donations accepted

Join us for an evening with Linda Ouellet. Linda has been exploring her gifts as a medium her entire life. Linda has a passion for educating the public on the process of connecting with spirits and how this process is innate to all of us.

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Tellington Touch For Animals

Sunday November 21st, 12-3pm

Facilitator: Kim McCormack

Cost: \$30

Done with mindfulness and awareness of breath, this form of touch induces a state of relaxation and increased body awareness in animals and people alike. The combination of the TTouch body work with unique movement exercises improves focus and attention, allowing optimal learning to take place. By using a variety of other tools that also assist the animal to experience a sense of confidence in previously frightening or challenging situations, even the most difficult problems are often eliminated with just a few sessions. The Tellington Touch Method also provides people with a wonderful means of deepening the bond they share with their animal companions.



Balancing Your Chakras
Monday November 22nd, 7-9pm
Facilitator: Michlynn Walton
Cost: \$20

This experiential workshop will provide information on the energy systems of the seven main chakras. Each chakra will be explored, including associated colours and affirmations. This session will include

a guided meditation intended to open and balance your chakras

Natural Cold & Flu Prevention
Tuesday November 23rd, 7-8:30pm

Facilitator: Helen Vuletin Cost: \$40

Cold and flu season is just around the corner. Now is the time to be proactive and find out how you can ward off pesky viruses with natural treatments. Homeopathy helps your body to function optimally so you don't get sick. Learn how to use specific homeopathic remedies to prevent illness during cold and flu season.

Participants will receive a free homeopathic cold and flu kit with instructions on how to use it.

Beginners Guide to Crystals
Wednesday November 24th, 7-8:30pm

Facilitator: Jennifer Roach Cost: \$20

In this workshop you will learn about the common crystals, healing properties, how to cleanse your stones, the different shapes of crystals and how to program them. If you have crystals already, feel free to bring them with you.

Shadow, Loving ALL Your Parts (2 Part Series)
Thursday November 25th & Thursday December 2nd, 7-8:30pm

Facilitator: Kim Etherington Cost: \$50

Our shadow is all that we hide away from the world and our self. All that we reject and define as "bad". This workshop will reveal the gifts your shadow has to offer and inspire you to a place of genuine self acceptance.

Spirit Medium Linda Ouellet
Saturday November 27th, 1-3pm
Reader: Linda Ouellet Cost: \$70

There are spirits around us all, and they want to communicate with us. Linda is a gifted medium and will be in the store facilitating connections to the other side. To book appointments, please call the store.

Reiki Level 3
Saturday November 27th, 10am-5pm
Facilitator: Michlynn Walton
Cost: \$325 – includes manual

At this level you will learn about the endocrine system & kundalini energy. You will also learn how to teach Reiki and give attunements. You will be attuned to the two

Reiki symbols required to be a Reiki Master, and given additional symbols to use with your practice. The fundamentals of starting a Reiki practice and connecting to the highest sources will be discussed.

Core Shamanism, A Guide to Practice
Sunday November 28th, 12-5pm

Facilitator: Kim Etherington Cost: \$50

During this course you will be introduced to the concept of the Shamanic Journey as a means to gain understanding and insight into your own life as well as others. We will address topics such as non-ordinary reality, upper, lower and middle worlds, shamanic healing, soul retrieval, divination and more.



Candle Magic
Monday November 29th, 7-8:30pm
Facilitator: Michlynn Walton
Cost: \$15

Learn how to use candles to assist with specific needs and issues. Explore how the various colours can assist you in your various manifestations. Learn how to create personal rituals to enhance

you spiritually and emotionally.

Exploring Wellness – Spirit
Wednesday December 1st, 7-9pm
Facilitator: Philip Wright Cost: \$20

Developing our spiritual selves is the final and most important step on the path to real wellness. We realize that we are not separate and alone, but an indivisible part of something much larger than ourselves – an order or intelligence that transcends this physical plane. This realization brings peace, joy and spiritual serenity.

Tea Leaf Readings
Saturday December 4th & 18th, 12-4pm
Reader: Gloria Perreria Cost: \$35

Appointments run approximately 30 minutes.

Gloria has been reading tea leaves seriously for the last ten years. She has always been interested in Tarot but reading Tea Leaves is her calling. When Gloria reads, she gets specific feelings and images. It is something she truly enjoys and hopes you do too. Please be prepared to have a cup of tea and enjoy it. Let Gloria know if you enjoy regular tea or herbal tea. Come and enjoy!

Dreamcatcher Crafting
Monday December 6th, 7-9pm
Facilitator: Michlynn Walton
Cost: \$20 – includes supplies

The story of the Dreamcatcher is that you place it over the area you sleep and it allows good dreams to pass through and fall in your body, while bad dreams get held in the web. Join us in creating a Dreamcatcher for yourself or a friend.

Spirit Connections....Reconnections
Tuesday December 7th, 7-8:00pm

Facilitator: Linda Ouellet

Cost: Free – donations accepted

Join us for an evening with Linda Ouellett. Linda has been exploring her gifts as a medium her entire life. Linda has a passion for educating the public on the process of connecting with spirits and how this process is innate to all of us.

The Spiritual Path of Wicca

Wednesday December 8th, 7-10pm

Facilitator: Rowan Star Cost: \$40

This workshop will provide an understanding of the history of Paganism and the further evolution of Wicca. Topics will include the eight holy days, the importance of ritual, ritual and ceremonial tools, spell work, colour magic and the connection to God and Goddess.

Are You Co-Dependant?

Thursday December 9th, 7-9pm

Facilitator: Liz Bloom Cost: \$20

Do you often find yourself in relationships in which you become the caretaker for the other person? Do you tend to take responsibility for other people's feelings or actions? Do you feel guilty when you do something for yourself? If you answered yes to any of these questions you may be co-dependent. This inter-active workshop will explore the reasons why people become co-dependent, and offer solutions on how to improve your relationship with yourself and others.

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Sunday December 12th, 1-3pm

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Our Team at Sacred Quest

Diane Cassidy, RN, RSSW, B.A. Psys., M.A., is the owner and manager of Sacred Quest. Diane has been in private practice as a psychotherapist in Whitby for the past 20 years. She has been a teacher at Durham and Centennial College, in the Health Sciences program and has worked extensively in the mental health field as a RN and psychotherapist. Diane owns and operates

Durham Personal Counseling Services, where she provides counseling to couples and individuals dealing with a wide variety of issues. Additionally, she is a Sex Therapist and Mediator. Her own personal journey has involved a variety of spiritual experiences and currently Diane is a student of Shamanism and advanced graduate student of Psychodramatic Bodywork.

Kim Etherington, C.Ht., PLC is the owner and manager of Fullest Potential Life Coaching and Hypnotherapy.

For the past 15 years Kim has worked as a trainer, mentor, coach and educator. She has extensive experience in areas related to women's issues, personal growth, parenting and education. As a Professional Life Coach trained with Coach Training Alliance, and a certified Hypnotherapist with The National Guild of Hypnotists she uses these skills to assist individuals in living full and balanced lives. Kim is a student of Shamanism and Psychodramatic Bodywork.

Jennifer Roach has been developing her psychic and intuitive skills from an early age. She is a Reiki Practitioner, offers guidance with her Soul Card Readings and makes spiritual based jewellery. She has her diploma in Human Service Counseling and has over 10years experience working with persons who have special needs. Jennifer is passionately devoted to her family, friends and the sacredness of her chosen path. She is excited to be a part of the team at Sacred Quest.

Annette Stewart is an Early Childhood Educator who is currently working with school age children with special needs. She also has her Reiki Level 1 certification. Annette's passion is in helping others discover their potential. A frequent visitor and participant in the programs at Sacred Quest.

Michlynn Walton is a certified Early Childhood Educator whose passion for children blends gracefully with her spirituality. Her interest in holistic healing leads her to encompass different modalities and approaches during her sessions. Michlynn blends her knowledge of colours, crystals, Reiki Quantum Touch, EFT and intuition to enhance her healings. Michlynn has experience in behavioral classes, respite care, doula support and hospice work. As a mother of four active, grown children there is never a shortage of opportunities to practice and share her spiritual gifts. Michlynn facilitates a variety of workshops through the store. She is available for personalized treatments by appointment.

Liz Bloom has worked for the past 17 years as a Certified Fitness Consultant and a Certified Personal Training Specialist. Her love of helping people discover who they are and achieve their goals led her to Centennial College where she graduated the Addiction Studies Program with High Honors. She is now working on her practical hours to become a certified

Addictions Counselor. Through taking various workshops at Sacred Quest she has discovered she is a physical intuitive and "body double". Liz uses crystals, oracle cards, meditation and Shamanic Journeying to help further these gifts.

Guest Speakers

Lisa Dewald has been psychically gifted since the age of nine, and has been reading The Tarot for the past nineteen years. She is also a gifted healer as an Intuitive Reiki Master (both hands-on and Long Distance Healing).

Linda Ouellet is a gifted medium whose talent was present as a child, but has grown and developed since her acceptance of her gift as an adult. Linda has a passion for educating the public on the process of connecting with those who have passed.

Kim McCormack loves animals and has been working with both professionally for over 10 years. She is a Tellington Touch Practitioner, Animals are her passion

Rowan Star was drawn to Wicca in her early years, she began serious study about 5 years ago and has been practicing as a solitary witch since then. As a psychic medium and energy worker, she feels a passionate connection to the earth and spiritual realms.

Philip Wright is a 60-year-old cancer survivor. He has spent the last three years since his diagnosis exploring true health and wellness. Through spiritual exploring he is now experiencing true peace.

Rev Carleen DeVan is Pastor/President of Eternal Life Spiritual Centre, Whitby, Ontario; a Chapter of Spiritual Life Fellowship, Montreal, who has shared her gift of mediumship for over 35 years. Carleen has been creating Mandalas since 1972, specializing in personal Mandala design (also known as soul-path drawings) and has been commissioned from coast to coast in both Canada and the United States.

Joan Ann Evelyn is a graduate of Robin Armstrong's School of Astrology and the Canadian Association for Astrological Education. Joan Ann brings more than 25 years of interest and seven years of schooling to the study she calls her passion. It is her ability and eagerness to share this knowledge with others that sets her apart.

Carol Scott Higeli has been working with various Complimentary modalities for several years. She is one of 35 Bach Foundation Registered Practitioners (BFRP's) in Canada. In 2000 she received her DiHom following studies with the British Institute of Homeopathy. She is now

focusing on educating people about using both Flower Essences and Homeopathic remedies for everyday ailments.

Gloria Perreira comes from a family of seers. Her great grandmother, who lived on the remote Scottish Isle of Lewis, would hold nightly séances. Her grandmother would say, "I can see but I will not look". Her grandmother always knew when someone had passed on before the news came. Gloria has the same sort of feelings when she reads leafs, she senses wonderment and connection. Gloria is married and a mother of 3. She was a former amateur athlete, who represented Canada, as far away as North Korea and Israel. Presently, Gloria is a certified Yoga and Pilates instructor and actively teaches both disciplines throughout the Durham region.

Susan Wheller is a Certified Reflexologist, Certified Esthetician and also has her Reiki Level 1 and 2. She began her journey after the tragic death of her fourth and youngest son eight years ago. She has spent many years studying different ways to help heal herself and found she wanted to help others with mind, body and spirit. Susan incorporates healing energy with her Reflexology sessions and nurturing spa services. She is also developing her psychic and intuitive skills, and attends Spiritual development classes at a local Spiritual Church. She is excited and grateful to be part of the Sacred Quest Team.

Helen Vuletin is an empathetic, intuitive healthcare professional focused on treatment for the individual, not just a particular disease. Her primary goal is to help you achieve optimal health primarily through the use of homeopathic medicine. Her secondary goal is to help you understand how to make realistic changes to your nutritional and lifestyle choices that will yield large returns for your health. Helen graduated from an intensive three-year program of classical homeopathy at the Toronto School of Homeopathic Medicine.

Dawn James is a vibrational healer, writer, speaker and Author of the book "Raise Your Vibration, Transform your Life". Her book introduces you to the laws of vibration and how to apply these laws to improve your health, increase Vitality and cultivate inner peace. Dawn teaches by way of Workshops, public speaking, writing and a one on one Coaching program called "ESP". She resides in Ontario and Travels throughout North America.

Sacred Quest Wellness Spa

In keeping with the concept of nurturing the body, mind and spirit, Sacred Quest is now offering **Sacred Quest Wellness Spa**. Our spa services include body-based treatments that support healing, self-esteem and self-care. Sacred Quest Wellness Spa will be using Moor Spa products exclusively. Our choice to use Moor Spa is based on the remarkable healing properties of the Austrian Deep Moor.

What Is Moor?

Moor is a form of organic peloid created by the gradual decomposition of plant matter in a permanently waterlogged environment. Free from the decaying effects of oxygen and in the presence of certain types of bacteria, the plant matter undergoes a transformation process over periods of hundreds or thousands of years into a homogeneous dark brown or black magma. Moor's therapeutic value has been scientifically verified. During each treatment clients will have a choice of listening to relaxing music, guided imagery or a meditation CD. We believe that this will facilitate your emotional, and spiritual healing while working on your physical body at the same time.

Waterless Moor Full Body Wrap

An invigorating exfoliation prepares the body for a blend of active ingredients including Aloe Vera and Canadian Willow extracts. This blend does not dry on the skin omitting the need for a shower and is removed with warm towels and a light massage. Immediate benefits include ease of sore muscles and stiff joints. The client is left feeling wonderfully renewed.

60 min. - \$80

Moor Localized Body Wrap

100% pure moor is used on specific areas as per the clients needs. An excellent treatment delivering immediate results to pained areas, omitting the need for a full body wrap. This treatment helps with back and arthritic pain.

60 min. - \$60

Facials

All natural products are used in this exclusive facial treatment. After an intensive deep cleansing, the technician will then apply specialized treatments and or masks specific to your individual needs. A facial massage leaves the client and their spirit feeling renewed and relaxed.

30 min. \$35 - 60 min. \$50

Detoxifying Ionic Foot Bath

The IonCleanse® Footbath detoxifies the body effectively with no stress or side effects. IonCleanse® Footbath

works as low power electricity flows through warm water in the footbath to produce positive and negative ions. By osmosis and polarity, the ions attach themselves to the toxins in your body and are easily and painlessly drawn out through the pores in your feet, to the water. A detoxification session lasts for 30 minutes. Enjoy a relaxing footbath while aiding your body cleanse and heal. **30 min. \$29 - 8 sessions \$175**

Hot Stone Massage

Basalt stones known for their heat retaining properties are used as a massage tool delivering deep penetrating heat to the muscles and tissues in the body. Lymph's are stimulated aiding in the removal of toxins from the body. A truly blissful experience, that will help you reduce tension and relieve stress.

60 min. \$70 - 90 min. \$100

Aromatic Massage

A custom blend of essential oils are used following an initial consultation with the client. Enjoy a Swedish technique massage, wonderfully scented with your individual healing in mind. Essential oils have been used for centuries for various ailments and complaints.

60 min. \$60 - 90 min. \$90

Crystal Chakra Balancing Massage

A crystal grid and layout is used along with pendulum work for guidance to your chakras and areas of need. Blockages are released leaving you feeling at balance with a sense of serenity. Combination

30 min. \$35 - 60 min. \$60

Add \$5 for aromatherapy

Intuitive Reiki

Is a natural hands-on healing technique that channels Life Force Energy. REI means spiritual life force or intelligence, KI means life energy. Most treatments will consist of balancing the Chakras. In some cases, spirit and receiver willing, messages may be given. **\$60/hour**

Quantum Touch

Uses Life Force Energy that is amplified and then channeled into the receiver to provide them with a natural boost to their own healing abilities. The energy can gently move bones back into alignment, stimulate organs to begin functioning properly, and naturally improve mood and mental states.

\$60/hour

Shiatsu Massage

Shiatsu is a non-invasive therapy originating in Japan that uses primarily thumb and palm pressure along energy channels in the body known as meridians. The goal of a shiatsu treatment is to locate blocked "ki" or life force energy, in order to restore harmony to the organs and various systems of the body.

75 min. \$80 - 60 min. \$65 - 30 min. \$40

Reflexology

Reflexology is an ancient holistic healing technique based on the premise that there are reflex areas in the feet that correspond to all glands, organs, parts and glands of the body. The application of pressure on these reflex areas using various thumb, finger and hand techniques will promote physiological changes to the body. Reflexology helps bring balance to the body, relaxes the muscles, increases circulation, helps reduce mental, physical and emotional tension, cleanse and detoxify the body and help relieve pain while sending healing energy to the rest of the body. Individualized essential oils are also used during your session.

60 min. - \$60

Charitable Partnership

In the past Sacred Quest has created partnerships with community groups to offer support and give back to the community where we can. For 2010 our partnership will be with a non-profit, charity called My Sister's Voice. My Sister's Voice is a non-profit organization that is dedicated to providing support to women marginalized by the experiences of abuse, violence, poverty or sexual-orientation.

Services are provided based on the core values of equality, empowerment, respect and diversity.

There will be a donation box at the front counter of the store, as well as in the workshop room. We ask that if you are in a position to give, please do.

Services Available at Sacred Quest

Tarot Readings: Lisa Dewald has been developing her connection to Tarot from her teen years. She has a unique and refined gift in working with the Tarot. Please pre-book all readings.

Shamanic Divination involves using items from nature such as stick, rocks and plants to view images and symbols. These images are then intuitively interpreted to facilitate guidance and understanding on many issues. Kim Etherington is a Shamanic Practitioner and offers divination sessions.

Shamanic Healing involves the use of a variety of processes that often times involve the practitioner entering a trance state and conducting healing in non-ordinary reality. Shamanic work is one of the most ancient forms of energy work and has been used by almost all cultures. Kim Etherington and Diane Cassidy are a shamanic practitioner and healing session very based on the work.

Soul Card Readings: Take a spiritual journey with

Jennifer as she taps into your energy and life path. Using Soul Cards and her intuition, she will give a reading that may include the past, present and future, messages from Spirit Guides and/or passed loved ones.

Hypnotherapy can be used to assist clients in releasing limiting and negative belief systems, letting go of habits such as smoking and dealing with emotional healing on all levels. Hypnosis is simply another term used to describe the state of mind referred to as trance state. In this state we access the power of the sub-conscious and can bring about powerful life changes. Kim Etherington is a certified Hypnotherapist.

Emotional Freedom Technique (EFT) is a powerful technique that is often referred to as emotional acupressure. It combines the stimulation of the body's energy meridians, while using the power of affirmations. This process is often combined with other forms of therapy and works very well for anxiety, post-traumatic stress syndrome and other emotionally based issues. Kim Etherington is an EFT practitioner.

Psychodramatic Bodywork is a process that involves addressing unresolved issues through role play, dramatic processes and release work using the body. The practitioner facilitates and supports the client as they get in touch with held emotions such as anger, sadness and fear. As they connect with these emotions, they use the body and their voice to release these emotions, allowing them to address the wounds through a less triggered approach. Kim Etherington and Diane Cassidy are practitioners of Psychodramatic Bodywork. You can reach them both by contacting the store.

Counseling, coaching and hypnotherapy to help you reach your fullest potential.

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905-668-5578
www.fullestpotential.ca

Soul Retrieval is a Shamanic Healing technique. Soul loss is a term used to describe the fragmentation that happened to a soul when it is faced with traumatic situations such as abuse and violence. When someone experiences extreme trauma they often dissociate from the experience as a protective effort. This dissociation can cause a soul to become fragmented and "pieces" are lost. Soul Retrieval is done over several sessions. There is first an exploration of how and why the piece is lost and what needs to change in the client's life before that piece can feel safe to return. The actual retrieval is a ritualistic process that takes place over several hours, but only after the other therapeutic work that allows for awareness and understanding. Kim Etherington is a

Shamanic Practitioner and assists clients through the process of Soul Retrieval.

Past Live Regression Sessions: The theory that we all have many lives is present in some religious teaching and for many of us, we feel a connection to past event or times that we have never experienced in this life time. Past Life Regression is a hypnotic process that has the client visit past lives to assist with awareness and healing in this life, or just for curiosity. Past Life Regression sessions are facilitated by Kim Etherington.

Life Coaching is a present, future and goal oriented approach to life challenges. It is particularly valuable in assisting clients that are in transition from relationships, careers or other life circumstances. Working with a Coach provides a co-creative approach to problem solving and accountability. Your Coach will work with you to find solutions that work in your life and assist you in reaching your fullest potential. Kim Etherington is a certified Life Coach and can be reached by contacting the store.

Psychotherapy is essentially talk therapy this is where you sit down with a non-judgmental therapist in a confidential setting and talk about your issues, goals, and concerns. Through this process many people are able to gain insight and understanding into their issues and blocks. We then look at ways to purge, express and heal from sometimes life long issues. The goal is to heal from emotional and psychological issues moving towards resolution of issues.

Psychotherapy can involve many different modalities. Psychotherapy is very useful in individual, couple or relationship counseling. Diane Cassidy is a registered nurse and psychotherapist with over 29 years experience in private practice. You can reach Diane through the store or through her private practice Durham Personal Counseling and Mediation Services. You can visit her online at www.durhampersonalcounselling.ca or by calling 905-666-3153.

Sex Therapy assists individuals, couples and groups to expand their consciousness and awareness of positive sexuality within themselves and their world. Combining over 29 years of training, education and experience, Diane Cassidy assists clients in expanding, healing and integrating their sexuality into all parts of their lives.

Mediation Services can be used for separation and divorce issues as well as family disputes, business conflict or relationship issues. Separation mediation is where you and your spouse, together with a mediator, discuss the issues raised by your separation or divorce, such as child custody, support and property division, to reach a resolution of these issues. The divorce mediator is a neutral third party who helps you and your spouse

work towards a reasonable solution. For instance, during a divorce mediation, you, your spouse and the mediator might meet once a week for an hour or two over the course of a month to discuss and resolve the issues of child custody, child support, spousal support and property division. Diane Cassidy has been offering mediation services to couples since 1996. You can reach Diane at www.durhampersonalcounselling.ca, or 905-666-3153.

Group Therapy is a collective of individuals who come together on a regular basis (often weekly) to work on issues and challenges in their lives within the structure of the group. The diversity of the group offers an opportunity for issues that are present in every day life to be replicated within the safety of a group and under the guidance of a therapist/facilitator. Kim Etherington facilitates the Thursday Night Group Therapy program at Sacred Quest.

Durham Personal Counselling Services is a community-based organization, which has been providing counseling, meditation, consultation and referral services to couples and individuals in Durham region since 1991.

Areas of Specialty

Relationship, marriage, self-esteem, anxiety, depression, sex-therapy, trauma recovery, family counseling, anger management, mediation, eating disorders, stress management and GLBT issues. Youth and teen issues

118 John St. E., Whitby, ON
905-666-3153 or

www.durhampersonalcounselling.ca

Fullest Potential Life Coaching & Hypnotherapy

Is owned and operated by Kim Etherington. Kim has worked for the past 16 years as a mentor, trainer, coach and educator. Kim has extensive experience in areas related to women's issues, personal growth, parenting and education.

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