
Circle of Intention

School of Intuitive Sciences

There is lots of news so be sure to scroll all the way down!

THE SYSTEM for Self-Healing

This method of self-healing was given to me by Jesus in the course of my work with him. He has said that anyone who chooses to use this system daily will enjoy bountiful good health. Furthermore, he asserts that it can be used to treat many kinds of pre-existing conditions, enabling the body to rally its own defenses in a more efficient manner.

I have been asked to give it a minimum of two months of daily use to see results. Since it takes less than two minutes per day, it seems easy enough to fit into my busy schedule. Please check with your doctor or healthcare professional before starting any new routine. I have had terrific results in the first week.

Also, remember that your words have power and you must truly believe in a positive outcome in your own healing process.

1. Begin by actually squeezing each toe gently between the thumb and forefinger. Hold each squeeze for the count of three. You can do both feet at the same time.
2. Gently scratch the arch of each foot, an area about 3 inches long by 1 inch wide, with the tips of your fingers for the count of three.
3. Again using the fingertips and beginning at the ankles, draw imaginary lines up the front of one leg at a time, outside of the shinbone, to the knee, pressing lightly. Do this three times per leg.
4. Next, rub the surface of the solar plexus in a circle ten times. This is the area above the navel and below the breastbone. I find it easiest to do on top of a layer of clothing or with soap in the shower.
5. Again using the fingertips, gently tap the front of the neck from the jaw to the collarbone, and from beneath each ear to the center of the throat. I find that I can easily use both hands at once. Repeat across the area three times.

6. Lastly, placing the thumbs at the base of each ear, and the fingertips at the back of the head in the mid-line, draw the fingers, with light pressure at all times, forward along the skull until they are in front of the ears. Keep the thumbs in place to use as a pivot point. Repeat this drawing motion three times in all.

For myself, I have found the results of using THE SYSTEM once per day to be remarkable. I no longer have joint pain, I am not plagued by low blood sugar, and I have been able to stay on a diet. One practitioner used it on a patient in acute post-surgery pain and said the results were “spectacular.” I urge you to try it yourself.

I have just created a website: www.thesystemforselfhealing.com, so that you may pass along the link to others. There is also a Yahoo Group you can join at thesystemforselfhealing-subscribe@yahoo.com to post your comments about the changes you feel.

Please let me know what your experience is with THE SYSTEM for Self-Healing.

BLESSINGS AND LIGHT,

Christina

February Classes

Writing Your Past Lives

Sunday, February 10th, 2008

2 p.m. to 4:30 p.m.

This workshop will connect you with three of your past lives that have the most impact on your life today. Bring a notebook and get ready to write in this safe space. No matter what your experience level is with writing or past life regression, this workshop will give you immediate benefits as well as the tools to explore further on your own.

Meet Your Guiding Spirits

Sunday, February 17th, 2008

2 p.m. to 4:30 p.m.

A companion to the previous workshop, this afternoon you will meet your Guiding Spirits and explore your deep connection to them. Guides are often loved ones from past life, teachers or friends. They are here to help us navigate the waters of life with greater clarity. Bring a notebook and any questions you have.

Both workshops are available for \$50, a single workshop is \$30.

Pre-registration is required, space is limited.

To register, call Christina @ 908-638-9066.

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Sweat Lodge

Saturday, January 26th, 12-8:30p.m.

Califon, NJ

This day of being in the Energy of Lodge will include prayers for ourselves, meditating, chanting, and giving our gratitude and love back to the Earth for what she's given us this day.

Afterwards there will be a dinner and clean up.

You will need to bring: 2 towels, comfortable sweating clothes (such as a bathing suit worn under your regular clothes),

a flashlight, water and a snack for the afternoon, and a dish to share for the dinner afterwards. (No heavy drinking the night before.)

Please bring wood for the fire if you can.

There is a requested donation of \$20 per person.

No previous experience is required!

This fun day is best spent in present time, come be there with us!

Peace, Love and Forgiveness,

Sean

CONTACT INFO: 908-832-6797 D555sean@hotmail.com

Call ahead to reserve your spot. OM

Weekly *Spiritual Gatherings with the Holy Mother Mary* are held each **Tuesday evening**, 7:30 to 9, and each **Thursday morning**, 10:30 to 12 noon, on a *Love Offering* basis.

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For Aura Healing and Soul Clearance, please contact Christina for a private session which can be done in person or over the phone.
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Weddings and Baptisms

details at

www.rev4hire.com

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www.circleofintention.com

If you wish to have your name removed from this email list, please send an email back to me with the word "remove" in the subject line.

On the other hand, if you have received this from a friend and would like to have your name added to our newsletter list, please send an email with "Circle-Add" in the subject line!

Please be assured that we will never share your email address with anyone.