

CLASSES START SOON!

There have been so many requests in the past few months for classes that will teach each individual how to talk more clearly with spirit on their own, without the aid of another person. Recognizing that there is divinity within all of us, and that we can communicate with that aspect of our being, I am offering a two-part class in January entitled
“Talking with Spirit.”

The class will be held in my home, on Main Street in High Bridge,
from 2 p.m. until 4:30 p.m.

January 13th will focus on **Kinesiology**,
using the body’s own electromagnetic system
to receive answers to your life’s questions.

January 20th will focus on the **Pendulum**
and it’s use to monitor energy,
answer questions and research past lives.
These systems can be used interchangeably
and you should have a good working knowledge
of both by the time the classes are completed.

The combined class will be offered for \$50.
Should you wish to take only one class, the fee is \$30.

There is a materials fee of \$12, which includes a simple starter pendulum and my book,
“Consult Your Higher Self: A Guide to Pendulum Usage.”
The book is essential for either facet of the class.

Crystal pendulums will also be available for purchase.
Enrollment is limited, so call now to reserve your place.
908.638.9066

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This is the first phase of the **Circle of Intention School of Intuitive Sciences**.

Your feedback as to the types of classes you would like to join
is essential to the direction the School will take.

If you would like to offer a course in association with the
Circle of Intention School
send me a proposal or call the number listed above.

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HAPPY NEW YEAR!

The tradition of bestowing kisses at the break of midnight on New Year's Eve brought the following lesson from Mother Mary to mind. I hope you enjoy it.

KISSES

A kiss has long been a symbol of affection among all beings living on this beautiful planet. The tender kiss of a parent to a newborn child is often the first kiss we encounter on this earthly walk. As we grow we are encouraged to participate in the giving or receiving of a kiss from those relatives and friends who long to dote upon us. As adolescents we experiment with our awakening sexuality through kissing. During adulthood the tables turn once again and we often become the bestower of the first kiss to our own newborn child.

Kissing is part of the cycle of life. It is an expression of the connectedness of all beings. Those who watch over dogs and cats in their homes often exchange kisses with their companions.

A kiss is an outward manifestation of spiritual affection, of connectedness. It is a physical act that brings forth heartfelt sentiment. It is love made manifest.

Whether this love reaches its ultimate expression as a kiss is really the choice of the giver, and sometimes the receiver, but the emotion is no less valid. I ask you now, my children, to send your kisses out into the universe. Send small thoughts of love and gratitude outward from your heart to whoever may be in need. There are many. Ask the angels to carry your kisses to any who are in despair. Send your kisses, your little thoughts of love, to the natural world around you. Extend your love to the stars, to the other fields of energy made by the Creator. Recognize that you, too, are constantly receiving this same loving energy, as you are a star far beyond someone else's galaxy.

All That Is is far more than you can imagine, and yet it is an integral part of you, as you are part of it. Send and receive thoughts of love, kisses of gratitude and affection, for truly, you will simply be loving all the parts of yourself.

The Holy Mother, Mary
through Christina Lynn Whited

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BLESSINGS AND LIGHT,

Christina