

TIME WORKSHOP

11:00 am **How to Set Goals You Didn't Even Know You Had!**

Miranda Lewis

During this dynamic and interactive workshop, you will have an opportunity to define, design, and experience your dream and receive the blueprint for how to turn your greatest possibility into your reality. You will learn strategies that will guard you from fear, doubt, and worry, and so much more!

12:00 noon **Channel Your Spirit Guides & Unveil Your Intuitive Potential**

Jenny McGurk Psychic & Intuitive Artist

Feeling stuck, uninspired, or like you've hit a spiritual plateau? You're not alone! This interactive workshop will equip you with a powerful technique to connect with your Higher Self and Spirit Guides – your inner navigator and unseen allies - all while aligning your chakras and grounding yourself!

1:00 pm **Book Reading Discussion of Tarot Life Lessons & the Occult Sylvia Plath**

Julia Gordon-Bramer

Book reading and discussion of Tarot Life Lessons and the Occult Sylvia Plath by the author. Some tarot readings will be done with the audience, and Julia will share tips for successful tarot card reading.

2:00 pm **How to Connect with Your Spirit Guides**

Melissa Kitto

Everyone has spirit guides - including you! You're receiving hundreds of impressions every day from your guides, but you may not be paying attention! Learn to receive their messages and trust them. Receive guidance on the next steps to fulfill your unique life purpose.

3:00 pm **You Feel What You Eat: How Nutrition and Diet Influences Emotions and Behaviors**

Dixie Aiken, MA, QMHP

Exploration of how food can be used as medicine for reducing anxiety and depression. How to know what to eat or what not to eat. Ending in education on how to begin making changes without breaking the bank and ensuring successful lifestyle changes.

4:00 pm **Working with Spirits - The Magical Arts**

Aaman Lamba

Learn how to engage with the spirits through the magical arts of spirit conjuration, talismans, astrology, seal workings, and ritual operations based on the Solomonic grimoires.

SPECIAL PRESENTATION

11:00 am **Uplifting and Fun Spirit Channeled Sharing**

Trina Star - Experienced and Trusted Intuitive Reader

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1:00 pm
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Is this your first experience with psychic messaging, or do you just want to check in for a brief connection with Spirit? Join me in a small group setting for a channeled message session. In these sessions, your curiosity about the future and your need for guidance and clarity in matters of life are explored in a safe and uplifting experience.

3:00 pm **Bonus:** Those that attend this small group session, that schedule a full reading with Trina in June 2024, will receive \$10 off a 1-hour private reading. **Added bonus:** Those scheduling a 15-minute reading with Trina today will receive \$5 off their reading.

In the Executive Board Room - LOVE OFFERING \$30 - Pay At The Door



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