



W.O.W. (Women Of Wisdom)

This support group is organized by and for mature women (40 and over) who seek stimulating interaction with peers in an atmosphere of acceptance and congeniality. Many ideas for providing discussion, spiritual development, workshops, films, outings, social interaction, educational presentations, etc. are presented, discussed and are continuously being developed.

Meetings are held on the second Thursday of each month September until June, from 10.00 a.m. until 12.00 (noon) and are held at the Women's Centre, Suite 229. **There is no charge, but a love offering is welcomed** to cover cost of gas for speakers who offer their time and talent free of charge, and for handouts and tokens of gratitude.

Meetings for 2011/2012



October 6, 2011 – Yvonne Mollinga – Crystals - Yvonne is a clairvoyant, clairaudient, clair cognizant and clairsentient. Yvonne will share her knowledge of crystals which are used for healing, meditation, energy work, storing information, protection, grounding, and channeling. Many have specific shapes such as crystal skulls and singing crystal bowls, used for healing, balancing, awakening, and scrying. Crystal scrying deals with the images one sees within a crystal (holograms) and how that helps them shape their destiny at a given time. These images may appear to change in time. Your mind can also project images into a quartz crystal. They vibrate to different frequencies depending on the crystal, its size and use. People are guided to a specific crystal, determined by the matrix of the person at a given time, and that of the crystal chosen. Crystals can be placed anywhere, held, or worn as jewelry. They know what they have to do.



November 3, 2011 - Marishka Glynn - "Ho'oponopono" is defined in the *Hawaiian Dictionary* as "mental cleansing: family conferences in which relationships were set right through prayer, discussion, confession, repentance, mutual restitution and forgiveness." **Ho'oponopono** (ho-ono-pono-pono) is an ancient Hawaiian practice of reconciliation and forgiveness. Similar forgiveness practices were performed on islands throughout the South Pacific, including Samoa, Tahiti and New Zealand. Traditionally ho'oponopono is practiced by healing priests or kahuna lapaau among family members of a person who is physically ill. Modern versions are performed within the family by a family elder, or by the individual alone.



Chris Cuciurrea –Angel Therapy, is a certified Angel Therapist with Doreen Virtue. Angel Therapy brings people back on their spiritual path in a way that is non-threatening and non-judgmental. It is a non-denominational spiritual healing method that involves working with a person's guardian angels and archangels, to heal and harmonize every aspect of life. Angel Therapy also helps you to more clearly receive Divine Guidance from the Creator and angels. Angels are messengers from God. You have angels with you right now! They know how to help you with your relationships, love life, work & career, health & well-being, and your life purpose. This is our **Christmas Meeting**, when we bring finger foods and celebrate each other in the Spirit that we truly are.



January 5, 2012 – Patricia Hurst - Akashic Records. These records are like an immense photographic film, registering all the desires and earth experiences of our planet. Pictured thereon are the life experiences of every human being since time began. The akashic records (akasha is a Sanskrit word meaning "sky", "space" or "aether") - a term used in theosophy (and Anthroposophy) to describe a compendium of mystical knowledge encoded in a non-physical plane of existence. They are metaphorically described as a library; a "universal supercomputer" and the "Mind of God". The Akashic records are automatically recorded in the atoms of *akasha* (the equivalent of what Aristotle called "aether"), one of the five types of atoms The Buddha attained enlightenment because he was able to remember all of the details of all of his past lives by accessing them on the akashic records.



February 2, 2012 – Joanne Ireland Acevedo - Bach Flower Remedies. Bach flower remedies are dilutions of flower material developed by Edward Bach, an English bacteriologist, pathologist and homeopath, in the 1930s. Bach believed that dew found on flower petals retain healing properties of that plant. The remedies are intended primarily for emotional and spiritual conditions, including but not limited to depression, anxiety, insomnia, stress and many other conditions.



March 8, 2012 – BodyTalk with Helen Smeh - BodyTalk is a consciousness-based, non diagnostic therapy that works with the body in its healing process. To promote or maintain well-being it is important to understand what factors affect your health and why you get sick. The 'whole person' approach to well-being requires you to look at every part of your life and how those parts interact with or affect each other. All aspects of your being; physical, mental, emotional and spiritual require the same attention and respect. Remember, you were created not only as a physical being, but also a mental, emotional and spiritual being. Ignoring imbalances or deficits (indicated by symptoms) in any one aspect of your being can lead to serious imbalances and health implications. Each individual has his/her own unique set of beliefs, life experiences, genetic makeup, ancestral history, and so on, all of which add up to who that person is. All these things must be taken into account when balancing the body so it can heal itself, and this is exactly what the BodyTalk System does.



April 5, 2012 – Gardening ‘Spring is Here’ – Sean James, graduate of the Niagara Parks School of Horticulture '91, owner of Fern Ridge Landscaping, member of the Oakville Garden Club, is here to get us started with some innovative ideas for our spring planting. Residential gardening takes place near the home, in a space referred to as the garden. Although a garden typically is located on the land near a residence, it may also be located on a roof, in an atrium, on a balcony, in a windowbox, or on a patio. Container gardening is concerned with growing plants in any type of container either indoors or outdoors. Common containers are pots, hanging baskets, and planters.

Container gardening is usually used in atriums and on balconies, patios, and roof tops.



May 3, 2012 – Emotional Freedom Technique (EFT) or Tapping with Vivian Cannataro– is a healing technique where certain meridian points are stimulated by tapping on them with our fingertips which promotes the release emotional issues or unbalanced energy meridians. When EFT is done correctly, it frequently **reduces the therapeutic process from years down to weeks.** Since emotional stress can contribute to pain, disease and physical ailments, EFT often provides great relief. **EFT** treatments address certain phobias, fears and specific life challenges. EFT has been called ‘psychological acupressure’ or ‘emotional acupuncture without the needles’ and unblocks the traumatic or negative experience from the body's energy system restoring well-being, health and balance back to your mind and body.



June 7, 2012 – Energy Work – Keri Fargo – Keri is the owner of Circle of Light Wellness in

Waterdown. Along with being a certified practitioner and master teacher of Usui, Gendai, Karuna and Komyo Reiki, she is also trained and certified in: Axiatonal Re-Alignment, Holistic Healing, Metamorphic Technique, Psych-K, Tibetan Yoga, Akashic Records, Ear Candling, Therapeutic Touch, Homeopathic Flower Remedies, and Crystal Healing.. What do we mean when we say energy work - Vibrational medicine is an alternative therapy based on the belief that illness is caused by energy imbalances. The concept is based on the premise that human bodies are made up of interconnected fields of putative (not empirically observable) energy and that when a human body is not well that it is the result of one or more of these fields of energy being unbalanced and that the re-balancing of these esoteric energies will help to re-establish a person's good health. Proponents hypothesize that disease within the physical body occurs at the cellular and bimolecular levels. In vibrational medicine, healing is said to extend from the bimolecular level to the cellular and finally, to the anatomical. According to Hwaa Irfan, praying to Allah can help raise the vibration from negative to positive. Susan's intention is to always bring sacredness, passion and integrity to Reiki, to treat and teach those interested in natural healing and to help others discover the magic and **healing power** of this **vibrational energy medicine**.