



957 Sackville Drive Lower Sackville, NS B4E1S2 1(888)865-0354 (Toll Free in Canada) 865-0354 (Local) (902)865-0238 (Fax) www.sarahsspiritualtreasures.com www.sstonline.ca	<i>HOURS</i>	
	Sunday Monday Tuesday - Thursday Friday Saturday	CLOSED CLOSED 10:00am - 6:00pm 10:00am - 7:00pm 11:00am - 6:00pm

News Update September, 2012

OPEN HOUSE!

All renovations are complete!

The Classroom is ready to go!

We will be having an open house on Saturday, September 22nd and
Sunday the 23rd! Hours for Sunday are 12 - 5pm.

There will be cake and beverages!

Prizes will be given out throughout the day.

Drop in to visit and check out our new space!

»» Sunday Only ««

Dr. Fronie LeRoy of BAIDU TCM Clinic will be here to answer any questions about Traditional Chinese Medicine and Acupuncture. She will also be doing FREE Computerized Health Scans! Yes, that's right, **FREE!!**

Sarah will be putting her course on Mastering Mediumship with James Van Praagh to good use. Using many of the techniques she's learned from JVP, she has developed a new course on:

"Mastering Your Intuitive Gifts"

It will consist of six 4-hour sessions starting on September 16th and continuing every second Sunday until December 2nd (see [calendar](#)). Sessions will be from 12 - 4:00pm in the new classroom.

This will be an intensive course with no prerequisites. You will begin by discovering what YOUR gifts are and then fine-tuning them so that you can get the most from YOUR abilities. There will be intensive group work and homework to help in your development!

Cost will be \$225 (cash/Chq) if paid before September 14th or \$250 before the beginning of class on the 16th. There will be no refunds for missed classes.

There will be a Certificate at end of the course.

If you haven't already, please "LIKE" our Facebook Pages:

www.facebook.com/sarahsspiritualtreasures

and

www.facebook.com/sarahsspiritualguidance

We have a book in the store by local artist/author Elaine Jensen. It's a children's book about Fairies and it's only \$10. Elaine has also started a new website at www.magiceasel.ca. Check out her beautiful artwork!!

Support a local author and drop in to pick up
Elaine's book today!

!! FREE CLASS !!

Now that I have your attention, Michelle Anstey will be doing a FREE "Intro to Meditation" class on September 6th (Thursday) at 6:30 – 8:30pm!

Michelle will introduce Beginners to the practice of Meditation, explain several different types of meditation and provide solutions to people have tried to meditate and struggle to reach, or stay, in a meditative state. This 2 hour class comes complete with a take-away breathing technique that is a sure way to settle your frayed nerves. Participants in Intro to Meditation will receive a \$25 discount if registering for the full 10 hour early Fall Meditation Program.

Space is limited so please claim your seat by calling Michelle at 902-441-6069 or email newspirit3636@gmail.com

Fall Meditation Program

Are you stressed and frantically looking for peace in your life? Anxious? Depressed? Have you been told you should Meditate?...but you don't know where to begin? Here's your answer...Sarah's Spiritual Treasures is pleased to offer an Introduction to Meditation Program designed for Absolute Beginners. Michelle Anstey is presenting a 10 hour course over 5 ½ weeks which will teach Beginners the basics of several different meditation styles as well as breathing and relaxation techniques which will improve the mind, body and soul culminating in a meditation practice that will support you for a lifetime.

Classes will be held at Sarah's Learning Space, 957 Sackville Drive, on Mondays and Thursday evenings.

Early Fall Meditation Program Starts Monday September 10. (excluding Monday, October 8) and ends October 15. 7pm -8pm each night. Only 10 spaces available. Cost \$275.

For more information or to register please call 902-441-6069 or email newspirit3636@gmail.com

Lisa Upshaw will be doing a course on
Friday, September 14th from 5:00 – 7:00pm
Cost will be \$20
Details as follows:

The Wheel of the Year

Ever been curious about getting in touch with the seasons, the way that our ancestors did? The Wheel of the Year is a modern pagan term for the celebration of the 8 holidays that signify a shift in the seasons. While the name is new, these festivals have origins in pre-Christian times with Celtic, Norse, and Germanic cultures.

Learn about each Sabbat as it approaches, seasonally appropriate food, planetary influences, deities who are honoured and celebrated with each Sabbat, activities and themes associated with each as well. Each class will include a meditation, and information for you to complete a solitary ritual at home should you wish.

If you would like a personal "Psychic" or "Mediumship" reading from Sarah, call the store anytime to set up an appointment or just "drop in" to see if she's available!!

For those not familiar with the difference:

Psychic Readings give information obtained through "psychic" methods, such as oracle/tarot cards, divination or psychometry, for example.

Medium sessions give information directly from loved ones on the other side.

1-888-865-0354

Our [CALENDAR](#) this month features the following
(see calendar for dates and times):

➤ Sarah will be doing **Level I & II Reiki** classes.

- Michelle Anstey will be doing a **FREE Intro to Meditation** class and a **Meditation workshop** (ten sessions @ 1-hour).
- Sarah will be premiering her new "**Mastering Your Intuitive Gifts**" workshop (six sessions @ 4 hours).
- Lisa Upshaw will be doing a class on "**The Wheel of the Year**".
- Sarah will be doing a class on "**Balancing Your Chakra's, Balancing Your Life**".
 - Our **OPEN HOUSE** on the 22nd & 23rd.

If you're looking for a course that's not scheduled, give Sarah a call and she will schedule one at a time that's convenient for you! For a list of classes, see the website.

To check the Calendar for dates & details, click on "[ME](#)"

Just a reminder that we are now closed on **Mondays AND Sundays**.

Be sure to check out our website! There you will find info such as:

[Gemstone properties](#),
our [Services](#),
[Information](#) on what we do,
our "[Merchandise](#)" (*please call to verify stock*).

If there's something in the store that you want but can't come get it, let us know and we'll ship it to you! If we don't have what you're looking for, we'll do our best to find it!

We have dozens of suppliers all over the world.

Hope to see you soon,
Sarah Findley **RH, INHA**
& Tom Findley