

Lightshines

An Outer Bridge for Your Inner Bridges

"To Live is so startling, it leaves little time for anything else."

News and Offerings

The Vibration of health, happiness, and open hearts all continue to come more alive, more possible as we continue to expand our work. Hosting Rafael Bejarano this fall allowed for the opening of the sacred seed of our hearts. Stop and LISTEN. We look forward to a return visit and sharing with Rafael. We hosted a class, Touching the Whole Person, where we become more awake to feeling the vibration of emotions--recognizing the signature of emotions and offering a meeting, an antidote, a fulcrum. Geometry of Healing allows and guides us to work kinesthetically with vibrations that are locked in our fields, to work directly with the energy body-enhancing, expanding, dissipating, transforming, deepening and healing. Christine is back from Tucson teaching Geometry of Healing and we bring this work to our clients and look forward to teaching GOH in Maine in July 2007.

We bring the Dali Lama's words to light-- *"Though World Peace through individual transformation may be difficult, it is the only way ."*

We support the transformation of consciousness and the arising of a more enlightened humanity. Receive Zero Balancing, Integrated Manual Therapy, Acupuncture, or come in for a sitting.

May all beings awaken to the light of their true nature. "In your journey to reach happiness, Stop and Be Happy." Happiness is a way of being. Choose Happiness.

Blessing for Food

- *This food is the gift of the whole universe--the earth, the sky, and much hard work.
- *May we be fully present to appreciate this meal.
- *May we shed light on our states of mind, and learn to eat with moderation.
- *May we take only foods that nourish and prevent illness.
- *We receive this food to realize the path of understanding and love.

Untitled

What if you slept?
And what if, in your sleep you dreamed?
And what if, in your Dream, you went to Heaven
and there you plucked a strange and beautiful flower?
And what if, when you awoke,
you had the flower in your hand?

THE TRUTH OF TRUTH consists of this, that it is self-evident, self-subsistent. It is light. You don't get a candle to see the sunrise.
---Henry David Thoreau

Relationship sessions are a unique opportunity to support harmony and encourage growth by working energetically through touch. As energy bodies align and a clearer field is present, the relationship is enhanced. Call 998-2437 to schedule an session.

CLASSES 2007

Zero Balancing Review Day	March 24, 2007
Zero Balancing Core I	May 17-May 20, 2007
Geometry of Healing	July 19- July 22, 2007
Zero Balancing Core II	August 16- August 19, 2007
Zero Balancing Relationships	September 13- September 16, 2007

Coming soon: Spring Well Baby Clinic

“May all beings be free from suffering. May my suffering stand for all the suffering of all beings.”

**When you breath in gather everyone’s suffering and add it to yourself,
don’t let it become an unnecessary burden.**

Dissolve it in your heart in a mass of brilliant light

When you breath out say:

“May all the happiness I have experienced, all the positive things I have done, be given to all beings.”

Do that again and again.

Allow this to liberate you

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