

April 2022

N O R T H S T A R

# MYSTIC

A resource magazine for spiritually integrated living



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# I don't need to shine.

I discovered something recently. It was during one of my monthly bouts of insomnia.

As I lay in the dark, waiting for sleep to seduce me back into its normally blissful embrace, my brain refused to be romanced. It had other ideas.

If you have ever had the pleasure of insomnia, you will know that it tends to send your mind wandering into the wilds of imagination where rules don't apply as they normally do in the waking world. It is here that I do my best thinking. In this unauthorized thinking fest, my higher self and my brain get down to generating ideas and accepting epiphanies.

I have a love-hate relationship with my insomnia. I hate that you feel like a can of smashed assholes in the morning. When sleep alludes to me, I love that I'm given access to an aspect of reality where I get to take an all-you-can-eat approach to creativity. The restraints offered by daytime practical thinking are taking a break from their regularly scheduled duties. Whereas my imagination and soul self get to hang out, fully conscious and aware of each other.

They talk, generate endless streams of ideas and, to some extent, the skeletal structure that will hold it all together in the waking world. That is, if I remember their offerings and have the balls to follow through when morning claims them.

So this, my dear Mystic, is part of how I am able to do all the stuff I do.

I lose sleep, but I gain vision.

Now, if you're willing to partake, I would like to share the message that came through with this latest trip to the "hypnogogic playground"

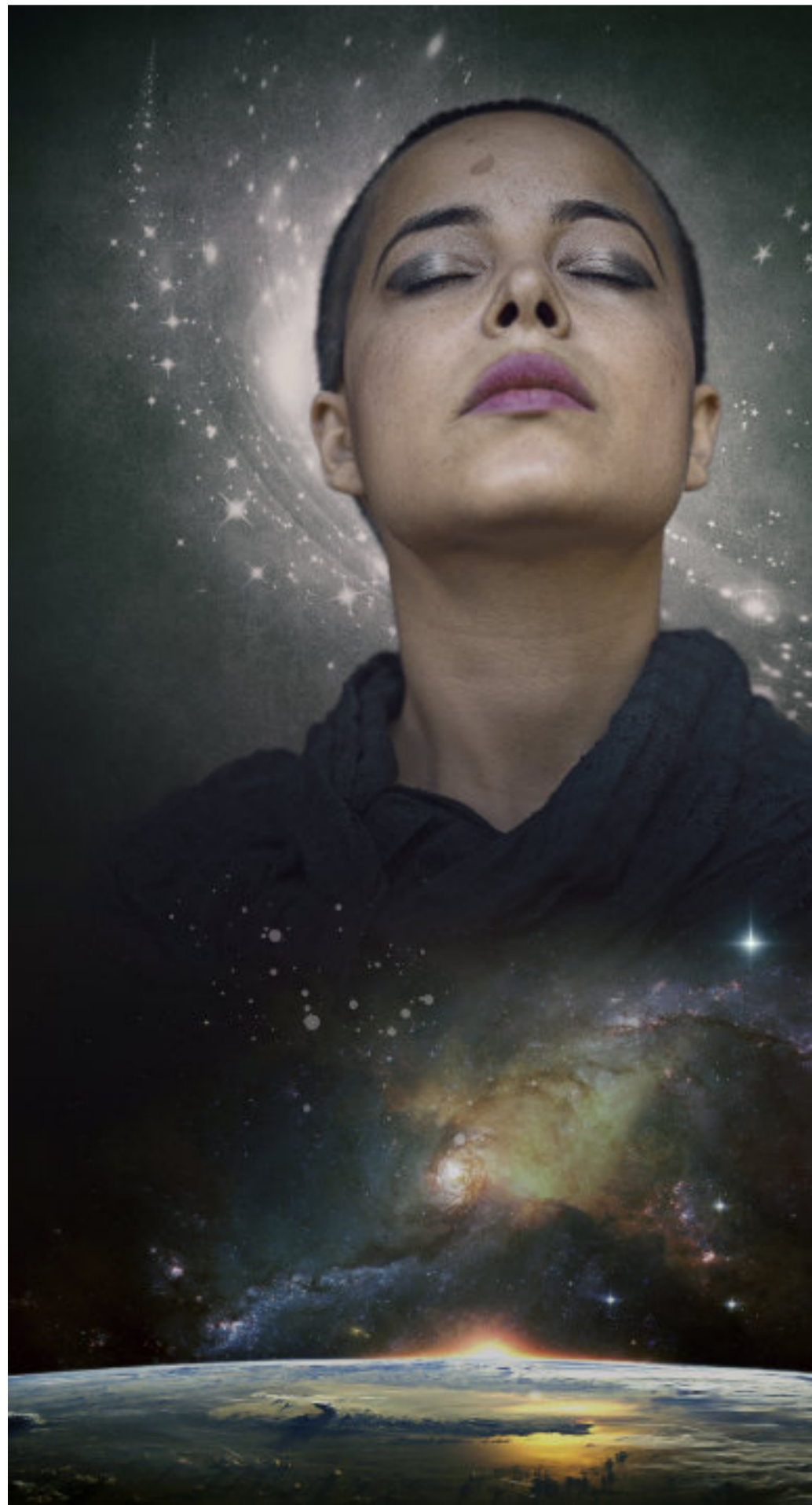
I discovered that I don't need to "shine" not in the way that the sun, moon or stars do. I was not made to be on center stage, getting all sweaty and weird under the sharpness of the limelight. It is not my purpose to receive all of your attention for the allotted 15 minutes given to all those who find fame.

At first, I was a little scared and upset to discover that the plan for this lifetime wasn't to be successful

in the way the illusions of this world had implied. I would not be a pastier version of Oprah. Nor did I come into this life to be a swearing female version of some other spiritual limelighter. I'm not built for it.

Instead, my light comes in a much different way. I'm more like the spotlight than what's in front of it.

My light is focused and very bright but useless until it illuminates something that others benefit from. Nothing I do matters until it makes someone, another human being, visible to themselves and others.



I am a way-shower, but not in the usual sense.

My whole life, as far back as my walnut brain will take me, I have wanted to help people see their potential, help them, support them, encourage them with a boot in the ass or a kiss on the forehead. I feel the best when I know that, in some small way, I have given another human being something that helps them shine. To see their own worth. To feel their own BRIGHT!

Until this little message from the insomnia Cafe, I wasn't sure how I could contribute something good to the world and be acknowledged for it. I had always known that I had a big job to do in this life. But I had no idea what it was and even less idea how to carry it out should I identify it.

So I just sort of assumed that this big job would mean that I had to expose myself to that spotlight that would brighten me up enough so people could find me and I could do my job.

To be honest, that has happened to a certain degree. People who don't know me know my name (which shocks the shit out of me), and people I have never spoken to seem to find their way into my world. It's a wonderful thing. But, it has always felt like a lot of work to make myself visible. I often feel like it takes a metric tonne of personal energy to stand in the spotlight for more than a few collected hours here and there. Then I need an equal amount of timesaving under a rock to recuperate that spent energy.

Naturally, you would think I would have figured out the obvious plot point. I'm not built for the spotlight.

But then, says I, how does one stoke the fires of their life's purpose? How do I fuel my soul?

Well, this is exactly what captain insomnia (me) just discovered on one of her pre-dawn capers into Sleepless Nightsville.

Written on the proverbial wall in purple crayon came the answer to my question... and it goes like this.

I am living in my purpose whenever I help someone else shine!

Whenever I help, whenever I am of service, whenever I GIVE, whenever I become the spotlight, instead of what is in front of it.... That's when I am 1000% myself.

When I see someone who has something to give the world and I invite them, encourage them, or challenge them to show the world who and what they are... that's when I am the best of what I can be. That is when all the talents I was born with, gifts that I was given and skills I have learned are with something. When I can light the stage a person stands on, open the door for them like an usher, or show them the sights like a tour guide, I'm doing what I was made for. I'm living.

So no, I'm not meant to be in the spotlight, which is great news! I'm meant to point the light to others so that they can light up and the world can benefit.

I'm so excited!

I'm not meant to shine!



# RUNE CAST

Let's do a Three Rune Cast for April. Make sure to give a good shuffle.

Who do we see?

There's Dagaz, the day; Berkana, birch and Algiz, sedge.

These are complex. Each Rune is open to a multitude of connections, associations and emotions, all unique to the individual reader. These three Runes, in particular, are quite open-ended in their interpretation, so the possibilities of connections and associations are limitless. I encourage everyone to play and experiment with the Elder Futhark; it's wild. Anyway, getting back to the cast.

DAGAZ. BERKANA. ALGIZ.

**Dagaz**, the day. A day is a cycle. The day may never quite seem long enough, but we know another one is just over the horizon. There is a rhythm there we can find some comfort in.

**Berkana**, the beautiful birch tree. At a glance, Berkana makes me think of knowledge. We gained knowledge from

the birch tree as we learned to utilize it properly. Then we used the bark and branches of the tree to spread and share our collective knowledge.

**Algiz** can be difficult to read. There are many varied views on Algiz, but most of them either come back to or include some level of protection or defence. Even then, the words protection and defence can have extremely different connections, associations and emotions from person to person.

So yeah, it's complex. Read it from your perspective. You have a unique experience with this world and these concepts. I'm more interested in your thoughts on this than you are in mine. But what are my thoughts?

We're coming up on a new season. Each morning, the sun feels brighter and warmer. Things have been tough, miserable even. But a new day is coming. We've learned a lot, we've come a long way, and there is so much more for us to learn. There is knowledge to be shared and celebrated.

We can grow. We can push, explore and evolve. But we need to do it together. We need to love, support, teach and learn from one another. We need to commune with and try to understand each other. We've made it so far.

Watch out for April showers, but you know what they bring.





April  
6th & 27th

C H A K R A H E A L I N G

GUIDED  
HYPNOTIC  
MEDITATION

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Your body is an amazing vehicle. It transports your consciousness through the physical world, where you will have many varied experiences that help your soul to grow and expand. Your body has several energy centres or Chakras through which experiences are collected, catalogued and accessed. On the physical level, most human beings are intimately aware of the gateways of sense through which information is collected.

What if those energy centres are not functioning as well as they should? What if they are not processing that energy efficiently?

For many people, this can manifest as feeling blocked, low energy, or even disconnected from all that gives you joy and inspiration.

In these guided meditation sessions, you will experience soul-level healing intended to revitalize and reenergize your Chakras so that you feel focused, strong and rejuvenated!

All you need to benefit from these guided meditations is a pair of headphones/ earbuds and an hour of uninterrupted time.

Ticket prices are based on donations and cover both sessions!

Dates: April 6th & 27th at 8 pm

Location: Zoom Room

# Sodalite

When I think about how little I knew about Sodalite when I first began my exploration of crystals, it's almost embarrassing. I don't know about you, but I skipped right over sodalite and went straight to Lapis Lazuli, somehow thinking that Sodalite was a less worthy stone.

Well, I was wrong. Boy, was I ever wrong! Sodalite is found in British Columbia, Brazil, Portugal, Romania, Burma, Russia and even South America, which makes it rather abundant. However, its abundance doesn't make it any less worthy of our attention. Sodalite, with its pretty blue colour, is a fantastic choice when you need to clear your mind and focus your thoughts. Its rather gentle energy temporarily connects to the third eye chakra, allowing it to increase your discernment gradually.

Sodalite is ideal for those who need a little bit of help accepting change. Its ability to foster adaptability in one's attitudes and thinking is invaluable. Increasing your flexibility will also bring peace of mind, calming your nerves and bringing you comfort.

If you need to create more harmony in your relationships, friendships and with colleagues, keep a piece of Sodalite near where you are most likely to interact with anyone who falls into any of those categories. It is an ideal crystal for calming and helping to relieve panic attacks.

If you can find Sodalite in jewelry, wear it whenever you are meditating, as it can help you to reach deeper levels of concentration so that your meditations will yield more of whatever it is you may be seeking while in quiet contemplation.

Keep Sodalite near your bed to help you with dreamwork. It will assist you in recalling details of your nighttime travels.



**Tarot** - Page of Pentacles

**Chakra** - Third Eye, Crown, Throat

**Energy** - Yin/ Feminine

**Astrology** - Mercury, Venus



# April Transits

## SUN IN ARIES MOVES TO TAURUS APRIL 21ST

MERCURY - IN ARIES, INGRESS TO TAURUS APRIL 12TH

VENUS - IN AQUARIUS, INGRESS TO PISCES APRIL 6TH

MARS - IN AQUARIUS, INGRESS TO PISCES APRIL 16TH

JUPITER - IN PISCES, INGRESS TO ARIES MAY 11TH

SATURN - IN AQUARIUS INGRESS TO PISCES MAR. 2023

URANUS - REMAINS IN TAURUS JULY 2025

NEPTUNE - REMAINS IN PISCES TILL NOVEMBER 19, 2024

PLUTO - REMAINS IN CAPRICORN UNTIL JANUARY 2024

CHIRON - ENTERS ARIES FEB 18, 2019, UNTIL APR 14, 2027,  
THEN CHIRON ENTERS TAURUS



# Moon Phases

## New Moon - Apr 1, 2022 in Aries

What bold new territory are you willing to explore? What plans can you lay for the days ahead? You are the captain of your own ship! Chart your course for success. Be sure to think things through to avoid impulsivity. Share your plans with a trusted friend to help you stay objective. Career, reputation and leaving your mark on the world come more easily in this phase. Be bold, courageous and ask for what you want!

## First Quarter Moon - April 9th In Cancer

Nurture yourself carefully. Emotions may not be easy to identify, but they will be felt intensely. If you feel like retreating into isolation, do so as you may need time to heal. You may experience a mini-crisis, but you will heal if you listen to your inner nurse. It's ok to stay home.

## Full Moon - April 16th In Libra

Seek harmony in your relationships, especially with family members. If you have had any upsets in your sibling relationships, it's a good time to make amends if you can. Be social, make plans! Partner with like-minded individuals to cooperatively build dreams! Mutually beneficial endeavours are more successful!

## Last Quarter Moon - April 23rd Aquarius

Rational thought and personal responsibility are themes here. Relationships are in focus. What is good for both is best for all. Pleasing your partner is important. Be flexible as rapid and unexpected changes are likely to occur. Don't let small upsets overshadow the bigger picture. Love and stability are assured when compromises are agreed to.

# Mythology of Lemon Balm

Lemon Balm, or *Melissa officinalis*, is a member of the Lamiaceae, or mint family.

Lemon Balm and bees are quite intertwined in plantlore. A common name for Lemon Balm is 'Bee Balm,' and *Melissa* translates to 'honeybee' in Greek.

It was planted near beehives in ancient Turkey to persuade bees to return to the hive instead of swarming. Both Virgil and Pliny wrote that because of Lemon Balm's pungent aroma, its leaves were rubbed on beehives. Culpeper stated, "It is an herb of Jupiter, and under Cancer, it strengthens nature much in all its actions. Let a syrup made of the juice of it and sugar be kept in every gentlewoman's house, to relieve the weak stomachs and sick bodies of their poor sickly neighbours: as also the herb kept dry in the house, that so with other convenient simples, you may make it into an electuary with honey."

In Greek mythology, *Melissa* is sometimes referred to as 'the goddess of the bees.' She was a Melian nymph, a type of nymph that was thought to be able to transform into a bee. It was believed that *Melissa* found the first honeycomb. She sampled it, then mixed the honey with water and served it as a drink. All who drank were given the knowledge of how to use honey. When Zeus's mother hid him after he was born, she hid him in a cave that was sacred to bees. *Melissa* nursed Zeus, keeping him alive on goat's milk and honey.

Magically, Lemon Balm is often associated with happiness, knowledge, wisdom and abundance.

Lemon Balm is a gentle nervine with a long history of use to lift people's spirits. David Hoffman says, "It is said to gladden the heart and bring light where there is darkness and softness where there is tension. This herb is sometimes called a nervous system trophorestorative." A trophorestorative is a nourishing herb that restores a particular system into balance.

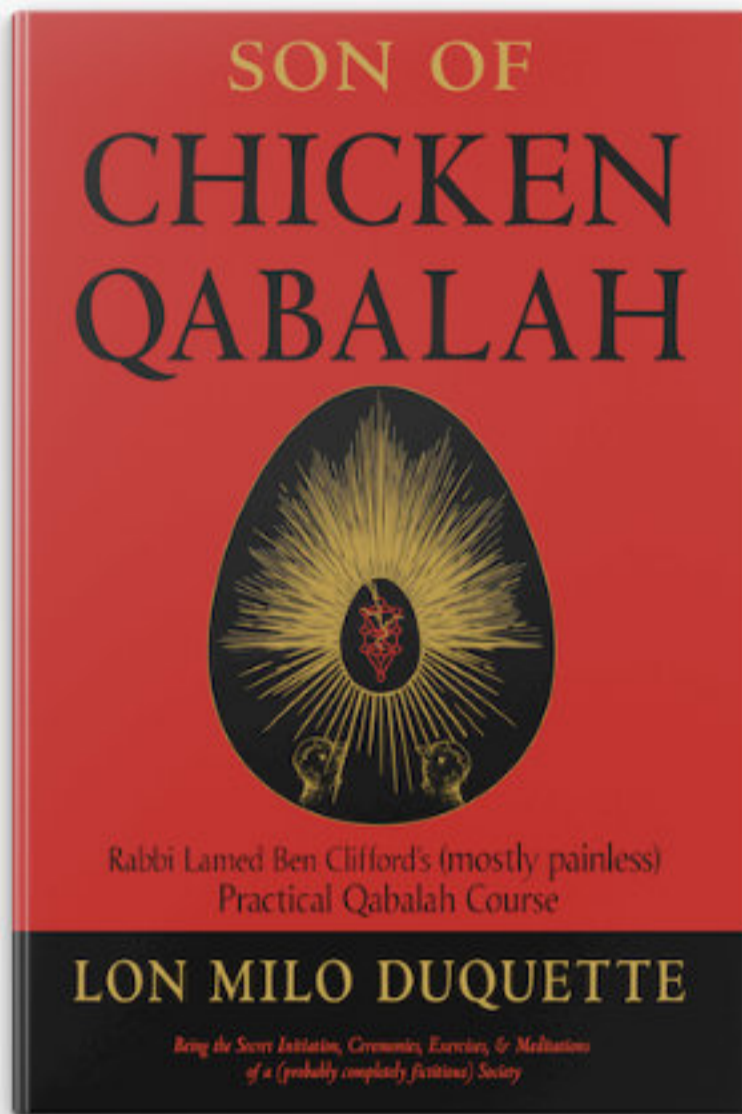
In recent studies, it has been shown to calm nervousness and restlessness. It is becoming a popular herb of choice for people addressing ADD and ADHD.

Safety: Those with hypothyroid conditions should avoid large doses of Lemon Balm.





# Son of Chicken Qabalah - Lon Milo DuQuette



So I wanted to learn about Qabalah, but I didn't want to go in too heavily, meaning, I wanted to get a nice little primer in to help me decide whether or not I wanted more from it. After scouring the internet for a class or a book that would introduce me to it, I found the "Chicken Qabalah," which is the predecessor to the book I'm sharing with you today, "Son of Chicken Qabalah."

Qabalah is a complex and multi-layered mystical practice in which practitioners attune themselves to higher levels of consciousness through Hebrew practices of rituals, exercises and prayer. So, as you might imagine, it is very, very complicated and to say it is a little more than one can learn in a few weeks of study is an understatement.

The fictional author, Lamed Ben Clifford, is funny, irreverent and inviting in the way that he writes. He welcomes the reader into the fundamentals of Qabalah in a way that is simplified without being dumbed down. He introduces the reader to a three-degree Qabalistic initiation system based on the Cube of Space of Sepher Yetzirah and the correspondences of the Golden Dawn's Hermetic Hebrew alphabet. Beginning this initiation with an introduction to

the original tetragrammaton or the Three Mother Letters of the first degree of Qabalah. Then the initiate is instructed in internalizing the next Seven Double Letters, which correspond to the planets of our solar system. Finally, the initiate is led into the third degree of practice with the installation of the Twelve Simple letters internalizing the entire Hermetic Qabalistic universe.

While the book does take some commitment on the reader's part, it is probably one of, if not the only, example of a modern and fully realized path to integrating the mystical Qabalah. I highly recommend this book and its predecessor, Chicken Qabalah. It's an easy read, and to say it is entertaining is underplaying the fun this book offers the Qabalistic aspirant.

Synopsis - This simultaneously funny and serious book provides the easiest, fastest way for readers to painlessly attune themselves to the mysteries of the Hebrew alphabet and immerse themselves in the fundamentals of practical Qabalah. It is a road map from the Godhead to your head--a clear and lucid guide to an extremely complex, mystical topic. By performing the exercises and rituals in the book, the reader can complete the self-initiatory process comprising the three main degrees of Rabbi Lamed Ben Clifford's Practical Qabalah course.

[To purchase: https://www.northstarmystic.com/books-i-love](https://www.northstarmystic.com/books-i-love)

# Reiki Books & Journals

Every practitioner needs an easy and reliable system to organize and track their client's progress!

Keeping a record of your client's healing session records organized so you can easily manage your client's treatments and track their progress over time.

Drawing from the experience of my own professional practice, each of these journals has been mindfully designed with energy healers and holistic practitioners in mind.

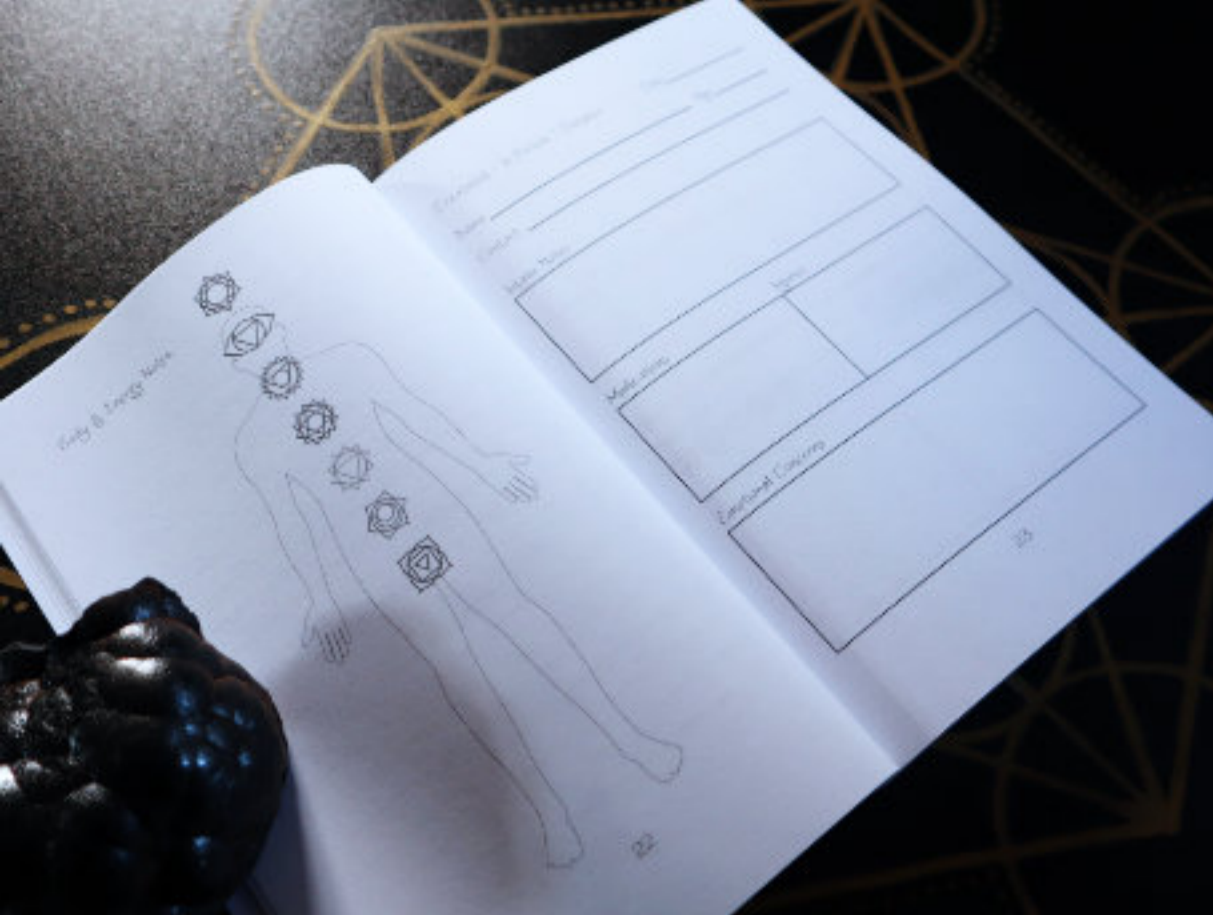
Complete with the five pillars of Reiki, this gorgeously designed journal is a perfect logbook for your spiritual and healing practice with features you will love!

## Reiki Journal Features

- Table of contents to keep track of your sessions
- Dateline to keep a timeline of your sessions
- Namespace for your client
- Chakra tracker
- Intake Box
- Symbols Tracker Box

**More on the next .....**>>>>>>>





- Client Comments
- Post Reiki Notes
- After Care Planner Box
- Lined Session Notes Pages
- Power Symbol embedded in notes pages
- Diagram of the human body and the seven major chakras
- Mood tracking
- Plenty of blank pages for you to write down your experiences
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# WHAT IS TIME – Angel Channel

Time is another dimension Dear One, for it is in human existence. It is not here in the heavenly realms as there is no such thing as time. It is like a division between us, for us time stands still, for it does not exist here in the heavenly realms. For you it exists in the physical motion, it is to guide you to keep all of humanity going.

world. Time is given to you to make change, in a timely matter. If humanity did not have time, what would you learn, how would you grow. How would you evolve ?

Time is also placed on beliefs, it is a system that you believe in order for you to function properly as a human. For humans must understand the word time,

there would be nothing to exist in the form of love, existence of all things. Understanding this has been given to you, to expand your consciousness of knowing of the physical world. Time stands still here, for we have mentioned before.

It is the humanitarian planet system for you to have time, it enables you to have



As time is the clock of the heart. It enables you to see things, to work through your purpose.

Time is an abundance of all things, it can bring change, it can bring hope. It can bring limitations to see where you need to go in order to make change. Time does not exist on this side Dear One, it is something you shall see in the heavenly realms when you depart this physical

for it exists in your world and only in your world. You see Dear Ones, time is unfolding, it is before your eyes, it is before your heart. Time enables you to make change where it is needed, to understand where one must go, where one must grow and evolve into a higher level of love and knowing.

You see Dear One, time has evolved for many dimensions in the physical world. If you do not have time in the physical world

progress, understanding how you have come and how far you have yet to go.

Time limits do not exist here, for all things are pure, here on the other side.

Can you take what we have given you from the heart, expand it fully with the awareness that you all were given time on the physical plane to live and be your true purpose before your time runs out.

**Continued on pg 20**

# SIMPLY SYMBOLS

## ACORN

A symbol of immortality that is accomplished through the unending cycle of birth, life, death and rebirth. Acorns have long been associated with good fortune, prosperity and perseverance. Among the Druids, acorns are associated with spiritual teachings about human potential. They say that the acorn contains the whole Oak tree within its shell. If the acorn is properly nourished by good black earth, sun and rain, it has the potential to grow into a mighty oak tree which will then proceed to produce seeds that can grow an entire forest. Druids also believed the acorn had divinatory properties, capable of containing prophecies.

The acorn is also associated with strength and power. In ancient traditions, acorns were associated with gods of lightning and thunder; this is because the Oak trees that grow from acorns often become the tallest trees in any given area, therefore likely to attract lightning strikes.

The word "Druid" is derived from the Celtic word for "acorn."



## AIR

Associated with the mental sphere, in many western traditions, air is the natural element that corresponds to all the workings of the mind. Communication, thoughts, and mental attitudes are attributed to air.



The astrological signs of Gemini, Libra and Aquarius all belong to the triplicity of air. As a characteristic, signs ruled by air tend to be given toward analyzation, puzzling out abstractions, and intellectual acrobatics. Air sign people are often clever, curious and they wish to probe the depths of thought.

However, air sign people can be prone to shifting directions, opinions and focus suddenly and with very little warning, making them appear flighty. They can become nervous because of over-thinking, sometimes leading to anxiety and even panic. Air sign people want to take a logical and rational approach to nearly every aspect of life, which can sometimes read as being a bit distant or detached.

However, this is not totally representative of the Air sign personality, as they are very interested in relating and connecting with others; they just wish to begin the engagement from the mind.





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1x Symbol Compendium with 172 symbols and their definitions

1x 80-page Tarot Coloring Journal

3 x laminated cheat sheets for the Major and Minor Arcana

\*\*\* Hard copies are \$40 CAD shipping included

\*\* Orders to be shipped are due no later than 2 weeks prior to class

Thursday, Apr 14, 21, 28, May 5th, 12th. 19th 26th, Jun 2nd & 9th

6 pm - 9 pm

**BOOK NOW**

INTRO TO

# ELDER FUTHARK RUNES

April 15, 22, 29, May 6 & 13

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## Intro to Elder Futhark Runes with Ryan 111 Leis

In this five-week course, you will study each of the 24 Runes within the Futhark.

Each week you will discover a new element of the Runes and their deep meaning.

Session 1: Introduction, History and Mythology of the Runes

Session 2: 1st Aett (the first family of 8 Runes)

Session 3: 2nd Aett (second family of 8 Runes)

Session 4: 3rd Aett (third family of 8 Runes)

Session 5: Casting – 1, 3, and 5 Rune casts

You will be provided with a weekly workbook to help guide you as you learn.

You will also be given a link to join our private student group, where you will interact with your classmates and instructor.

\$141.25 CAD - HST Included

FIRST DEGREE

# REIKI

CERTIFICATION

APRIL 9 & 10

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Your learning experience will be facilitated in a warm and friendly online environment in a 2 part class facilitated

over 2 days in 3.5-hour sessions.

In the classes, you will be taught the exact same material as you would in the in-person class, including breaks for stretching and refreshment.

There will be ample time to learn each increment of Reiki, as well as practice the self-healing elements and guidance for practising on another person. If you wish, you could invite a family member (or, as I like to call it, Shanghai them into service) to assist you in your learning for the portion of the class where you learn to treat another person.

### What you will learn:

- Brief history of Reiki
- The 4 Aspects of Reiki
- Chakra system

- Self-healing
- Hand position for self-healing
- Hand positions for pet healing
- Reiki First Degree Attunement - Usui Shiki Ryoho, Tibetan, Divine Yu
- Practice Self Treatment
- Guided meditation

### Materials:

- E-Workbook
- Hand position Chart
- Pet hand position chart Cat & Dog
- Hand position for self-healing reference
- Hand position for pet healing reference

All attunements will be given 1:1 at the end of the class, and you may choose to schedule your distance attunement at a different date if that is more convenient for you.

\*\*\* Additionally, if you choose to participate in the online training, you will also be entitled to schedule an additional attunement in person at no extra cost to you.

Requirements: None

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Your body is a superconductor of physical, emotional and spiritual energy. All of this energy must travel through the body in all of its intricate layers to support life. The

chakras are an integral part of the human body. Each chakra serves a specific function in maintaining a healthy state of being throughout the mind, body and soul. As an awakening healer, knowing and understanding the nature of the subtle body is integral to your practice. This course is designed to guide you through each of these major energy channels in a way that is easy to understand and integrate for anyone. This is the perfect class for awakening healers, empaths, Reiki students, lightworkers and seekers on the healing path.

Discover the language of each chakra and how it communicates to inform you of the health and wellness of each system that it is associated with.

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# THE 7 MAJOR CHAKRAS

## FOR THE AWAKENING HEALER

### You will Learn -

- \* The Sanskrit name of each chakra
  - \* The location of each chakra
  - \* Understand the directional spin of your chakras
  - \* The body parts and organs each chakra is associated with
  - \* Learn to use a pendulum to assess the state of your chakras
  - \* Crystal associations for supporting, restoring and revitalizing chakras
- Learn to assess when chakras are -
- \* Active
  - \* Passive
  - \* Over or underactive
  - \* Blocked
  - \* What practices to use to heal chakras

### Materials -

- \* NSMA Branded Digital Reference Sheets
  - \* NSMA "The 7 Major Chakra's" e-book
  - \* Free Student Level membership
  - \* Access to NSMA Learning Library
- \*\*\*\* DIGITAL materials are supplied. If you would like hard copies, you may purchase them
- Apr 20, 2022  
6 pm - 9 pm  
Class Fee - \$73.45 CAD - HST included



This is oftentimes why loved ones wish to come back in order to make the change that they did not understand in the physical world. You bring forth beauty in all things that you do, for you understand the evolving part of life. Taking change within oneself and making the most of it. Time is precious you say, it is so. Use your time wisely, to make change upon humanitarian needs that are needed at this time.

The combination of time, love can bring forth much change if you listen with an open heart. Dear Ones, can you comprehend what we are trying to say? Dear Ones, you have a limit of time, it is your beating heart. It is your time to understand, grow, evolve.

It is the only way of change. Humanity cannot comprehend certain things, it is only for those that have evolved into a bigger understanding of why it is so. It is those that bring change for all of humanity to see. They make the most of the physical time that is needed here.

In order to bring change, you must understand how it all works. It is the clock of the heart, that is your time. You each have a time limit here in the physical world, can those people understand, involve, grow, and change into the humanitarian people they need to be. Others just coast, ride the wave you say. It is not so, you each have a clock inside of your hearts. It is here to grow, expand in one's lifetime. To understand love to the full capacity, to make the necessary changes needed in order for the next generational system.

You come with an open heart Dear One, this is why we speak to you. You evolve in ways that no others have evolved, for you know the precious meaning of time. This is why the humanitarian world moves in its own direction, it has its own dimension.

Other planets, galaxies move in a rotation of the timelessness that it exists in. You humans need time to measure, to grow, to expand but for us,

we are already evolved.

This is why other planetary forms speak to humanity for they wish to share their knowledge with you.

God made this world a beautiful place, it is the humanitarian selfishness that has created some of the worst moments in history. It can change, but with an open heart.

Time is the clock of the heart, it is immeasurable because it is love.

Oftentimes, you do not see this Dear Ones, for we give you time to grow, expand but are you willing to listen and make change that is needed. Before you came here in the physical world, you all signed a contract for when you shall expire here in the physical world. It is that time frame that you are given to learn, grow, to plant the seeds of knowledge. To live the true purpose that is needed to bring change to humanitarian needs.

Your goal is to bring light to all those that are here, even the animals know the existence of time. This is why they choose to become extinct themselves. For they do not see change within their surroundings, so therefore they are leaving. Humanity needs to understand the true beauty of the surroundings they live in. It was given to you in the most beautiful of ways.

Can you take the stars and the moon, allow them to teach you. Expand your mind, your heart to open furthermore for there is guidance to be sought.

It is there for you but free choice is there as well.

Everyone knows the book of life, you all know you return home one day. It is only then you shall see there is no time here, only beauty, love of the heart.

Can you treasure what you have been given thus far, for we ask of humanity to keep moving forward with love in their hearts. It is then you shall see how

precious time is, using time to the most of your ability to make change. To make progress that is needed. Not only in your world, but within your surroundings.

The animals wish to stay but they know they cannot. You will see them on the other side running free like the wild buffalo that roams the open fields. Everything is peaceful and harmonious here. There is no pain, no suffering. Only the pure existence of love. It is your dimension that knows time, we only know love of the purest form.

Angel blessings

Jackie Kavanagh

To book a personal channel, email [jkangelofhope33@gmail.com](mailto:jkangelofhope33@gmail.com)

# DRAGONS

## 101

MARCH 17 2022

APRIL 2 2022

APRIL 14 2022

APRIL 30 2022



NSMACADEMY.ORG

One-Day Workshop April 2nd, 1 PM - 4 PM

Dragons have always been a part of humankind in our stories, art, and dreams, as far back as we could read and write and create. Dragons have been there and have always meant something. If you have found yourself here, there's a good chance that dragons mean something to you, too. Here is your chance to get the most in-depth look at all of the dragon basics you can imagine!

In this workshop, you will learn all about:

B.C. E. Era History, and the basis for the dragon icon we know today

The Imagery of the Dragon, and how it adapted over time

Dragon Types

The Origins of Dragon Traits

Were dragons ever real?

Fossil or Scientific Evidence

Suggested Anatomy and Physiology

A Dragon's Diet and Environment

The Dragon Timeline and Dragon Evolution

The Dragon's Impact on Mankind

And much more!

Workbooks are provided, and no other materials are required.

Multiple workshop dates are available.

Run-time is approximately 3 hours, with a break.

Three dates to choose from:

April 2nd, 1 PM - 4 PM

April 14th, 7 PM - 10 PM

April 30th, 1 pm - 4 pm

<https://www.nsmacademy.org/book-online?category=4afbcbfe-704d-4d5b-a4a8-270db0b6e4f1>

Book Now

APRIL 2022

# May Class Schedule

## Dreamwork

May 4, 11, 18 & 25

## Intro to Herbal Allies

Three Week Course

May 12, 19, & 26

## Further Utilizing the Runes

Two Week Course

May 20 & 27

## Okuden Second Degree Reiki

May 28 & 29

STAY IN THE LOOP!

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