



Subject: 'gifted messenger' Sheryl Blumenthal and a Peruvian/Shaman Healer & Aura Photographer are coming to The Life Coaching Center-

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*GIFTED MESSENGER & INTUITIVE MENTOR SHERYL BLUMENTHAL
AND
AURA PHOTOGRAPHY & PERUVIAN/SHAMAN HEALER IS JOINING US IN APRIL*

Please be our guest and take a class or workshop. Our course offering are a great way to enrich your knowledge. Register for all or one by calling 908-722-8600. Pass this email on to a friend by using the forward button at the bottom of this email.

Also go to our website at <http://www.lifecoachingctr.org> to see the new pages we added to our website

For all other classes, events, workshops & happenings [click here](#)

Thank You to all who attended my conference on March 21. Video from the event will be available on my website soon.

Namasté,



SuZen
[The Life Coaching Center](#)

ANGEL READINGS WITH GIFTED MESSENGER & INTUITIVE MENTOR SHERYL BLUMENTHAL

The Life Coaching Center
150 West End Avenue
Somerville, New Jersey 08876
Saturday, April 4th
Personal Sessions will be offered on from 11-5PM and
A group healing circle will be held on Saturday
evening from 7:30-9PM.
Cost: healing circle \$35.00; Private readings half hour
\$90.00; 1 hour \$125.00

YOU MUST BOOK AN APPOINTMENT FOR PRIVATE READINGS AND PRE- REGISTER FOR THE HEALING CIRCLE.
CALL 908-722-8600

"Sheryl Blumenthal is a loving messenger, profoundly gifted spiritual teacher and sacred vessel."

"Sheryl's gift reveals to us who we truly are." (Beth - Quebec)

"Sheryl's sessions are amazing! Her messages and insights are from a truly Divine source. With her unique gifts, she gives a unified view of your current life's situation and concerns and brings clarity, hope and ultimately peace into your soul. After my sessions with Sheryl, my body always feels lighter, my mind clearer and my soul happier! Sheryl's inner beauty and light will transform you forever." (Betsy - New York)

For more information on Sheryl Blumenthal, please visit: www.littleone.us

SRI SRI SRI SHIVABALAYOGI MAHARAJ

Meditation stills the mind by eliminating all thoughts. When thought is eliminated only pure awareness remains. Meditation helps in dealing with stress, worry and physical illness. It is an inner search for who we are and our true purpose in life. For thousands of years, ancient seers and saints practiced a meditation technique that not only brought them peace of mind and self healing, but also God Realization. This ancient technique, called "Dhyan Yoga," is what Sri Sri Sri Shivabalayogi, "Swamiji," teaches. From the age of 14, for the next 12 years, Sri Shivabalayogi meditated for 23 hours a day for 8 years, and then 12 hours a day for another 4 years, to become a God-Realized Yogi. Sri Swamiji embodies the physical and spiritual presence of Sri Shivabalayogi, who left his body in 1994, and continues his mission to bring people into the line of meditation to help create a more peaceful world. Through his yogic power, knowledge and unconditional love, Sri Swamiji brings us closer to our true selves and to the Almighty Consciousness of the Universe.

You are invited to experience this unique opportunity to meet with Sri Swamiji and feel forever changed through his grace, love and divine energy. All programs are free and open to all. They include one hour of silent meditation followed by kirtan, the singing of devotional songs, and an opportunity to speak with Sri Swamiji individually and receive his blessings and guidance.



MARY BETH SPITZ

Aura Photography & Peruvian / Shaman Healing

The Life Coaching Center
150 West End Avenue, Somerville, New Jersey 08876

Mary Beth has been involved in metaphysics since 1988. Her passion for healing and metaphysical work has taken her to Peru where she learned shamanic healing from the medicine people of Peru. The Peruvian people are monetarily poor but they give you something because they know if they give then they will receive. Mary Beth decided the world needs to understand that we do not need things to be happy, we just need to understand ourselves, be in the right line of work, and be in right relationship with all that is. She has dedicated herself to helping others find healing, enlightenment, psychic development and happiness. Mary Beth has been reading aura since 2001 and has been on the SciFi channel show called proof positive. That is a show where they take a metaphysical subject such as aura's and they have to prove it through the rigors of science. The aura camera and the human aura came out proof positive and in alignment with science. Auras are REAL, our government has been studying them since the late 1800's. In knowing your aura it can help you to understand yourself as to what job you might really enjoy, what color aura's complement yours for a successful relationship, how balanced you are and your connection to the universe.



Sunday, April 5 12 to 5pm
pre-registration preferred by not necessary
call 908-722-8600

Receive a shamanic healing session, aura reading and aura photograph for \$30.00.

WEEKLY CHANTING/MEDITATION

Chanting/Meditation Hari Om Tatsat Jai Guru Datta

The Life Coaching Center
150 West End Avenue
Somerville, New Jersey 08876
Every Wednesday at 6:30PM
DONATION: \$20.00

On chanting the mystic words "Hari Om Tatsat Jai Guru Datta" for a few minutes, process of transfer of omnipresent potent energy of Supreme Guru gets started automatically in the body of the chanter. This process of transfer is known as "Shaktipat". As a result many subtle yogic activities begin spontaneously in the body of the chanter. Consequently, the purification process of the body and the mind begins leading to the awakening and the rise of the dormant power, also known as Kundalini, in the body. By sitting quietly with eyes closed for some time the chanter attains the meditative state spontaneously without any effort on his/her part. This is known as "Sahaja Yoga Path". The practice of daily chanting leads the chanter through different inner experiences and eventually to the

NJ & PA Meditation Programs

Friday, April 3 7 pm

Manmohan & Upasana's
Ringoos, NJ 08551

Saturday, April 4 3 pm

Bluemle Life Science Bldg
Room 105-107
233 S. 10th Street

(corner of S. 10th & Locust)

Phila, PA (to reserve limited discounted parking
space, contact Virginia, March 22-29)

Sunday, April 5 10 am

Homa (Ancient Fire Ceremony)
Manmohan & Upasana's
Ringoos, NJ 08551

Monday, April 6 7 pm

Pebble Hill Interfaith Church
(red bldg)

320 Edison-Furlong Rd
Doylestown, PA 18901

www.pebblehillchurch.org/directions.htm

215-348-3428

Contacts:

NJ - Manmohan & Upasana
908-806-8648

atmaf@yahoo.com

PA - Virginia 609-497-4746

virginiaprescott2@hotmail.com

For more information about Sri Swamiji's mission and tour, which includes
programs in

NJ, PA, MD/DC, IL, CO, NC and Canada, visit www.shivabalayogiguru.org.

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stage of "Sahaja Trance". In other words this process leads him to attain the
goal of life i.e. Self-realization.

Physiological effects of meditation on the body and the mind are well
known. However a few of them are listed below:

- Helpful in alleviating stress without any sort of side effects,
- Helps in relieving the physical body of stress induced diseases
viz. heart troubles, insomnia, diabetes etc.
- Provides mental peace and happiness.

Following the technique described above the seeker need not do anything
except chanting and sitting quietly.

These mystic words are completely non-sectarian and absolutely not
connected with any teacher or religion whatsoever. All these words
individually and collectively indicate the virtues of formless universal
power for taking the chanter from darkness to light and imparting
fundamental knowledge of the Absolute.

Women's Circle will resume in April as a Teleconference

Free Reiki Hands On Healing Sessions For Adults & Children Seeking Healing

The Life Coaching Center

150 West End Avenue

Somerville, New Jersey 08876

The sessions are Mondays from 3:00 PM to 8:00 PM

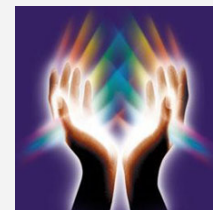
and Thursdays 11am to 5pm at the center The

Appointments are preferred but not necessary as

walk-ins are welcome. Each session will last about

30 minutes. The center's last session will start

Monday at 7:30 PM. and Thursdays at 4:30pm



Reiki (pronounced Ray-key) is a Japanese
technique of hands on healing consisting of 2 words Rei and Ki meaning
spiritually guided life energy (commonly known as Universal Life Energy), an
energy which animates us all and is found all around us. Reiki is a form of
spiritual healing using "Universal Life Energy" channeled through the
practitioner to the recipient. The practitioner uses his/her energy to move
the participant's energy from where it is blocked in order to provide balance
and aid in healing. For more information or appointments go to the [Reiki](#)
[link at www.lifecoachingctr.org](http://www.lifecoachingctr.org) or call 908-722-8600.

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Somerville, New Jersey 08876
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SuZen, MSW - Owner/Director

[Life Coaching Center](#), [Seminars To Go, LLC](#), [Raven Heart Spiritual Retreats](#) and [Feng Shui By Design](#)

"Think with your whole body" - Eckhart Tolle

"Ask life what purpose it has for you not what you think you have for it!" - Eckhart Tolle

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