

EVENTS

MONDAY, AUGUST 18, 7-8:30 P.M. RIGHT LIVELIHOOD PANEL. Finding your true place in the workaday world can be challenging. What does right livelihood mean for you? Can it change? And how do you go about creating it? How do you meld your spiritual practices with earning a living? What if you are working for a company that does not support your values? What if you own your own business or want to? This panel of holistically-oriented business people from the Washington State Holistic Chamber of Commerce will give you new insights and information that will support you in your quest for right livelihood. Free. East West Bookshop, 6500 Roosevelt Way NE, Seattle. 206-523-3726.

AUGUST 22-SEPTEMBER 29 WORKSHOP AND CONSULTATIONS WITH SHELLI BUHR who synchronizes contributions from Don Miguel Ruiz, Caroline Myss, Ph.D., and John Payne that offers practical understandings in finding balance and completion with the Four Elements of your life! Working with the Four Elements teaches wisdom that helps connect us to greater self-awareness, manifesting through a journey that is safe and guided. East West Bookshop, 206-523-3726. www.shellibuhr.com.

SEPTEMBER 5 & 6, 3-8 P.M. GLENN KIMBALL, HIDDEN HISTORIES www.KimballCollege.org, Greenwood Senior Center, 525 N 85th St., Seattle, WA 98103. \$25 for both days. Extraordinary opportunity to hear this internationally-known expert on ancient and hidden manuscripts and knowledge. www.SeattleMetaphysicalLibrary.org

ONGOING

FREE REIKI I CERTIFICATION 8 Hr. training at the Reiki Ranch, Chehalis, WA. 360-748-4426 http://reikiranch.blogspot.com for alternate healing articles

OPRAH TOLLE NEW EARTH SUPPORT GROUP, Kirkland, 2nd & 4th Wednesdays. FREE. Rev. Alia Aurami, Amplifying Divine Light in All Church, 425-466-4001, divinelightchurch@gmail.com; http://etolle.meetup.com/276

SPIRITUAL HEALING CLINIC, FREE. Observe, receive, practice. All energy healing methods. First Sundays. Kirkland, WA. "Amplifying Divine Light in All" Church, (425)466-4001.

TRANSMISSION MEDITATION: The simplest, most potent way to serve humanity & help transform our world. Dynamic aid to personal growth. Simple & free. 888-242-8272, TransmissionMeditation.org.

ONGOING

FREE AND OPEN to the public: Introductory 90-minute lecture on Transcendental Meditation. Hear about the cardiovascular, longevity, and brain research on this effortless technique. Pre-registration is required. (253) 383-8833 or e-mail ginicostanza@verizon.net.

INTUITIVE SATURDAY First Saturday of Month — Enthusiastic group of practitioners offering Tarot, Astrology, Energy Healing, Past Life, Intuitive Counseling and Writing. Reasonable Prices. Maitreya Center, Redmond, WA 888-644-3263 www.maitreyaseattle.com

FREE SAHAJ MARG MEDITATION for human perfection through yogic transmission. Ph (206) 522-2502

WWW.INTENDERS.COM CIRCLE, Free, powerful, effective, manifesting support group. 1st & 3rd Tuesdays. Kirkland, WA. "Amplifying Divine Light in All" Church, (425)466-4001. http://consciousness.meetup.com/171

FREE REIKI CIRCLE & MINI-SESSIONS. Reiki Circle 2nd Sunday every month, open to all, 6:30 pm, Northwest Reiki Center, 4205 148th Ave. NE, Bellevue. Reiki Level I and II classes offered monthly. Experience traditional Usui Reiki with a Free Mini-Session at Stonehouse Bookstore in Kirkland, 2nd and 4th Thursdays every month, 12 Noon to 2:00 pm. Call (206) 919-5553 or visit www.nwreikicenter.org

COUNSELING & OTHER SERVICES

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RELATIONSHIP COUNSELING FOR THE COUPLED & SINGLE INDIVIDUAL Are you experiencing unhappiness, anxiety, disappointment and TROUBLE in your relationships, present and past? Gain support, insight, confidence and empowerment as you release toxic & limiting patterns in thought and action; learn new *PRACTICES IN LOVING*; and live in your UNDEFENDED HEART. Services include working with individuals who are in or between relationships, and a **WOMEN'S GROUP** forming now for October. **ALEXANDRIA O'SHEA, MA LMHC**, 21 years experience, and practioner of THE UNDEFENDED HEART IN LOVE & LIFE. 206-729-7284

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PSYCHIC READINGS WITH SUBSTANCE! Come receive accurate, meaningful Spiritual information and healing work at Psychic Awakenings!, a safe haven for sensitive people to explore their psychic abilities. Located on Queen Anne in Seattle. 206-818-5985. www.PsychicAwakeningsSeattle.com.

SPEAKERS/ EDUCATORS

GOT A HOT TOPIC? Wellness studio in South Lake Union seeking unique holistic health and personal growth educators to lead workshops. Visit www.5focus.com or contact us at 206.631.2818/info@5focus.com for additional information.

MASSAGE, BODY WORK, and WELLNESS

PEACEFUL DIMENSIONS Energy Healing Therapy with Marianna Villa (425) 213-2498. www.peacefuldimensions.com **transform pain into peace**

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TONY D. POOL, O.D. Traditional eye care from a holistically oriented optometrist. Downtown Edmonds, WA. www.tpool2020.com (425) 670-8458.

BUSINESS OPPORTUNITIES

SALES REPRESENTATIVE WANTED. Do you enjoy New Spirit Journal and want to make some extra income? We are looking for a sales representative who is good with people and who can work on commission selling advertising for the newspaper. If you are interested, please call Krysta at 425-356-7237.

EDITING SERVICES

COMMUNICATE YOUR IDEAS OR ATTRACT NEW CLIENTS with expertly written, edited, and proofed websites, brochures, newsletters, other publications. JP White Communications. 425-823-1874.

TRAINING

USUI REIKI TRAINING: Beginning to Advanced - Snohomish. Contact Shannon (425) 377-9790, www.circlegreen.org

INTRODUCTION TO CHRISTIAN MYSTICISM. Discover the ancient wisdom teachings of prayer, meditation, blessing, light and soul. Center of Light, 6827 Oswego Place, NE (206) 525-9488.

BUSINESS SERVICES

LEGALLY TRAINED LIGHTWORKER SERVICES. Legal consultation, life coaching and more. Andrea Yaeko Smith, J.D., C.S.H. 360-378-0320 or yaeko3203@gmail.com.

PUBLICATIONS

HOPE IS IN OUR MIDST! Maitreya, the World Teacher, is here to point the way to sharing, justice, peace for all people. Free CD, 888-242-8272 share-international.org.

VOICE OF CHOICES MAGAZINE. Articles, Art & Inspiration to assist you in living your 'Bless'd' Life. Creating Conscious Connections Seattle - Maui - Sedona. Pick up your free copy. Visit www.voiceofchoices.org, email voiceofchoicesnews@yahoo.com or call (206) 715-2824

PUBLICATIONS

ANNOUNCING THE PSYCHIC OBSERVER Online Magazine. www.psychicobserver.com. A New Age Publication with new features added every issue for your source of information and entertainment. Offering a wide range of columns and articles written by experts in the Metaphysical community. Online store with gifts, books and many other items. Plus much, much more.

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CHURCHES & SPIRITUAL HOMES

WICCA: Aquarian Tabernacle Church, open to all. Free monthly Lunar celebrations, classes, other events. For more information call 360-793-1945. www.aquatabch.org.

UNITY CENTER FOR POSITIVE LIVING 800 S. Pearl, Centralia. Sunday services 10 a.m. A Course in Miracles, Monday 7 p.m., Wednesday 10 a.m. Book studies, classes, potlucks, free movies. Call for special events calendar. Rev. Reysha Silverhair (360) 330-0839 www.websyte.com/unity/centralia

What Should I Feed My Dogs and Cats?

Continued from Page 16

to your animal's food. It is intended to provide what is missing in processed foods. I especially like the balanced omega 3, 6 and 9 oils that it provides. It is great for the skin and haircoat, tends to eliminate excessive shedding in dogs and hairball problems in cats. Again, be sure you do not add it to hot food as it will be damaged by the heat. You can find it at most pet stores or www.designing-health.com.

No matter what form of food you are feeding to your animal friends it is important to note that nobody was intended to eat the same thing everyday. After all, variety is the spice of life, right? Therefore, a rotation diet is very important.

You also may be wonder-

CHURCHES & SPIRITUAL HOMES

CENTER FOR SPIRITUAL LIVING, A Spiritual Community for your Spiritual Journey. Come enjoy our Sunday and Wednesday services, youth programs and adult programs. Sunday service: 8:25, 9:45 & 11:30 a.m., Wednesday service: 6:30 meditation, 7 p.m. service. 5801 Sand Point Way N.E., Seattle, WA 98105. (206) 527-8801; info@SpiritualLiving.org; www.SpiritualLiving.org

SOCIETY OF NOVUS SPIRITUS, Gnostic Christian Church founded by Sylvia Browne. Spiritual Services Sunday 11 a.m., 505 Williams Ave. S., Renton, WA 98055. (425) 255-9042, www.Sylvia.org. e-mail: northwest@novus.org.

SEATTLE UNITY CHURCH, Celebrate, Inspire, and Deepen your Spirit's Journey with us! All traditions and walks of life are welcome. Join us for Sunday services at 9 and 11 a.m. or for Wednesday evening service at 7 p.m. 200 8th Ave N, Seattle, WA 98109, 206.622.8475; www.SeattleUnity.org

OLYMPIA CENTER FOR SPIRITUAL AWAKENING. Creative Reality - Great Spirit - The Big Yes! - God/Goddess The Great I AM - Infinite Potential — whatever you call your Higher Power, you are welcome! Revealing Possibilities - Unleashing Potential, 11 a.m. Sunday Celebration, Nova Middle School, 2020 22nd Ave. S.E., Olympia; (360) 570-2112; www.csaolympia.com

MISCELLANEOUS

HAVE A PAPER ROUTE, meet new people! New Spirit Journal has a route available from time to time. If you have a reliable car and would like to explore this opportunity, contact Krysta at (206) 799-7753 or (425) 356-7237.

ing if it is okay to feed different forms of food at the same time. The answer to that question is, yes it is. I will talk more about these last two items next month when I tell you how and what I feed to my own animals.

Martha Norwalk is an animal behavior therapist and host of Martha Norwalk's Animal World, Sunday mornings, from 9 a.m. to noon on Alternative Talk AM 1150. She can be reached at Martha's Canine, Feline and All Creature Counseling at 206-525-2016 or www.marthanorwalk.com. For a free, no obligation telephone evaluation or to make an appointment for Martha to work with you and your animal friend, give her a call.