

Inspired Journeys

Unique Journeys Returning to Oneness

Volume I ☞ July-August 2010

Hot Summer Events

All events open 30 minutes early

July 1

7:00–9:00 p.m.
Gallery Readings with
Rev. Meddy Jacques \$25

July 7, 21 and August 4

7:00–9:00 p.m.
Awaken the Shaman with
Liz Draman \$25

July 9 and August 13

7:00–9:30 p.m.
Inspired Ghost Tracking Meetup

July 14

7:00–9:00 p.m.
Psychometry: Just the Beginning
with Linda Furrow and Nancy
Turner \$20

July 16-18

Living Buddha/Living Christ
A Retreat with Nellie Lauth
\$100 entire weekend

July 17

9:00 a.m.–4:00 p.m.
Transform Stressful Relationships
at Home and in the Workplace
\$85.00

July 18

1:00–3:00 p.m.
Inspired Sundays!
July's practitioners are Margit
Willemis and Dee Valinski

July 22 and 29

4:00–8:00 p.m.
Merkaba Readings with
Marnie Hansen \$150

July 23-25

An Inspirational Weekend with
Rev. Charlene Hicks
☞ July 23 and 25
1:00–5:00 p.m. Friday
11:00 a.m.–4:30 p.m. Sunday
Intuitive Readings
\$225/1-hr or \$125/30-min.

☞ July 23

7:00–9:00 p.m.
Messages From Spirit \$25

☞ July 24

1:00–5:00 p.m.
Why is Your Birthday the Most
Important Day of the Year? \$65

See more events on page 2

Soul Alignment

by Inspired Journeys manager and resident practitioner, Rev. Mary Perry

The summer solstice brought us to a place of new growth so that we can take the next steps in our personal journeys. Have you stepped into alignment with your soul? Alignment means being in step and going in the same direction. Ask yourself if you are doing the work needed to bloom? We are at a critical stage in our development where you *must* heal from the inside out in order to move through these next years. Are you meditating, reading books, and taking classes that call to you, or are you just getting through the days, waiting for the next whatever to happen? Make it happen, for by accessing this soul energy, you will understand what you are to do and where you are to go next.

Are you listening to what your soul whispers? Do you hear the answers your soul gives to guide you to your next steps? Your soul is the energy that brings you back to Oneness with Creator. It helps you access all your lifetimes of knowledge. And with this alignment, you have more access to greater wisdom and what is for your highest and best good. The soul is not separate from you but is your I AM presence!

We connect with many in this physical lifetime. However, not all are as familiar as some we encounter. We have been with those people many times before and have agreed to learn lessons and teach lessons in this time and space as needed. We do not have the luxury of remembering these lessons—just know that you are participating. If you resist, they come at you harder and stronger. So again, are you listening to what your soul whispers to you?

Since the winter, I have been driven to heal many places deep inside me. While the scars heal, I encounter many people from my soul group who bring to me a new understanding of life and where I am going. I listen to my soul's



"Soul Alignment" painting by Wisper Krimmer.
www.wisperart.com

whispers and they lead me to the next step or to the people who can help me. This voyage we call life is just that—a magical ride to our next lesson. We grow and move forward, especially if we are listen to our soul's whispers. These whispers come from Creator through us, for we are one with the Divine spark of inspiration we so seek. We look everywhere outside of ourselves to heal, for advice, for friendship, for love, for knowledge, for all of the answers. However, all of the answers are already here, we just have to listen. For as we listen, we connect back to the Oneness that is God.

We must continue to receive the harder-hitting energies and we must be strong and connect to our heart in even stronger ways. Take some time now to connect to your heart center. Sit down with your feet planted firmly on the ground. Close your eyes and take a few deep breaths and slowly let the day's events fade

(Continued on page 2)

Hot Summer Events

August 7

12:00–3:00 p.m.
Change Your Life Script/Change Your Life
with Margit Willems \$25

August 8

10:00 a.m.–4:30 p.m.
Soul Prints with Dee Valinski \$40

August 11

7:00–9:00 p.m.
Spoon Bending Workshop
with Linda Furrow and Nancy Turner \$20

August 12

7:00–9:00 p.m.
Aura Workshop with Dr. Gwen MacGregor

August 14 and 28

2:00–4:00 p.m.
Sacred Shamanic Healing Dynamics with
Maya Phoenix \$25

August 15

Leotha
☞ 11:00 a.m.–12:00 p.m.
Open House to welcome Leotha FREE ♥
☞ 12:30–4:30 p.m.
Shamanic Journey with Leotha \$90

August 19–21

Veronica Drake and Rev. Dr. Anne Frances
Rose, PhD

☞ August 19
7:00–9:00 p.m.
Gallery Event \$20

☞ August 20
11:00 a.m.–4:30 p.m.
Private Readings
\$120/hr or \$60/30 minute

☞ August 20
6:30–10:00 p.m.
D.I.V.A. Party \$30/20-minute reading

☞ August 21
1:00–4:00 p.m.
Healing the Soul with Colors: The Art and
Soul of Life \$65

Alignment

(Continued from page 1)

away, concentrating on your breath alone. When that errant thought comes in, go back to the breath and let it fade away. It does not matter here—all that matters is the breath that you draw in and the breath that you release. As you take in that deep breath, pull in God's love. As you release that breath, let go of all of the important issues of the day, for they are of no matter.

Repeat this breathing exercise for five to ten minutes and your body will begin to relax. As you relax, thoughts will come bearing presents for you. They will be the inspirational ideas that will help you connect deeper and receive the answers you seek.

Do you feel the heart and emotion that comes with that breath? What does it feel like? What is it telling you? Sometimes the

feelings come with colors, sometimes just a feeling so deep that it touches you like nothing has ever before. These are the scars that need to be touched, massaged, and healed as we grow into this new world. Feel them again. Cry if you need to. But *love* them as you go through this exercise. Instead of denying those uncomfortable feelings, take the time to love them. Let your love massage them and then feel them change, for that is when true healing begins. As you begin this journey know that you are now stepping into alignment with your soul.

Enjoy the healing and the beautiful light that comes with that journey. It will take you to infinity and beyond.

In love, light, peace and joy!

Mary

Songs for Your Heart

a monthly message from the Hathors through resident practitioner, Rev. Carolyn Hogan



"Good birthing to you. It is 6:00 a.m. and the sun is raising. The songs of the Universe (or you can call them the songs of the sun) are being sung and they are sung by the angels."

"Unfortunately, many do not hear them. They are not just at sunrise, but also at sunset. The blessings of the songs that come from the angels are to bring growth, health, change, and birthing. As the saying goes 'it is a new dawn, a new beginning' for you every day.

Remember the song is sung at sunset as well, so you can have a new beginning for your new night. Just take a deep breath with conscious awareness that you are being aligned with the Universe and God's blessings of healing, change, growth, and birthing.

As the sun raises and sets, the angels work hard to help all on the earth. The songs come forth (and have been since the birth of this planet) to help the earth and all that are in her and on her. Remember that aligning yourself with the Universe and God is not as

hard as you think, for you have the right to become what you truly are, and what you truly are is known within your hearts."

*"Good Birthing to you,
I'm Dayman and we are the Hathors" ✧*

Rev. Carolyn Hogan recently learned through a private reading that she was to begin channeling the Hathors. Each month, Rev. Hogan will bring to you a very special message from them.

WE HAVE PRACTITIONER ROOMS TO RENT

Are you looking for a space to rent for your holistic business? Inspired Journeys has many options for six month leases.

Option 1 4 hours per week/16 hours per month/\$200 per month

Option 2 2 days per week/64 hours per month/\$400 per month

Option 3 Unlimited use of room; no sharing \$600 per month

Email Mary at info@InspiredJourneys.com or call 443-396-1282

At-One-Ment with God Ministry

August 6, 7:00 p.m.
at Inspired Journeys

Who are the Ascended Masters? How and why can we communicate with them?

Healing and Communion available

www.meetup.com/At-One-Ment-with-God-Ministry

More People Seek to “Get Inspired”

by Inspired Journeys owner, Christy Puglisi

What a wonderful time we at Inspired Journeys had meeting everyone at our Get Inspired Expo! So many old friends and new friends got a chance to experience massage, energy work, and readings, and even got the opportunity to get an aura photo too!

I want to express our gratitude for all of our resident practitioners, Ingrid Jolly, our aura photographer, and the Inspired Ghost Tracking Meetup Group for helping to make the Get Inspired Expo a great success. I especially would like to thank guest practitioners Kelly Peacock, Lyudmila Goldman, Rev. Debbie Legare, and the Didge Brothers for offering their time and sharing their gifts with each of us. I am so very grateful and excited to have met with old friends and to make new friends. I was glad to introduce them to our vision and have a day of fun, learning, and socializing!

We are already planning next year's expo so if you weren't able to make this one, mark it on your calendars for the end of June next year! ✧



The Inspired Journeys store saw a lot of business at the Get Inspired Expo, June 27.



The Didge Brothers new age ensemble provided sound energy healing at the Get Inspired Expo.



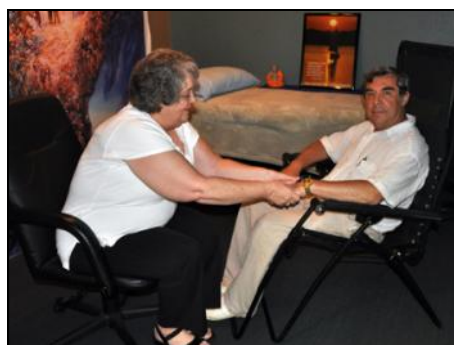
A variety of intuitive readings were offered at the Get Inspired Expo, including Tarot, Gypsy, numerology, astrology, and crystal. Here Rev. Mary Perry (right) offers an angel reading.



Customers had their auras photographed then received a personal reading. Pictured are Margaret Ehrlich (left) and Beata Coss (right).



The Inspired Ghost Tracking Group were there to talk about recent investigations and paranormal events. Here are Margaret Ehrlich (left) and Colleen Cox (right).



Linda Furrow performs reflexology on Igor Goldman. Other holistic healing services included massage, reiki, sound meditation, EFT, yoga, and hypnotherapy.



Inspired Journeys

The Inspired Journeys newsletter is designed to awaken you to heightened consciousness, spiritual growth, and an awareness of who we really are. In each issue, we discuss thought provoking subjects such as metaphysics, inspirational, self-help, alternative health, and spiritual topics. All editions are available for viewing or downloading at our website.

Subscriptions are available for free upon request to:

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Color and Chakras

by guest writer, Margaret Ann Lembo, www.MargaretAnnLembo.com



The use of color is a powerful tool for bringing balance into our lives. We have the seven colors of the rainbow and the many shades and variations in between to work with. Color is a vital part of our body, mind and spirit. According to eastern philosophies, we have chakras within our energy field which are spinning wheels of light. These energy centers are responsible for regulating the functions of many levels of our being. Each chakra has a color associated with it.

There are seven main chakras.

The first chakra is the Root Chakra. Its basic color is red. This energy center is located at the base of the spine and is responsible for our basic needs. This is where we store our vital energy for providing food, shelter and water for ourselves. It is the base of Maslow's pyramid. These are our very basic needs and money is strongly associated with this center. A gemstone for the root is garnet.

The second chakra is the Navel or Sacral Chakra. Its main color is orange. It is obviously located at our navel, just a few inches below our belly button. This is the center for reproduction and creativity. We often store emotional memories in this center. It is a center that allows us to create and take action in our lives. A gemstone for the navel is carnelian.

The third chakra is the Solar Plexus Chakra and therefore, located at the solar plexus. The main color associate with the chakra is yellow. This is the place of joy, personal power, self-confidence, mental clarity, and the ability to shine our light. We often store verbal abuses here that may have reduced our self-esteem and likewise, stores kudos and praises that we have received that raised our self-confidence. A gemstone for the solar plexus is citrine.

The fourth chakra is the Heart Center. This is the chakras is green and/or pink. It is located in the center of our chest. This center is the bridge between the lower three chakras of the physical mundane world and the upper chakras of the spiritual world. This is the part of us where our true self resides...the Love That We Are. It is where and how we integrate that we are spiritual beings having a physical experience. Gemstones for the heart are green aventurine or rose quartz.

The fifth chakra is the Throat Center. This chakra is blue like the color of the sky or stone turquoise. This center is obviously located at our throat and provides us our ability to communicate and express ourselves. This is not exclusively our verbal expression but also the way we express ourselves in the world whether it is in writing, speaking, singing, cooking, or however else we may express who and what we are. A stone for the throat center is aquamarine.

The sixth chakra is the Third Eye Center. This chakra is indigo blue. It is located in the center of our forehead. This is the location



"Cosmic Flower" by Manami. www.manamiart.com

of our ability to see the unseen, know the unknown and hear what is not being said. It is the place of intuition, knowing and dreaming. A stone for the third eye is lapis lazuli.

The seventh chakra is the Crown Chakra. The color associated with the crown ranges from golden white light to a violet flame. This is the place of higher intuition, channeling, and the connection with Divine Consciousness. This is the place where our connection to miracles resides. Some gemstones for the crown chakra are selenite, amethyst, and clear quartz.

Making conscious connection with the chakras with the intention of balancing and aligning them with each other provides an avenue for balancing various aspects of your life. It is beneficial to meditate on each of the chakras using visualization to spin off what you no longer need and replace that with goodness, love and well-being. Using guided meditation CDs and place gemstones on each of these chakras will bring peace and balance to your life. You can use my CD, Color Meditation: Align Your Chakras as a tool to assist you in balancing your life.

Come learn more about chakras and crystals during the Crystal Healer Certification Course at Inspired Journeys on September 1, 2, and 3. ✧

Keeping Your New Year's Resolution, Part 7: Have an Attitude of Gratitude

by resident practitioner and certified life coach, Tara Baldwin, CLC



What we focus on expands, so it's important to focus on what we are grateful for, what is going right for us, and what is working in our lives. This is a key factor for breaking our limiting patterns.

Each day, write about five things that you are grateful for in a gratitude journal—even something as short as, "someone opened a door for me." Now you have a resource of all the wonderful things in your life, and a tool

to help you shift your focus whenever needed.

Those familiar with Eckard Tolle's work have heard of staying in the present moment. This is another key factor in breaking limiting patterns. The present moment is life. Don't miss life! Awareness will keep us here. There is nothing we can do about the past, and we can't predict the future. The present moment is the only thing we can control.

For example, if you are at a cookout on Sunday and a thought comes up on something you have to do the next day, write it down, make a plan for it, let it go, and continue on with the cookout. If

Practitioner
of the North



10% off

your life coaching session
with Tara
during the month of July!

Tara Baldwin

you saw the movie, *The Way of the Peaceful Warrior*, you learned that this exercise is also a way to stay a step above the competition. When others' minds are elsewhere, you can stay focused on what you are doing in that very moment.

Presence is the best gift we can give our children, our spouse, and our loved ones. Be there in the moment with them, listening and observing. Enjoy every moment! Carpe Diem! ✧

Summer Line-up Keeps Ghost Trackers Busy

by Margaret Ehrlich, Inspired Ghost Tracking Meetup Group organizer



The Inspired Ghost Tracking Meetup Group has a full schedule of events to keep our paranormal investigators (and friends) busy with some very special guests and a few investigations.

Nancy Du Tertre is a well-known psychic detective and spiritual medium. Nancy has appeared on the television show "Mystery Hunters" and numerous radio show appearances. We are very happy to welcome her to our August 13 gathering at Inspired Journeys.

On September 1, we welcome special guest, Mike Ricksecker. Mike is the author of several books, including: *Deadly Heirs*, the *Chase Michael DeBarlo* mystery series and *Ghosts of Maryland*, which reached as high as #9 in Amazon's Ghosts and Haunted Houses category. His other writings include paranormal short stories, song lyrics, and a monthly mystery newsletter.

Finally, on September 10 we host the Greater Maryland Paranormal Society, a not-for-profit group whose purpose is to research and investigate evidence of paranormal phenomenon using practices and methods which are scientific in nature. GMPS is based in the Baltimore area and covers Maryland and surrounding states.

And of course we wouldn't be a ghost tracking group if we didn't conduct investigations!

On July 31, the team will investigate the Patapsco Female Institute in Ellicott City. We will divide up into small groups and perform EVPs on the grounds. It will be a great learning experience for all who attend!

Next, we'll head to Waldorf, MD where we will investigate the Dr. Samuel Mudd House on August 27. The house is well-known for its ghostly inhabitants, including Lincoln assassinator John Wilkes Booth. It has also been featured on "Ghost Hunters".

Then on September 25, we head to Fort McHenry. No landmark is more precious to Baltimoreans than Fort McHenry, where a battle that marked a turning point not only in Maryland's history, but in America's history, took place. At Fort McHenry the ill-equipped, overmatched American forces held out against the British Army and Navy and saved the new young nation in the War of 1812.

All meetups are free to attend, but require group membership and registration. Investigations have associated fees which can be found on our website. If you'd like to join the Ghost Trackers, visit us online at www.meetup.com/inspiredghosttracking. ✧

Your Summer Inspiration

Essential Oil: Valor

by resident practitioner, M. Linda Furrow



Valor® is an empowering combination of essential oils that works with both the physical and “spiritual” aspects of the body, to increase feelings of strength, courage and self-esteem, enabling you to better face adversity.

Renowned for its protective qualities, Valor enhances your internal resources. It has the truly amazing ability to balance the electrical energies within the body, and has also been found to help the body self-correct its balance and alignment. Valor has been touted as a chiropractor in a bottle. It has been shown to change anaerobic mutated cells back to their aerobic natural state.

- ☞ Astrological: sun, sun in Saturn
- ☞ Chakras: 7 to 1, 3, 4, 5, 6
- ☞ Element: earth, ether and light
- ☞ Body System(s): emotional balance, nervous system, skin, muscles and bones

Valor may help with empowering the physical and spiritual bodies. Hyperactivity in attention deficit disorder in children. Brings balance and aligns electrical energies within the body.

Consult with your doctor if you are pregnant or under doctor's care before using this oil. Not for children under the age of six. Should only be used externally and with caution. ✧

Astrological Events for July and August

- ☞ July 5 Uranus retrograde
- ☞ July 11 New moon in Cancer
- ☞ July 11 Total solar eclipse in Cancer
- ☞ July 23 Jupiter retrograde
- ☞ July 26 Full moon (Buck Moon) in Aquarius
- ☞ July 28- 29 Southern Delta Aquarids Meteor Shower
Radiant point in Aquarius
- ☞ July 29-30 Capricornids Meteor Shower
Radiant point in Aquarius
- ☞ August 10 New moon in Virgo
- ☞ August 12-13 Perseids Meteor Shower
Very potent. Radiant point in Perseus
- ☞ August 20 Mercury retrograde
- ☞ August 20 Neptune at opposition
Imagination/Creative Flight
- ☞ August 24 Full moon (Sturgeon Moon) in Pisces
Energy of the Red Ray

Bach Flower Remedy: Mustard

by resident practitioner, Rev. Carolyn Hogan



The Bach Flower repertoire contains a number of remedies, which can assist in treating depression. One of the benefits of the remedies is that they each deal with a specific aspect of depression rather than just general depression. One of these remedies is Mustard (*Sinapis Arvensis*). According to Dr. Bach, Mustard is indicated as follows:

“For those who are liable to times of gloom, or even despair, as though a cold dark cloud overshadowed them and hid the light and joy of life. It may not be possible to give any reason or explanation for such attacks. Under these conditions it is almost impossible to appear happy or cheerful.”

In the case of Mustard, it is clearly a dark cloud that develops over a person for no known reason and yet, this cloud is so powerful that it overcomes the person for a time and then, just as quickly as it arrived, it may dissipate. During these times, the individual may experience a lack of interest in life, despondency, hopelessness and a deep sense of melancholy.

For those who may suffer in this way, Mustard offers relief by dispelling gloom, fostering inner peace, happiness and joy; it can also help to disclose the nature, cause and solution of one's depression. Mustard is a powerful aid in depression when used alone or combined with other depression remedies such as Gentian, Gorse, Sweet Chesnut and Star of Bethlehem. ✧

Numerology

by resident practitioner, Rev. Carolyn Hogan



August = 8: Responsibility. You may find yourself either called upon to take on new responsibilities or to finish those that you have put off. August is the month that gives you opportunities to serve. So many need help at this time, so take the time to help others. Remember that serving others is serving God.

2010 + 8 = 11. A combination of one and one makes the double-edged sword of one. This month, you are challenged to integrate leadership abilities in to your serve to others.

This entire year is about you becoming the true leader that you are. You are more than just your personality, you are also your spiritual Soul Self. We are all given this opportunity to bring forth our true soul energies. ✧

Area Events of Interest

- ☞ July 9-11, Amma in DC. Three day program with Sri Mata Amritanandamayi Devi (or Amma). At Hilton Alexandria Mark Center Hotel, Alexandria VA. www.ammadc.org. or amma.org.
- ☞ July 17-18, Baltimore Pow Wow/ Native American Festival. At Maryland State Fairgrounds, Timonium MD. \$5, children under 3 FREE. www.BAIC.org.
- ☞ July 31, The Greatest Astrological and Metaphysical Picnic in the Known Universe, Silver Spring MD. Potluck picnic at 737 Easley St. Silver Spring. Psychic readings \$20-30. Lynn Koiner 301-589-2074.
- ☞ August 6-8 and August 20-22, Day Camp/Retreat for Indigos and Crystals, Monkton MD. Two weekend retreats for all ages. Contact Patti Hawse at 410-446-2569 or hawsejourneywithin@yahoo.com.
- ☞ August 11, Egyptian Healing Rods Teleconference. FREE. 8pm EST. Email reikidawn@yahoo.com.
- ☞ August 13-14, Lisa Williams at Lily Dale Assembly, Lily Dale NY. Lisa's first ever weekend at the historic and legendary Lily Dale Assembly. www.lisawilliams.com/events/event_details.asp?id=99207.
- ☞ August 14-19, 24th Annual World Congress on Illumination, Arlington VA. This is the year of manifestation! Crystal Gateway Marriott, Arlington VA. www.eraofpeace.org/world-congress.php.
- ☞ August 27-29 The Gathering at Ramblewood, Havre de Grace MD. A 3 day/2 night retreat for psychics and healers and those on the path. \$260. Contact Patti Hawse at 410-446-2569 or hawsejourneywithin@yahoo.com.
- ☞ September 11, An Evening of Spirit with James Van Praagh, Fairfax VA. James Van Praagh will appear at Harris Theater on campus of George Mason University, Fairfax. www.cardinalcenterforhealing.com
- ☞ September 18-25, Global Festival for Peace. The 8 days of Peace starts on Sept 18 and ends on Sept 25 enfolding the International Day of Peace (Sept 21) in 2 global Prayer for Peace moments. www.earthdance.org.
- ☞ September 30-October 3, The Gathering at Joshua Tree, Joshua Tree CA. A 3 day/2 night retreat for psychics and healers and those on the path. \$260. Call Patti Hawse at 410-446-2569 or email hawsejourneywithin@yahoo.com.
- ☞ October 3, Natural Living Expo, Adelphi MD. 10am-7pm at the University of Maryland University College Inn and Conference Center by Marriott, Adelphi MD. www.pathwaysmagazineonline.com/Pathways%20Online/expomainpage.html.
- ☞ October 9, Law of Attraction Workshop, Washington DC. Attend an Abraham-Hicks Law of Attraction workshop with Esther and Jerry Hicks. \$195, \$245 at the door. www.abraham-hicks.com.
- ☞ November 20, Lisa Williams, Baltimore. Internationally acclaimed medium and clairvoyant, Lisa Williams, on her East Coast tour. Lyric Opera House, Baltimore. www.lisawilliams.com/events/event_details.asp?id=115344.



On this day of your life, I believe God wants you to know...

...that change is the natural order of things and not something that you benefit from resisting.

We live in a time of enormous upheaval on a global scale, and more and more people are seeing huge changes in their personal lives as well. It is the nature of the world in which we live

Move with grace in the face of these changes, for every change brings you an incredible opportunity for growth. Breathe, relax, and know with confidence that all things will work out for you.

