

INNER COMPASS

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INDIVIDUAL SESSIONS & GROUP EVENTS TO EMPOWER & INSPIRE YOU!

WINTER 2012-2013

Welcome to Inner Compass, an intuitive life coaching practice. My name is Joanne Franchina, and I teach people how to create fabulous lives for themselves by using their inner wisdom in everyday situations. Inner Compass offers individual sessions, including *Intuitive Life Coaching* and *Mediumship Readings*, and group events, including *Work (and Play!) Shops*, *Reading Parties*, *Group Coaching Circles*, and *Innovative Business Coaching*, to empower and inspire you. The calendar is loaded with events this season; you can read about them here and on the Inner Compass website: www.YourInnerCompass.com.



NOVEMBER 2012

GALA MESSAGE CIRCLES *with Rose Vanden Eynden, Joanne Franchina & Guest Mediums*

Message Circle Events are popular with groups and those who are new to mediumship readings – and no wonder! They are fun and affordable, and allow one's friends and family members to participate. What happens in a message circle? A handful of participants sit with a clairvoyant medium, who provides a mini-reading for each participant in turn. Joanne and Rose have invited some of their favorite mediums in the area



to participate in this event, including Rick Webster, Penney Moore, Brenda Goetz, Jaccolin Franchina, and Deborah Williams.

Because this is a "Gala" event, the mediums will incorporate into each message a special item, such as an oracle card, crystal, or spirit art, that the participant can then take home as a special gift from spirit.

Friday, November 30, 7 – 9 pm. \$25; limited space, pre-registration required. Joanne Franchina, Rose Vanden Eynden, hosts; guest mediums. To pre-register, email Rose at info@vandeneynden.biz. Include your name, the number of reservations, your email address and telephone number, and how you heard about the event.

2012 HOLIDAY READING SPECIALS

The holidays are such a special time for me; I really enjoy reflecting on the passing year and clarifying my intentions for the year to follow. I've gotten pretty good at it too! So my gift to you this season is to offer an entire month of special readings at special prices: receive a 60-minute mediumship reading for \$60, or a 90-minute combo reading-and-coaching session for \$90; both session types focus on your direction for the coming year. I expect the available session times to fill up quickly, so schedule soon, and this year, give yourself the gifts of inspiration, empowerment, and peace of mind.

Monday, November 26 – Friday, December 28, Season Special: 60-minute reading for \$60 OR 90-minute reading-coaching session for \$90. Contact Joanne to schedule your appointment.

DECEMBER 2012

PAST LIFE EMPOWERMENT *with Jaccolin Franchina & Joanne Franchina*

Are you aware that circumstances in your present life may be related to an experience in a past life? That you can gain healing and enrich your present life with a better understanding of past-life events? That you can achieve this understanding and recall your past lives through regressions, readings, and other clues, thereby empowering yourself now, in this lifetime? You can!

In this highly interactive workshop, you'll learn and experience a variety of ways to explore events from your past, some of which may be deep within your subconscious.

- ✦ Experience a group regression in which you'll explore several past lives.
- ✦ Learn how to discover relevant past-life information for yourself through intuitive readings, dreamwork, and other clues.
- ✦ Practice receiving past-life details for yourself and others (no prior experience needed).
- ✦ Most importantly, learn ways to integrate, heal, and empower yourself with information from your past, and begin living a more fulfilling life right now!

Saturday, December 8, 10 am – 4 pm (includes a break for lunch). \$85; early registrations (by November 24) \$75. Jaccolin Franchina & Joanne Franchina, co-instructors.

JACCOLIN FRANCHINA is a registered medium in Lily Dale, New York, who divides her time between Lily Dale and Cincinnati, Ohio. An ordained Spiritualist minister, Reiki Master, and certified past-life regressionist, Jaccolin has led classes in spiritual development and healing since 1997. She has been featured in several documentaries about Spiritualism and mediumship including HBO's *No One Dies in Lily Dale* and VisionTV's *Village of Spirits: Lily Dale*. Jaccolin is also the founder and artist of a wire art crystal jewelry business, Jewelry by Jaccolin. www.jaccolin.com.



JOANNE FRANCHINA See bio on page 5.

JANUARY 2013

NEW YEAR, NEW LIFE, NEW JOY! Workshop *with Joanne Franchina*

Use your inner compass, live a life you love. What are you waiting for—you're ready, the timing is great, and your higher self is eager to help you. Of course it's a wonderful idea, and you will learn how to begin living from your heart space in this interactive and magical workshop, through meditative and intuitive processes, creative brain-storming, interactive exercises, and focused discussion groups. Topics include:

- ✦ **Intention.** We will spend the full morning session focusing on your life's purpose, clarifying your intentions so that you come away with a personal "working purpose statement" to help you experience true meaning and purpose in your life.
- ✦ **Attraction.** The key to attracting your heart's desires is to fully experience the joyful feelings associated with having, doing, and being what you want. So our focal point during this part of the workshop will be your inner state of being.
- ✦ **Reconstruction.** Clearing resistance and obstacles is an area in which everyone can use some help. Learning how during this portion of the workshop may be the best thing you ever do for yourself....
- ✦ **Action.** Finally, we will explore many, many ways that you can create a positive flow of energy as you begin to walk your talk and actively express your spiritual truth.

Saturday January 5, 10 am - 5 pm (includes a break for lunch). \$95; early registrations (by December 29) \$85. Joanne Franchina, facilitator.

Register and pay for the NEW YEAR, NEW LIFE, NEW JOY! workshop PLUS a full year (12 sessions of the life coaching circle, BEST YEAR EVER!, by December 15 for only \$325, a savings of up to \$130.

BEST YEAR EVER! Life Coaching Circle *with Joanne Franchina*

Have you ever wished your life could be better? That someone would mentor you about the specific areas of your life in which you could use some help? That you could learn, once-and-for-all, how to keep the resolutions that you make? Well, POOF! Your fairy godmother has arrived on the scene with a unique opportunity for you.

In this ongoing coaching circle, you'll work with your own real-life goals, and get lots of support, in applying the key manifestation principles of intention, attraction, and action, to help you create the year (and life!) of your dreams. This is group coaching at its best, and it covers *every major area* of your life: it's like having your very own life coach, and sharing her with a small circle of your friends.

Monthly topics—that is, what your fairy godmother/coach is going to help you to do:

- ✦ January: Put Yourself First
- ✦ February: Prioritize Your Life
- ✦ March: Increase Your Energy & Time
- ✦ April: De-Clutter Your Life
- ✦ May: Make Money Work for You
- ✦ June: Get Healthy from the Inside Out
- ✦ July: Create Supportive Communities
- ✦ August: Attract a Loving Relationship
- ✦ September: Do Work that You Love
- ✦ October: Be Productive & Powerful
- ✦ November: Honor Your Spirit
- ✦ December: Live Your Dream

Second Tuesdays of each month in 2013, 7 - 9 pm.

Joanne Franchina, facilitator.

Option One: \$320 for a full year of coaching circles; early registrations (by December 29) \$295. Includes 12 sessions PLUS 12 interim, private mini-coaching sessions conducted via phone or email.

Option Two: \$30 per circle, pay-as-you go. Space very limited for this option, pre-registration required; contact Joanne directly to pre-register.

MAKING PEACE WITH YOUR BODY with Jenny Bissmeyer

Are you tired of wasting time and energy on negative thoughts about your body? Does the ongoing conversation in your head sometimes leave you feeling isolated or hopeless about life? Are you ever uncomfortable in social situations because of your weight? Does a poor body image keep you from fully living your life? If you would like to end the struggle and make peace with your body, this enlightening workshop will teach you how to appreciate yourself, your body, and your life. You will learn:

- ✦ Why diets don't work and how they can set you up for self-hatred and failure.

- ✦ Why we often hide behind negative body thoughts because we don't want to look at the real problem.
- ✦ How self-love, acceptance, and developing a healthy relationship with your body are the keys to healing yourself.
- ✦ How to take good care of YOU.

This workshop will empower you with a step-by-step process to help you become aware of, confront, reprogram, and overcome bad body thoughts. You will learn how to use meditation, Emotional Freedom Technique (EFT), affirmations, and journaling exercises as tools for self-exploration, inner wisdom, and healing. By applying these principles in your everyday life, *you will allow your body to find its natural, healthy weight.*

Make a conscious choice today to end the war with your body, free yourself, and begin living your life with greater peace, love, and joy.

Saturday, January 12, 1 – 5 pm. \$65; early registrations (by December 29) \$55. *Jenny Bissmeyer, guest instructor.*

JENNY BISSMEYER is a certified life coach, teacher, and founder of Love Your Life Coaching. Jenny began her coaching career in the fitness arena over 20 years ago teaching group exercise classes. Over the years her focus in health and wellness coaching expanded to include mind and spirit as well as body. Today Jenny's credentials range from certified personal trainer and registered dietitian to EFT practitioner and certified Heal Your Life workshop leader. Whether she is creating a personalized coaching program for an individual or leading a workshop or women's retreat, Jenny inspires people to live the lives of their dreams by empowering their successes from the inside out. Love your self, love your life, and shine! jbissmeyer@fuse.net.



ASTROLOGY: THE YEAR AHEAD with Deborah Williams

What does the year 2013 have in store for us, as we enter into this new "Golden Age"? In a lively and compelling evening presentation, Deborah will discuss the astral energies that are strongly in place for the next calendar year. In addition to providing

global predictions, Deborah will “get personal” and share predictions for each of the Sun Signs, and likely sprinkle in her own intuitive and mediumistic insights as well. Whatever the year has in store for each of us, this is sure to be a fun and fascinating evening!

Friday, January 18, 7 – 9 pm. \$35; early registrations (by January 4) \$30. Deborah Williams, guest presenter.

REV. DEBORAH WILLIAMS is a clairvoyant medium and Reiki Master who lectures and teaches on psychic and mediumship development, astrology, numerology, and signs and symbols. Deborah has been using her own spiritual gifts to help people heal and develop spiritually since 1989. dwstar7044@aol.com.



A MEDITATION SAMPLER Circle with Joanne Franchina

New to Meditation? Want to expand your practice? In this engaging group meditation circle, you’ll explore a variety of meditation forms—sitting, moving, chanting, sensing, focusing, visualizations, mindfulness, and more—from many spiritual traditions. And you’ll learn meditation by experiencing it, with a mentor to provide guidance and alongside other participants with whom you can share your experiences. Monthly topics include:

- ✦ January: Basics of Practice
- ✦ February: Posture & Movement
- ✦ March: Use of Sound
- ✦ April: Use of Sight
- ✦ May: Breath & Scent
- ✦ June: Nature Meditations
- ✦ July: Labyrinth Walk
- ✦ August: Drum Circle
- ✦ September: Health & Healing
- ✦ October: Creativity & Focus
- ✦ November: Spirit Connection
- ✦ December: Inner Guidance

Fourth Tuesdays of each month in 2013, 7 - 9 pm. Free/donation. Joanne Franchina, facilitator. Contact Joanne to be added to the group list and receive notifications.

BRAND NEW OFFERING! MEDIUMSHIP MASTERY PROGRAM, YEAR ONE: Foundational Principles & Practices with Rose Vanden Eynden & Joanne Franchina

I am thrilled to present, along with Rose Vanden Eynden of Light Journey Enterprises, a brand new offering for 2013—one that is near and dear to our hearts! In *Foundational Principles & Practices*, the first course in a series that comprises our *Mediumship Mastery Program*, you’ll learn how to recognize, understand, and apply your natural intuitive, psychic, and mediumistic abilities.

Many important topics will be covered throughout the full Year One course; however, each Quarter will feature specific topics of instruction, as follows:

First Quarter

- ✦ Intentions & guidelines for opening the self to intuition & spirit contact
- ✦ Energy, science & Natural Law
- ✦ The purpose & practice of meditation
- ✦ Clairperceptions: seeing, hearing & sensing
- ✦ Message sources: ancestors, guides, masters, angels, elementals & other beings

Second Quarter

- ✦ Spirit guides: helpers in mediumship (& life)
- ✦ Working with universal & personal symbols
- ✦ Spirit communication: identification, organization & simple conversation
- ✦ Message structure, sequence, & patterns
- ✦ Using your physiology: kinetic mediumship

Third Quarter

- ✦ Evidence: reaching for higher levels of accuracy
- ✦ Integration, pace, & flow
- ✦ Dialogues with spirit: questions & answers, options & choices, ethics & responsibilities

Fourth Quarter

- ✦ Expanding messages into full readings
- ✦ Public demonstration techniques
- ✦ Psychometry, oracle cards & other tools
- ✦ Lifelong learning & professional considerations

This program of study melds the very best of Spiritualist mediumship training with both universal and contemporary methods for developing intuition and spirit communication. It includes extensive coaching,

practice (in and out of class), encouragement, and inspiration to enhance your learning and reinforce your studies. Finally, it centers on the personal spiritual development of each student, to bring you closer to your own divine expression and experience of life.

DATES & TIMES: *Twenty Sundays in 2013, 1 - 5 pm.*

First Quarter: 1/27, 2/10, 2/24, 3/10, 3/24

Second Quarter: 4/14, 4/28, 5/19, 6/2, 6/30

Third Quarter: 7/21 (tentative), 8/11, 8/25, 9/15, 9/29

Fourth Quarter: 10/6, 10/20, 11/3, 11/17, 12/15

LOCATION: *Light Journey Enterprises & Inner Compass, 10901 Reed Hartman Hwy, Cincinnati OH 45242*

CO-INSTRUCTORS: *Rose Vanden Eynden & Joanne Franchina.*

REGISTRATION: *Application and pre-registration are required, as well as permission of both instructors, for acceptance into either the Full Course (all 20 sessions) or the First Quarter (first 5 sessions). See the Application Form for complete instructions and policies.*

PAYMENT OPTIONS

OPTION ONE: *Full Year, Single Payment. \$1,400 due prior to the first session, plus \$75 application fee. Includes: 80 hours of instruction; binder & handouts (\$10 value); So You Want to Be a Medium? reference book (\$17 value); custom journal (\$18 value); 30-minute private mediumship reading with Rose (\$65 value); 30-minute private mediumship reading with Joanne (\$65 value). Note: Readings to be scheduled throughout the year.*

Not ready to commit to the full Year One course? You may apply and pay for each Quarter separately.

OPTION TWO: *Single Quarter, Single Payment. \$385 due prior to the first session (each Quarter), plus \$75 application fee (First Quarter only). Please Note: Successful completion of the prior Quarter is required to continue with the course.*

First Quarter: *Includes: 20 hours of instruction; binder & handouts (\$10 value); So You Want to Be a Medium? reference book (\$17 value); custom journal (\$18 value).*

Second Quarter: *Includes 20 hours of instruction.*

Third Quarter: *Includes 20 hours of instruction; 30-minute private mediumship reading with Rose (\$65 value).*

Fourth Quarter: *Includes 20 hours of instruction; 30-minute private mediumship reading with Joanne (\$65 value).*

CUSTOM PAYMENT PLANS *may also be arranged. Please contact Joanne to discuss additional options.*

ROSE VANDEN EYNDEN is a certified medium with the Indiana Association of Spiritualists at Camp Chesterfield and an ordained minister with the United Spiritualists of the Christ Light Church in Cincinnati, Ohio. Rose also holds a Bachelor of Science degree in education and has taught spiritual and personal development classes and workshops for over 16 years. She has been a professional intuitive consultant, medium, and Tarot reader since the age of 19 and has an international clientele. Rose has been featured in Midwestern newspapers and television news programs, has published several metaphysical articles in national magazines, and has hosted a spiritual radio show. She is the author of three nonfiction books: *So You Want to be a Medium? Metatron*, and *Ask a Medium*, all published through Llewellyn Worldwide. www.vandeneinden.biz



JOANNE FRANCHINA is a life coach, medium, instructor, and writer. Joanne enjoyed a successful professional career as a technical writer and training course developer for 15 years before receiving her ministerial ordination and certifications in mediumship and spiritual healing from Fellowships of the Spirit in Lily Dale, New York. Since she founded Inner Compass in 2006, Joanne has led workshops in meditation, mediumship, manifestation, and other metaphysical disciplines. She has written for regional and national publications, been a featured guest for radio, and lectured at expos and other events throughout the country. Joanne teaches people how to create fabulous lives for themselves by using their inner wisdom in everyday situations. www.YourInnerCompass.com.



FEBRUARY 2013

COURSE CRAFTING: Teach Others What You Know with Neil Weinberg & Joanne Franchina

Do you feel called to teach as part of your professional offerings but you're not sure how to begin? Are you already teaching and want to improve the

learning experiences of your course participants? In this hands-on, interactive workshop, you'll learn how to transform your inspirational ideas, knowledge and skills into an empowering and exhilarating learning experience for your clients. This course covers:

- ✦ **Key Elements of Course Crafting.** Follow the path to great courses for adults. Be introduced to best-practice milestones: what they are, how one leads to the next, and why they work.
- ✦ **Process Flow.** We'll be your guides and have sample course subjects for you to choose and work from. You'll receive hands-on experience with the course crafting elements, methods, and tools—from audience focus and course objectives to designing and teaching in a classroom setting.
- ✦ **Custom Q & A.** Tell us what you're thinking about teaching, and receive our insights and suggestions about your specific course ideas.

By day's end, you will gain a sense of appreciation, knowledge, and respect for the art and the work that goes into great teaching. You'll also feel better prepared and confident to move forward with your own goals and plans to teach. And thereby, change lives.

Saturday, February 16, 10 am – 5 pm. \$135; early registrations (by February 2) \$120. Limited seating. Neil Weinberg & Joanne Franchina, co-instructors.

NEIL WEINBERG A cross-country trucker in a former life, Neil Weinberg stepped down as King of the Road and into an 18-year career in commercial training and performance support. As a lead instructional designer, writer, developer, instructor, and project manager, Neil produced hundreds of hours of online and classroom training, from single courses to major curricula, for audiences as diverse as hotel managers to telecommunications engineers. Neil has also consulted in learning and instructional design for banking, health care, and consumer products clients. His self-studies include cosmology, consciousness and quantum theory, and pace-based handicapping for thoroughbred racing.



JOANNE FRANCHINA See bio on page 5.

MYSTIC MESSAGE Event with Rose Vanden Eynden, Joanne Franchina & Special Guests

Rose and I are pleased to present another all-message service like no other! In this Mystic Message Event, locally renowned psychics, intuitives, and mediums will share gallery-style messages with audience members. We are thrilled to offer an event that celebrates such a broad range of message styles, talents, and specialties. The lineup of presenters is not final as we go to press, so check the Inner Compass website soon (www.YourInnerCompass.com) for all the program details and to register.

Friday, February 22, 7 – 9 pm. \$15. Limited seating; advance registration recommended (these events often sell out in advance). Joanne Franchina, Rose Vanden Eynden, hosts; guest presenters.

MARCH 2013

Advanced Crystal Grids & Techniques with Becky McCleery

In this highly interactive, hands-on workshop, you will learn how to make and use crystal grids for a variety of purposes. Numerous grids and gridding techniques will be presented, and participants will have ample opportunity to practice these techniques.

We will focus on making grids for the following intentions: ✦ Charging ✦ Protection ✦ Expansion ✦ Peace ✦ Distance Healing ✦ Manifestation ✦ Intuitive Gridding ✦ Much more!

Saturday, March 2, 1 – 5 pm. \$65; early registrations (by February 16) \$55. Please Note: Crystals will be available for use and/or for purchase in the class. Becky McCleery, guest instructor.

BECKY McCLEERY is a spiritually gifted psychic and intuitive holistic practitioner who teaches a variety of classes on metaphysical and spiritual development topics. She is a Usui Reiki Master, a certified Master of Crystology, and has completed Melody Levels 1 and 2 training through Four Winds Academy of the Healing Arts and Sciences.



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