

INNER COMPASS

JOANNE FRANCHINA

10901 Reed Hartman Hwy, Ste 210

Cincinnati, OH 45242

513-753-7797 JoanneF@fuse.net

INDIVIDUAL SESSIONS & GROUP INSTRUCTION TO EMPOWER & INSPIRE YOU

Dear Friends

Looking back on 2006, I am amazed at all the wonderful things that have happened in my life. Two events in particular were very significant this past year: my ministerial ordination and the opening of my spiritual counseling practice.

During this exciting time, I adopted as my mantra a quote I heard from my good friend and colleague, Rose Vanden Eynden: "Feel the fear and do it anyway." How appropriate that she and I ultimately became office partners! And how wonderful it felt to end the year together at our holiday open house.

The open house was great fun. What a delightful crowd—the line for one-minute messages extended far down the hallway! I am especially grateful for the blessings that many of you wrote for our blessing bowl. Both Rose and I held ceremonies to release the blessings; my ceremony took place the night of the first full moon of the year, on January 3.

It was a gorgeous night. I made a small fire and invoked Spirit by calling on the four directions. As I released each blessing into the fire, I said a special blessing for the person who wrote it. Then I said my personal intentions for 2007, and gave thanks for the abundance of blessings I received in 2006.

I felt inspired to sing a song that I had learned in seminary, and then to repeat the song over and over, so it became a kind of chanting meditation:

*We are the flow and we are the ebb,
We are the weavers, we are the web.*

There came a moment when I felt I should finish the song and end the ceremony, but then the thought came to me, *One more verse*. So I sang another verse. And in the middle of that final verse, a hawk (or was it an owl?) flew across the yard, swooped down directly in front of me, and came to rest in a tree at the edge of the property. And with that very special blessing, the ceremony was complete.

Manifesting Tip

The New Year is a time of great expectations, yet how can you ensure the successful outcome of your resolutions? When you first create an intention, ask yourself: Does it fit into my overall life? Is it in harmony with my other goals? Must something else occur for this to manifest? The discovery of apparent conflicts among your intentions can help you to clarify and prioritize them, so that you can see all of them come to fruition.

For example, if you want to manifest a new job or relationship, yet you also have a strong desire to be in another part of the country, you could end up sabotaging one or more of these goals. But by recognizing the potential conflicts, you now have several choices: You might decide to concentrate on moving, and expect that the job and relationship will occur in the new location. Or you might decide that a recurring vacation to the area would content you, and then focus on a job and relationship where you currently live. The key to success is clarifying your intentions from a whole-life perspective.

Inner Compass Events

Creating Your Life, Manifesting Your Dreams - Intensive Workshop Series

In this life-changing class, you will learn and apply the key creative manifestation skills of intention, attraction, and action, so that you can successfully create what you truly want in your life. You'll work with your own real-life goals, and get lots of practice and support in applying these skills during in-class (and out-of-class) exercises. This is a *workshop* that is *fun!* Class size is limited.

Session 1: Creative Manifestation Explained

Session 2: Identifying & Clarifying Your Intentions

Session 3: Attracting Your Desired Results

Session 4: Taking Action to Support Your Dreams

Session 5: Clearing Obstacles & Resistance

Session 6: Synchronization/Putting it All Together

Mondays, 7-9pm

Jan. 22 to Feb. 26 (6 sessions)

Joanne Franchina, instructor

\$125; Early registrations (by January 19) only \$110

Save even more! Mention the "Winter 2007 Newsletter" on your registration form and receive an additional \$10 off, for a total cost of \$100

Meditation Circle

Experience the many benefits of an ongoing group meditation practice. All levels of experience are welcome, although this is not a formal teaching circle. Group size is limited; the ongoing schedule will be based on participants' preferences.

1st and 3rd Thursdays, 7-8pm (ongoing)

Joanne Franchina, facilitator

Love offering

Crystal Jewelry Party

See this unique and beautiful wire-art jewelry that is handcrafted with natural crystals, fine stones, and precious metals. At this special event (similar to a home party), the artist will show a selection of jewelry, as well as loose stones available for custom-designed pieces. You're sure to have a great time, and learn about crystals too!

Sunday, Feb. 4, 1-3pm

Jaccolin Franchina, of Jewelry by Jaccolin

Free, but space is limited so call to reserve your place

A Meditation Sampler, Part One:

Learning the Basics - Weekend Workshop

Learn basic skills to help you establish a regular meditation practice that suits your goals, your personality, and your life.

Friday, Feb. 23, 7-9pm & Saturday, Feb. 24, 10am-3pm

Joanne Franchina, instructor

\$60; early registrations (by Feb. 16) \$50

Save even more! Register for Parts One AND Two by Feb. 16, for a total cost of \$90

A Meditation Sampler, Part Two:

Enhancing Your Practice - Weekend Workshop

Explore several meditation forms and traditions that you can apply to greatly enhance your meditation practice.

Friday, Mar. 16, 7-9pm & Saturday, Mar. 17, 10am-3pm

Joanne Franchina, instructor

\$55; early registrations (by Mar. 9) \$45

Save even more! Register for Parts One AND Two by Feb. 16, for a total cost of \$90

Other Noteworthy Events

A Primer on the Seven Rays

A study of the Seven Rays offers a rich understanding of the qualities of energy in our universe; learn what the Seven Rays are, and how they affect us.

Friday, February 8, 7:30-8:30pm

Joanne Franchina, instructor

Sponsored by the United Spiritualists of the Christ Light Church (www.uscl.org), Love Offering

Angels & Sacred Feathers

Learn how the synchronistic appearance of sacred feathers & other objects can deepen your connection to angels and spirit guides.

Saturday, Feb. 17, 2-5pm

Sherry Lee Calkins, instructor

Sponsored by the Spiritualist Church of Light & Hope (www.churchoflightandhope.com), \$35

SAVE THE DATE: Increase Your Healing Power with Qigong – Weekend Intensive Workshop

Learn three powerful practices that will enrich your well-being and increase your healing power.

Friday, May 4 & Saturday, May 5

Master Robert Peng, instructor

Sponsored by the Spiritualist Church of Light & Hope (www.churchoflightandhope.com), \$195