

INNER COMPASS

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INDIVIDUAL SESSIONS & GROUP INSTRUCTION TO EMPOWER & INSPIRE YOU!

A Meditation on Autumn

The crisp crunch of leaves underfoot, the lingering scent of last night's bonfire, the gallery of goldenrod, pumpkin, cherry, and plum on display along the lane. What I love most about autumn is the air; it fills me with an energy that invites reflection and inspires expression.

Consider the leaves. They are at their most spectacular during this period of transformation—just before they fall away from their tree, the only Source they have known, to ride the wind with joyous abandon, and then, quietly and without ceremony, come to rest and nourish the earth with their gifts.

Touch in with your spirit self right now. Take a breath, close your eyes, and ponder these questions for just a moment. How vibrant are your colors? How is your life force—the essence of your being—expressing itself? What gifts are you preparing to give to the world?

Consider the trees. Each autumn they let go their leaves, which are Very Important Things that have served them well for some time—familiar and dependable things with which they have become quite comfortable, like a favorite old sweater.

Touch in with your spirit self for another moment. What do you no longer need? What things in your life are you willing to release, giving thanks for the lessons and growth and support that they have given to you?

Set an intention to pay attention as your life transforms this season, as your gifts and lessons are received by the Universe. Let your thoughts be

carried on your breath as the leaves are carried on the wind. Contemplate the patterns of color and light and form as they swirl and flow. And then, come to rest, gently, with your feet on the ground.

Intentional Community

During the past several years, I have become very aware of the importance of community in my life, and I am grateful for those family members, friends, and colleagues who travel along the path with me, and oftentimes support me—especially because my path has led me to seek beyond the traditions and beliefs of mainstream Western society.

Some of those communities I was fortunate to find and join. Others formed naturally when I met someone in a similar situation or with a shared interest. Still others I purposefully built to fill a need I felt at the time.

If you would like to participate in a community of like-minded people with a common and specific purpose, then cultivate that community for yourself. Visualize yourself interacting with the people and doing the activities you desire, and feel the accompanying joyful emotions. Pay attention to the clues that the universe sends you, and take action when an opportunity presents itself. Then enjoy the fruits of your creative powers! It really is that simple.

Inner Compass Events

Meditation & Spiritual Development Circle

In this ongoing circle, you'll experience powerful group meditations and explore a variety of metaphysical subjects, all geared to your personal spiritual development.

October: First & Third Wednesdays, 7-8:30pm.

November & December: First & Third Thursdays, 7-8:30pm. Joanne Franchina, facilitator. Love offering. Contact Joanne if interested.

Mediumship Development Circle

Develop your intuitive and clairperceptive abilities at your own pace, in a small-group setting that fosters individual attention to hone your natural talents and skills.

Twice-monthly (specific dates/times based on participants' schedules). Joanne Franchina, facilitator. \$10 per session. Contact Joanne to indicate your interest.

Meditations for Health & Healing

Learn several meditations that promote the healing process for specific purposes, such as relaxation and stress relief, focused healing visualizations, and clearing resistance associated with mental/emotional/spiritual components of physical symptoms.

Mon Oct 22, 7-9pm. Joanne Franchina, instructor. \$25; early registrations (by Nov 15) \$20.

Meditations for Inner Guidance

Experience the power of your inner wisdom with higher-self meditations that can help you gain insights into a particular area of your life, solve problems, and even answer specific questions.

Mon Nov 5, 7-9pm. Joanne Franchina, instructor. \$25; early registrations (by Oct 29) \$20.

Meditations for Creativity

In this class, you'll learn meditations to help you cultivate a state of mind in which creative ideas flow naturally, stream-of-consciousness meditations, and focused visualizations to expand and build on those initial seeds of inspiration.

Mon Dec 3, 7-9pm. Joanne Franchina, instructor. \$25; early registrations (by Nov 27) \$20.

Holiday Open House with Joanne & Rose

Merries, goodies, funnies, and freebies, and of course you're all invited! Hope to see you there....

Mon Dec 10, 5-8pm. FREE of course!

Other Noteworthy Events

Building a Professional Spiritual Practice

Learn the key areas of focus in building a successful professional practice from the ground up in the mind-body-spirit arena: vision development, personal development, and professional practice development. Learn inspirational processes based on creative manifestation principles, and practical considerations based on proven business strategies. Geared to the budding spiritual entrepreneur.

Sat Oct 20, 9:30am-4:30pm. Joanne Franchina, instructor. \$75. Register by Oct 15. Held at the **United Spiritualists of the Christ Light Church** in Blue Ash. Download a registration form at www.USCL.org or call 513-891-5424.

Discover Your Life's Purpose & Joy

Tap into your higher self to see a bigger picture of your life-path, and discover some next steps to take along the journey to your true heart's desires.

Thu Nov 29, 6:30-8:30pm. Joanne Franchina, instructor. \$25. Hosted by **Finding Source** at the **Hands of Light Studio** in Mount Washington. To register, go to www.findingsource.com or call 513-520-9432.

SAVE THE DATE: Creative Manifestation

Start the New Year right and learn, once and for all, how to keep the resolutions that you make! You'll work with your own real-life goals and get lots of support in applying the key manifestation processes of intention, attraction, and action, to help you create the year (and life) of your dreams.

Sat Jan 12, 10am-5pm. Joanne Franchina, instructor. \$75. Hosted by **Finding Source** at the **Hands of Light Studio** in Mount Washington. To register, go to www.findingsource.com or call 513-520-9432.

Inner Compass Offerings

Intuitive Readings: Receive loving, healing, and guiding messages from your loved ones who are in spirit. **Reading Parties & Message Circles:** Set up an event that includes mini-readings for yourself and your friends. **Life Coaching:** Get help in clarifying your intentions and taking effective actions to live a more fulfilling life. **Group instruction:** Learn and apply concepts and practices that will help you along your life's path. **Gift Certificates:** Give the gift of self-empowerment and inspiration.