

INNER COMPASS
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INDIVIDUAL SESSIONS & GROUP INSTRUCTION TO EMPOWER & INSPIRE YOU!

Integrating Self-Care into your Everyday Life

It's the last thing we make time for—and the first thing we give up—when life makes demands on us. Yet self-care is *essential* to our personal well-being and our spiritual evolution. To enable new insights, and new ways of being, to unfold in our lives, we have to make time and room for them. Here are some tips to help you get started.

JUST SAY NO. Before adding any new self-care activities to your already-overbooked schedule, take out some of those time-wasters and energy-drainers (and we all have them!), to make room for the good stuff. Start by saying no to just *one thing*; it'll feel so good you'll start looking for more.

✦ Take the bus to work. ✦ Cancel your lunch date with the office gossip. ✦ Choose what you watch on TV, and when the program is over, immediately turn it off. ✦ Set a timer for surfing the Internet. ✦ Practice getting off the phone with people. "I'm really glad you called but I can't talk."

STANDING DATE WITH SELF. This is a once-weekly, hour-long, solo date. Use it to nurture your physical, emotional, mental, creative, or spiritual self. It can be a recurring activity at the same day/time every week, or you can vary things. You do it alone. Write it in your date book *in pen* and schedule your other commitments around it. After just a few weeks, you will be hooked.

✦ Take a luxurious bath, with candles, scented oils, music, fluffy towels—the works. ✦ Take a walk in your favorite park, or stroll through a museum or gallery. ✦ Lay in a hammock, and maybe take a nap. ✦ Listen to music. Sing along or dance to it. ✦ Drink your favorite tea while you free-associate in your journal or doodle in your sketchbook.

MORNING CHECK-IN: *Before you make your plans for the day, sit quietly, close your eyes, take a few relaxing breaths, and ask your higher self, "What is important for me to know today?"* Pay attention to the first thing that comes into your awareness—it may be a symbol, a color, a word, a sound, a feeling, or an idea. Wait another minute to see if any other insights come. As you go about your day, you will likely find these same things surfacing in your physical environment in the most intriguing ways. This is synchronicity at work to help you stay connected to your true priorities.

*Intrigued? Check out the seminar, **Nurture Your Soul**, which covers self-care concepts in greater depth and provides additional ways to apply them in your life.*

www.YourInnerCompass.com

I am thrilled to announce the new Inner Compass website. It's a simple one-pager now, providing the most up-to-date information about Inner Compass offerings and events, with more features and content to come very soon. Your comments and suggestions about the website are very welcome too!

Inner Compass Events

Inner Compass Community

Interested in meeting other open-minded people who are on a path of personal and spiritual growth? Here is your chance: Inner Compass is organizing occasional informal dinners at various local restaurants. We set up the event, you provide the company and conversation!

Contact Joanne to indicate your interest and to suggest potential dates and locations. Joanne will send notices to interested people as plans are finalized.

Meditation & Spiritual Development Circle

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

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

Nurture Your Soul

Come to this class and discover what your soul craves from you. Your wise inner self will show you what you *really* need more of (and less of!) of in your life. And you'll come away with practical steps that you can take to bring your soul cravings to fruition and continue to nurture yourself.

Wednesday, Jul 18, 7-9pm. Joanne Franchina, instructor. \$25; early registrations (by Jul 11) \$20.

Craft Class: Make an Altar Tray

Learn about creating sacred space while you decorate a tray on which to keep your favorite meditation, prayer, or healing items. You start with a 10-by-14-inch wooden tray, then paint or decoupage sacred symbols and images that have special meaning for you. Choose white or black as a background color. A variety of images and symbols will be available, and you may bring any others that you especially want to use.

Saturday, Aug 4, 1-4pm. Joanne Franchina, instructor. \$35 (includes materials). Registration deadline Jul 28.

Discover Your Life's Purpose & Joy

"I could do anything I wanted, if I only knew what it was...." Whether you desire to see a larger picture of what your life's path might look like, or simply to discover some next steps that you might

take on your journey, your higher self is eager to help you! During this class, we will tap into the clues that exist in your life right now to help you discover your true heart's desires.

Tuesday, Aug 14, 7-9pm. Joanne Franchina, instructor. \$25; early registrations (by Aug 7) \$20.

Techniques for Healing and Evolving the Emotional Self

Join us for a special seminar with Carol Flowers, well-known healer, coach, and creator of StarGlyphs sacred art symbols. Topics include: ✦ Opening the heart ✦ Healing your inner child through drawing and writing ✦ Understanding and healing emotional trauma ✦ Using sacred symbols to heal the emotional self ✦ Emotional evolution: from denial through transmutation to liberation.

Saturday, September 8, 1-5pm. Carol Flowers, guest instructor. \$70; early registrations (by Sep 1) \$60.

Create Your Life, Manifest Your Dreams

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. This is a *work-shop* 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

Tuesdays, 7-9pm. September 11 to October 16 (six sessions). Joanne Franchina, instructor. \$125; early registrations (by Sep 4) \$110.

A Meditation Sampler, Parts One & Two: Learn the Basics & Enhance Your Practice

Two seminars in one: Learn basic skills to help you establish a regular meditation practice that suits your goals, your personality, and your life, while you explore several meditation forms and traditions that you can apply to greatly enhance your practice.

Saturday, September 15, 9:30am-4:30pm (includes a break for lunch). Joanne Franchina, instructor. \$75; early registrations (by Sep 8) \$65.