

INNER COMPASS  
JOANNE FRANCHINA  
10901 Reed Hartman Hwy, Ste 107  
Cincinnati, OH 45242  
513-587-9855  
info@yourinnercompass.com  
www.YourInnerCompass.com

INDIVIDUAL SESSIONS & GROUP EVENTS TO EMPOWER & INSPIRE YOU!

## AUTUMN 2011 EVENTS

Welcome to Inner Compass, an intuitive life coaching practice. My name is Joanne Franchina, and I help people to create fabulous lives for themselves by applying their inner wisdom in everyday situations. Inner Compass offers individual sessions, including *Mediumship Readings* and *Intuitive Life Coaching*, and group events, including *Work (and Play!) Shops*, *Reading Parties*, *Group Coaching Circles*, and *Innovative Business Coaching*, to empower and inspire you.



At the moment there are several unique, intriguing, and truly inspirational events from which to choose — the calendar is loaded and there's something for everyone. You can read about many of them here and all of them on the Inner Compass website: [www.YourInnerCompass.com](http://www.YourInnerCompass.com).

### OCTOBER 2011

#### MEDIUMSHIP CLINIC: Evidential Mediumship with Chad Seibert & Joanne Franchina

Providing verifiable evidence of a loved one in spirit can make all the difference to the recipient of a message or reading. In this clinic, you'll learn and practice techniques to bring through the identifiers that constitute evidence of spirit, as part of doing an individual reading as well as gallery-style messages.

*Saturday, October 1, 1 - 4 pm. Chad Seibert & Joanne Franchina, co-instructors. \$55; early registrations (by September 24) \$45.*

**CHAD SEIBERT** An evidential medium and intuitive development coach, Chad offers personal sessions by phone and in-person at his private office in Cincinnati, Ohio. He teaches classes on intuitive and mediumship development and is honored and humbled to pass on all that he has learned from the many great teachers who have helped him on his journey. Chad demonstrates his mediumship publicly and is a Certified Medium, course instructor and former Director of Education with the United Spiritualists of the Christ Light Church. Always endeavoring to improve his work to better help others, Chad pursues advanced mediumship training under the tutelage of internationally recognized medium Janet Nohavec with The Journey Within Spiritualist Church in New Jersey. [chadseibert@gmail.com](mailto:chadseibert@gmail.com).



#### LIFE COACHING CIRCLE: Expand Your Spirit with Joanne Franchina

What a luxury — a month to focus on your spiritual well-being! The truth is, your spirit is your life force, the part of you that gently guides you to experience greater meaning and purpose in your life. This month you will explore ways to strengthen your connection to your higher self, how to develop a

personal spiritual practice that fits your life, and how to continue to nurture your soul—all of it focused and customized to help you express your unique spiritual truth in your life.

**Wednesday** October 12, 7 - 9 pm. Joanne Franchina, facilitator. \$20. Advance registration required.

### **SPECIAL EVENT! NEW PERSPECTIVES ON YOUR LIFE: Exploring Your Sacred Contract with Martie Hughes**

*"Every experience that we have contains purpose and meaning. Each event, each person in our lives embodies an energetic fragment of our own psyche and soul."*  
Caroline Myss

If you would like to better understand this statement, especially as it relates to your life, this is the workshop for you! Incorporating Caroline Myss' teachings on universal energies, the chakras, archetypes and Sacred Contracts, it offers valuable insights on life, relationships, challenges, and victories. Here's just some of what you'll get:

- ✦ You'll learn to uncover the energies of your unconscious mind, your beliefs, your experiences and perspectives that shape your reactions to everyday events.
- ✦ You'll learn how energies interact, especially as they relate to your own life.
- ✦ You'll learn how to see your life symbolically rather than literally, a view that is healing and empowering.
- ✦ You'll get a better understanding of your own Sacred Contract - why you're here, what you're here to contribute to the world.
- ✦ You'll leave with tools you can use to provide different perspectives on your life's many challenges.

It's a workshop that's fun, insightful, healing. At the core of this workshop are the teachings of Caroline Myss, specifically *Sacred Contracts: Awakening Your Divine Potential, Anatomy of the Spirit*, and *Why People Don't Heal and How They Can*, as well as the work of others.

NOTE: You will need a set of Caroline Myss' Archetype Cards which can be purchased at the workshop. Bring your copy of *Sacred Contracts*, if you have one. And an open mind.

**Saturday, October 22, 10 am - 5 pm;** we will work through lunch: you are welcome to bring a lunch or you can order from Panera's, which we will have delivered. \$125; early registrations (by October 10) \$110. \$15 materials fee to be paid to the instructor. Optional \$10-\$15 (approx.) for lunch at Panera's. Note: Online registration and payment available.

**MARTIE HUGHES** Guided to the work of Caroline Myss, Martie attended a 10-day workshop in 1998 and was immediately aware of its potential for deep, lasting healing. In 2004 she completed a two-year advanced training in Sacred Contracts at CMED, the Caroline Myss Educational Institute, receiving the designation Certified Archetypal Consultant from Caroline Myss. Martie is a multi-dimensional seer: a medium, an intuitive healer, and a spiritual coach. She is a registered medium in Lily Dale, New York, her year-round home. [www.spiritualintuitive.com](http://www.spiritualintuitive.com).



## **NOVEMBER 2011**

### **MEDITATION: Take Your Practice to the Next Level with Gay Purpura & Joanne Franchina**

Join Gay and Joanne for an empowering afternoon of meditation practice that integrates science and spirituality in innovative ways. These savvy coaches have combined their talents to create a powerful program of meditation training that truly integrates the mind, body, and spirit, and lays a strong foundation on which you can build a fulfilling meditation practice that is consistent, measurably beneficial, and even profound.

During the practice periods, you'll receive hands-on meditation coaching and continual breath guidance to achieve optimal benefits. You will feel and see the effects that correct, or connected, breathing has on your autonomous nervous system and hormonal system. You'll also experience the benefits of training with a biofeedback device through which you will receive feedback about the effects of subtle changes to your breath during meditation that answers the question, "Am I doing it right?" in a specific way.

Take your meditation practice to the next level and experience the benefits in your life for years to come!

*Saturday, November 5, 1 - 4 pm. \$55; early registrations (by October 29) \$45. Gay Purpura & Joanne Franchina, co-instructors.*

**GAY PURPURA** After experiencing the power of alternative healing in 2002, Gay left a successful career in grant writing and consulting to become a Radical Forgiveness coach. Since then she has added Transformational Breath and HeartMath to her offerings. Combined with her B.A. in Psychology from San Francisco State University, post-graduate work in Social Psychology, two years of training at The Esalen Institute, and two years at the San Francisco Zen Center, Gay has a unique blend of experience in alternative forms of healing. Gay provides one-on-one coaching and related services. [gaypurpura@cinci.rr.com](mailto:gaypurpura@cinci.rr.com).



### **LIFE COACHING CIRCLE: Be Efficient with Joanne Franchina**

How to become exceptionally productive and effective by doing less, not more—are you intrigued? This month you will learn how to leverage your unique strengths, talents, and gifts, and how to effectively delegate your weaknesses. You'll also discover the practical art of getting unstuck—whether it's from a rut, a comfortable routine, an overwhelming problem, or inertia.

*Wednesday November 9, 7 - 9 pm. Joanne Franchina, facilitator. \$20. Advance registration required.*

## **DECEMBER 2011 GALA MESSAGE CIRCLE EVENT & HOLIDAY CELEBRATION**

Message Circle Events are popular with groups and those who are new to intuitive 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? Well, a handful of participants sit in a circle with a clairvoyant medium, who provides a message, or mini-reading, for each participant in turn. Joanne and her office partner, Rose



Vanden Eynden, have invited some of their favorite mediums in the area to participate, including Jaccolin Franchina, Christine Sabick, and others.

This event will be like a "Gala" in the Spiritualist tradition and include special items, such as oracle cards, crystals, spirit art, and more. During each mini-reading, the medium will be inspired by spirit to talk about a particular item that the participant can then take home as a special gift from spirit.

*Friday, December 2, 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](mailto:info@vandeneynden.biz). Include your name, the number of reservations, your email address and telephone number, and how you heard about the event.*

### **MEDIUMSHIP CLINIC: Perfect Your Readings with Jaccolin Franchina & Joanne Franchina**

There is more to readings than delivering a series of messages from spirit. They require a sustained focus of your energies, the expectations and needs of the clients are greater, the circumstances of the client are sometimes challenging, and the topics that can come up are virtually limitless. In short, there's a lot riding on those 30 minutes! This clinic will help you rise to the challenge as you learn how to develop a reading style that honors the client, the process, the connection with spirit, and the overall intention of your reading practice.

*Saturday, December 3, 1 - 4 pm. Jaccolin Franchina & Joanne Franchina, co-instructors. \$55; early registrations (by November 28) \$45.*

### **JACCOLIN FRANCHINA**

is a registered medium in Lily Dale, New York, who divides her time between Lily Dale and Cincinnati, Ohio. Jaccolin's mediumship is characterized as strongly empathic; she often takes on the characteristics and mannerisms of loved ones in spirit until you feel they are in the very room with you. Jaccolin has led spiritual development classes for over ten years, and has been featured in several documentaries about Spiritualism and mediumship. [www.jaccolin.com](http://www.jaccolin.com).



## CRYSTAL PENDULUM Craft Class with Linda Vitagliano Berg & Joanne Franchina

What a wonderful afternoon we have in store for you! In this workshop you will make a lovely pendulum under the tutelage of Linda Vitagliano Berg, the proprietress of Gypsy Moon Imports in Cincinnati, Ohio. Linda and Joanne will begin with a discussion of the metaphysical and healing properties of natural crystals and gemstones, to help you select the ones to use in your unique pendulum. We will use silver plated chains (or copper), and there will be a beautiful assortment of crystals and stone beads from which to choose: spherical, elliptical, conical, natural shapes, even carved beads.



Linda will guide you through the simple process of assembling your pendulum—no prior experience or crafting skills needed. Joanne will then teach you about various uses for your pendulum. You will learn and practice principles and techniques for divination (such as yes and no), dowsing for healing and energy work (such as chakra balancing), and general guidelines on using and caring for your pendulum. Makes a wonderful gift for yourself, or a very special holiday present for some lucky person on your list—you might even give this class as a gift to a friend and enjoy a relaxing, fun afternoon together! All materials included. Time permitting, you can make more than one pendulum for an additional materials cost of \$10 and up per pendulum.

**Sunday, December 4, 1 - 4 pm.** Linda Vitagliano Berg & Joanne Franchina, co-instructors. \$55; includes materials for one pendulum. Registration deadline November 28.

### LINDA VITAGLIANO BERG

loves people and honors the light that shines from each and every one of us. She is the proprietress of Gypsy Moon Imports, "your friendly neighborhood bohemian boutique" in Cincinnati, Ohio. Linda studied Sociology at Miami Dade College and is currently taking creative writing classes to pursue a lifelong dream of writing a novel and a book of prose and poetry.



Her other interests include gardening, reading, and photography. Linda's artistic talents extend to handcrafting jewelry and pendulums—popular sellers at her store—and she teaches basic beading classes incorporating the healing properties of gemstones. [www.gypsymoonimports.com](http://www.gypsymoonimports.com).

## LIFE COACHING CIRCLE: Enjoy Effortless Success with Joanne Franchina

At this stage in our group coaching circle, you will have already attracted a number of wonderful things, experiences, and people into your life. You have a solid foundation of energy, time, space, money, love, meaning and purpose, and are now supremely ready to attract a specific thing that you want into your life—whether it's the perfect job, the love of your life, the ideal home, or the experience of your dreams. This month you will learn powerful yet simple ways to build on your successes, and the momentum will carry you to all areas of your life for years to come.

**Wednesday December 14, 7 - 9 pm.** Joanne Franchina, facilitator. \$20. Advance registration required.

## ONGOING EVENTS

### MEDIUMSHIP DEVELOPMENT CIRCLE

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

**Every Thursday, 7 - 8:30 pm.** Joanne Franchina, facilitator. \$12/session; \$40/4 sessions. Pre-registration required: contact Joanne if interested in participating.

### MEDITATION CIRCLE

Each meditation circle focuses on a theme, such as nature, breath, chanting, healing, creativity, posture and movement, and more. The circle occasionally meets at other locations such as outdoor facilities, and enjoys a mix of energies when guest facilitators are able to join Joanne in leading the circles.

**Fourth Tuesday of each month, 7 - 9 pm.** Joanne Franchina, facilitator. Free/Donation. Pre-registration suggested: contact Joanne if interested in participating.

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