### Guided Chakra Clearing and Meditation
**Tricia Blanchard**
*Heartlink Gems and Natural Stones*

Do you want to understand the deeper secrets of who you are? Do you want a greater degree of control over your life and the ability to heal blocks and wounds that you may not even be aware of? That’s what this class is all about! You see, we are a lot more than just a physical body. We all have an energy body as well, that many of us take for granted. The energy body determines how you feel, how people respond to you and literally creates your reality. Come join me in an introduction course on the chakras with a guided meditation. I will go through your first chakra and help you connect and shift it. This is a great workshop to help anyone new or seasoned to clear up and manifest what your body needs. (Attendees for the 10:00 workshop may arrive 10 minutes early)

### Creating an Authentic Daily Practice
**Helena Melone**
*Datura/CEF*

Activate and live from your authentic self by creating an easy-to-maintain personal practice unique to your physical and spiritual values and vision of your path. *(Creative Empowerment Facilitation)*

### Discover Your Essential User’s Manual: How to Decode Your Natal Astrology Chart and Fully Understand Yourself
**Katt Tozier**
*Mystic Katt*

Your natal astrology – the precise picture of the Universe at the moment of your birth – gives you a detailed blueprint for your life. With it, you can understand why you’re wired the way you are, how you best relate to other people, what lessons you cam her to learn, the purpose you came to fulfill, how to effectively create wealth, and so much more.

In this workshop, we’ll take a look at how the four cardinal points in your chart form the primary picture of your most personal and most public selves, and the significance of how your personal balance of elemental energies (Fire, Earth, Air, Water) work together to create your unique energetic vibration.

### Mindfulness and Spirit Helpers
**Annie Stillwater Gray**
*Author*

Your spirit helpers give you information and send you signs every day. Learn how to connect with your Spirit Guides on a day-to-day basis through mindfulness.

### Past Lives
**Regina Strongheart**
*Forest Circles*

Regina will facilitate a Q and A session concerning past lives. She will share some of her experiences and offering a brief reading for some folks in the audience, time permitting.

### Divine Touch Healing
**Kristy James and Joanna Spano**
*Kennebec Valley Wellness Spa*

Through the power of love, we are able to reach to the root of ancient beliefs, origins of emotional and physical wounds, to clear them once and for all. By connecting with our Christ Light, our hearts, we are able to open up to higher levels of consciousness as a way of healing what has long held us back.

In this workshop, you will learn about the Divine Touch Healing Process (developed through guidance and co-creation) from a certified user, beginning with a foundation of basic healing methods that open you up to more advanced techniques, by assisting you in reaching higher levels of consciousness, where more profound results are achieved.

### Pure Bioenergy Therapy® – What it is and What it is Not
**Shirley Benson**
*PureBioenergy Health and Healing*

Learn about this hands on healing modality that is precise, highly structured, and unique in its simplicity and results, known as THE POWERHOUSE OF HEALING, and generally the method that is sought after when all else fails. From simple to the most serious of illness, there is nothing this therapy cannot help.

### Animal Communication
**Kathy Drage**
*Earth Talk*

Kathy will explain how animal communication works and she will share her experiences as an animal communicator over the years.
<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Event</th>
<th>Presenter</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>1:00</td>
<td>Boardroom</td>
<td><strong>Self-Hypnosis</strong></td>
<td>Ernest Van Den Bossche</td>
<td>Learn to change old habits to reach new goals. Be the new you through the power of the subconscious.</td>
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<tr>
<td>1:30</td>
<td>Boardroom</td>
<td><strong>Body Code</strong></td>
<td>Rhonda Montanez Earthside Alternatives</td>
<td>Body Code is an energetic healing modality that can address the many underlying causes of imbalance in the body systems: Energies-Circuitry-Toxins-Pathogens-Nutrition.</td>
</tr>
<tr>
<td>1:00-2:00</td>
<td>Old Town Hall</td>
<td><strong>Uncover Your Soul Purpose</strong></td>
<td>Rachel Horton Soulful Work Intuitive Consulting</td>
<td>See attached flyer for a full description of this workshop</td>
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<td>Limited to 20 people - may purchase tickets in advance or at the door, pending availability (call 207-649-2386)</td>
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<td>$20.00 ticket required (at main entrance)</td>
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<td>Or register online at: <a href="https://soulfulwork.as.me/?appointmentType=11057148">https://soulfulwork.as.me/?appointmentType=11057148</a>.</td>
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<tr>
<td>2:00</td>
<td>Boardroom</td>
<td><strong>Charmed Tarot</strong></td>
<td>Samantha Turcotte Heartlink Gems and Natural Stones</td>
<td>Want to add some flare to your tarot card readings? Let me show you how to build a charm bowl. It’s wonderful how while doing a tarot reading you can get clarification from a simple spray of the charms. I will explain how I collected the charms that I use and where you can get charms from around your home or by finding them online.</td>
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<tr>
<td>2:30</td>
<td>Boardroom</td>
<td><strong>Energetic and Nutritional Insights of the Mind, Body and Spirit</strong></td>
<td>Ray Veileux The Health Medium</td>
<td>Join the Health Medium, Ray Veileux, as he discusses your body from an energetic point of view. Learn how your energy body can be seen by an intuitive, what they see, and why they may find things that your doctor can't.</td>
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<tr>
<td>3:00</td>
<td>Boardroom</td>
<td><strong>NES: Your Journey to Health</strong></td>
<td>Ingrid Levasseur Inner Image Thermography</td>
<td>NES Health: A Revolution in Health Care. Come see how bio-energetic healing can locate the source of chronic ailments and introduce the correct vibration to help the body heal itself.</td>
</tr>
<tr>
<td>4:00-5:00</td>
<td>Boardroom</td>
<td><strong>Gallery Reading - Messages from Spirit</strong></td>
<td>Jennifer Laflin Certified Medium</td>
<td>See attached flyer for a full description of this workshop</td>
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<td>$20.00 ticket required - call (207) 649-2386.</td>
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**DISCLAIMER:** In group sessions, there is no guarantee that everyone will receive a reading.

For legal and ethical reasons, please be advised that readings and healing sessions are not substitutions for professional services offered by professional licensed providers.

Festival planners are not liable for the misuse or misrepresentation of information or treatments provided by individual practitioners. Seek medical advice from your physician in addition to alternative therapies.
UNCOVER YOUR SOUL PURPOSE

A Workshop on Co-Creating Your Future

A lot of us want to know what our soul purpose is. This is especially true when we feel like we are not fulfilling that purpose, especially in our careers. This can cause frustration, sadness and perpetual discontent.

In this workshop, you will learn how to tap into what your soul longs for you to be doing. We will learn about the law of vibration, do a guided meditation to meet your future self and write down a vision to align with!

WITH RACHEL HORTON WHITE OF SOULFUL WORK INTUITIVE CONSULTING

Sunday, October 13th
1-2 PM
at the Mind Body Spirit Festival, Hilton Garden Inn in Freeport, Maine

$20 per person

SOULFUL WORK
INTUITIVE CONSULTING

www.soulfulworkconsulting.com 207-558-3221
"Messages from Spirit" Gallery Reading

with Jennifer Laflin
Certified Medium and Psychic

Join Jennifer as she hosts this special gallery reading event and delivers Spirit’s insightful messages to audience members. Jennifer’s amazing gift of mediumship and her good-humored personality will have guests laughing and crying, but most importantly, leaving with a sense that there is more to our soul’s journey than what we already know. Come and hear what Spirit has to say to you …it promises to be an enchanting hour!

(Depending on the number of attendees, we cannot guarantee that every guest will receive a reading.)

$20.00 Admission

Tickets may be purchased in advance by calling (207) 649-2386 or at the door, (if not sold out in advance). Limited to 20 people.

Sunday, October 13
4:00 - 5:00 PM
at the
Mind Body Spirit Festival
Hilton Garden Inn, Freeport