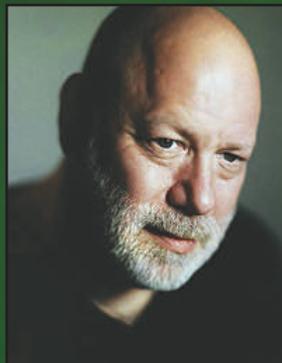


# EVENTS

7 Days a Week



**PAUL SELIG**

Beyond the Known



**SONIA  
BARRETT**

Expanding Your  
Superconsciousness



**AMIT  
GOSWAMI**

Gateway to a  
Quantum Society

JULY • AUGUST • SEPTEMBER • 2019

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# Change & Transformation

## 3 expansive programs this Fall

at The Expanding Light Retreat in Nevada City and ONLINE



Joseph Puru Selbie  
Author of  
*The Physics of God*



Dr. Peter Van Houten

### The Physics of Meditation

A Scientific and Experiential Exploration of Spirit and Nature

Friday, Sept. 13 – Sunday, Sept. 15

Science and spiritual experiences come together in this rich, experiential weekend.

**Sessions include:**

- Matter Is an Illusion
- You Have Two Bodies
- Your Consciousness Creates Matter

### You Can Change Your Brain and Transform Your Life

Self-Transformation through Superconsciousness

Friday, Oct 11 – Sunday, Oct 13

Who do you want to be in 6 months? Learn how your brain can help you!

- Gain an in-depth understanding of how meditation and spiritual practices refine your brain
- Learn specific practices proven to help self-transformation
- Learn lifestyle changes to benefit your transformation

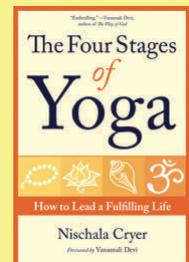
Nov  
1 – 3  
2019

In-person &  
Online



## Four Stages of Yoga Conference

How to live a life of great fulfillment



Nischala Joy Devi

Brother Craig

Drupada MacDonald

Nischala Cryer

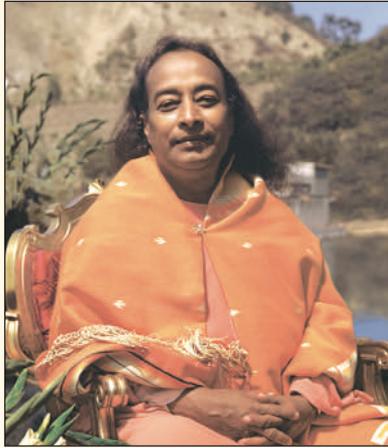
Anandi Gray

Kamran Matlock

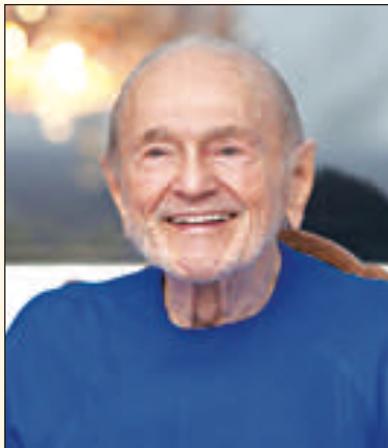
Nefretete Rasheed

If you enjoyed reading Nischala Cryer's uplifting book *The Four Stages of Yoga: How to Lead a Fulfilling Life*, this event will bring you in personal contact with many of the great souls she interviewed. This conference, hosted at **Ananda Village** and broadcasted live by **Online With Ananda**, brings you joyfully into the wisdom of the four stages through inspiring talks, storytelling, essential tips, wise advice, satsang, discussions, and blessings from the presenters hearts.

[www.expandinglight.org/calendar](http://www.expandinglight.org/calendar)



**Paramhansa Yogananda,** the great Indian avatar, and author of the spiritual classic *Autobiography of a Yogi*, brought the art and science of Yoga to the West in the 1920s, teaching the foundational unity of all true religions.



**Swami Kriyananda,** one of the foremost disciples of Paramhansa Yogananda and founder of Ananda and East West Bookshop, is the author of *The Essence of the Bhagavad Gita*, *The New Path*, and other spiritual classics.

**East West Bookshop**

324 Castro Street, Mountain View, California 94041 • 650-988-9800  
www.eastwestbooks.org

Events Manager • Chrystal Aulson  
Design and Layout • Todd Billingsley  
Editing/Website • Karen Gamow  
Events Support • Alex Chance



**DEAR FRIENDS,**

East West is a place of reflection. We have beautiful and unusual gifts, interesting speakers, amazing crystals, and of course much, much more, but we are primarily a store of wisdom, personal betterment, and the search for ways to bring light into our own being and from that position of strength into an often troubled world. We all face conflicts and challenges from time to time. There are few things more certain than that. So the question naturally becomes how we face what presents itself to us. A great and inspiring quote I have always loved is, “Change not one whit of my circumstances. Change only me.”

I have a circumstance right now in my life that is presenting a challenge to my consciousness. I work to remember that I am not in charge of this world (Good thing!), and that everything that comes to me is an opportunity to strengthen my resolve always to respond with love and kindness. This planet is perhaps best thought of as a school, and rebelling at the lessons the Teacher gives me

is not helpful. I’d like to graduate at some point, after all! We are each here to help each other through in whatever way we can.

For those of you reading this letter who may be new to East West, I encourage you to pay us a visit. If you have picked up our magazine, it is likely that something about who we are caught your attention. It gives all of us here a deep sense of satisfaction to bring someone new into the East West family. We have many customers who have been coming regularly for over 30 years, and would be honored if you became one of them. And if you feel to, please ask for me by name when you stop by.



**DAVID G., MANAGER  
FOR THE GANG AT EAST WEST**



# EVENTS

Jul • Aug • Sep • 2019

Tuesday, July 2

## Numerology 101: Numbers

7-9pm • \$45 thru Jul 1, \$50 day of, \$200 for whole series (every Tuesday in July)



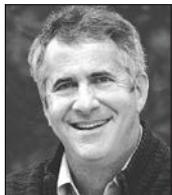
Would you like to understand the spiritual meanings of numbers? Are you seeing the same numbers all the time but don't know what they mean?

Would you like to understand your own set of numbers called your birth date? In this first of five basic classes, you will learn the meaning of the numbers 0 through 9, the meaning of the testing numbers, the master numbers, the decave numbers, compound numbers, and more. This series is offered by Master Numerologist and teacher **Michael Bisbiglia**. He has practiced Numerology for over 27 years and is a featured reader at the East West Bookshop. Michael brings a unique, simple, and fun approach to understanding the often confusing study of Numerology. Limit of 10 students per class. *Bring 8½x11 ¼ inch graph paper, lined paper, pencil, eraser, and calculator.*

Monday, July 8

## How to Know and Trust Your Inner Guidance

7:30pm, free • reserve a ticket online



True inner guidance is calm, centered knowing. Learn simple techniques to draw the guidance that is always freely available to you and to distinguish it from imagination or hope. **David Gamow**, author of *Freedom from Stress*,

left a career on Wall Street to immerse himself in living Eastern teachings for the past 35 years. He is the founder of Clarity Seminars, and has taught meditation and

mind-calming techniques to over 30,000 people at places like CBS, Stanford Medical, NASA, GE, the U.S. Treasury, and the U.S. Department of Justice.

Tuesday July 9

## Numerology 101: Birth Dates

7-9pm • \$45 thru Jul 8, \$50 day of, \$200 for whole series (every Tuesday in July)



In this second in a series of five classes, learn the meaning of and how to calculate all of the different parts of a birth date. The science of numerology gives you an idea of

how numbers apply to everything in your life. This series is offered by Master Numerologist and teacher **Michael Bisbiglia**. He has practiced numerology for over 27 years and is a featured reader at the East West Bookshop. Limit: 10 students per class. *Bring 8½x11 ¼ inch graph paper, lined paper, pencil, eraser, and calculator.*

**talk** Wednesday, July 10

## Quantum Love: Transform Your Love Patterns from Toxic to Transcendent

7:30pm, free • reserve a ticket online



Have you felt your love life is toxic? Less than you desire? Are you feeling lonely and frustrated in your current relationship, or in seeking love? Is there a consistent pattern

in your love life? Whether you are divorced, widowed, single or coupled, there is a purpose to the love challenges and struggles we experience. Pain gets our attention. It says "hey something needs work, dig right here!" Internationally recognized relationship expert, author and trainer, **Dr. Brenda Wade** reaches millions as the relationship expert on The Dr. Oz Show, host of Modern Love Radio, a sought-after keynote speaker, trainer, and the best-selling author of four books on love.

**workshop** Thursday, July 11

## Quantum Love Relationships: Five Truths to Transform Your Love Patterns from Toxic to Transcendent

7-9pm • \$20 thru July 10, \$25 day of

The secret to creating the love you desire is in mastering new Quantum Love tools. **Dr. Brenda Wade** has trained thousands of couples in person and millions via TV and social

media. Singles have found love, and even divorced couples have reconciled and are happily remarried. Quantum Love utilizes Dr. Brenda's unique blend of science, psychology and spirituality, to yield practical tools and strategies you can begin using right now.

Friday, July 12

## An End to Upside Down Thinking

7:30pm, free • reserve a ticket online



**Mark Gober** will discuss that consciousness, rather than matter, is the basis of all reality. He will explore the evidence from quantum physics, psychedelics, savants, remote viewing, telepathy, precognition, psychokinesis, near-death experiences, communications with the deceased, and children who remember previous lives. Mark will cover the implications of consciousness for science, technology, medicine, happiness, relationships, and world peace. Mark Gober, a former Wall Street investment banker, is the author of the bestseller *An End to Upside Down Thinking: Dispelling the Myth That the Brain Produces Consciousness, and the Implications for Everyday Life*.

Saturday, July 13

Sunday, July 14

## East West Psychic Fair

12-6pm both days

Come to East West to receive guidance on what's going on in your life, during two days of private consultations with a gifted

Reservations for free events are taken on a first-come basis. Because seating is limited and reservations for free events often fill up, we encourage you to arrive five minutes prior to the program's scheduled start to be assured admittance. Unclaimed seats are released to wait-listed customers at that time. Our events, in general, are for adults. Please do not bring children under 12 to lectures or workshops unless the event specifically mentions otherwise. Occasionally events are audio or video recorded, with participants' consent.

### Cancellation policy:

To receive a refund for a paid reservation, minimum 24-hour notice before the event is required.



group of professional practitioners. Get the help you need to clear, expand and uplift your energy—from past-life illumination to angelic guidance, and from spirit-channeled messages to healings of the astral and energetic body. Find insights, answers and healing. Each practitioner will keep a separate schedule, and separate payment will be made to each directly, not to East West. You must be present to sign up for appointments. The fair will operate on a first-come basis, with several practitioners available at all times.

Tuesday, July 16

### Numerology 101: Names

7-9pm • \$45 thru Jul 15, \$50 day of, \$200 for whole series (every Tuesday in July)



Do you have questions about your name? Have you always wondered what a name change would do? In this third of a series of five classes, you will learn the meaning of a name, and how to apply numbers to the letters to expose the name's deeper strengths and weaknesses. You will also discover the heart and soul number of a person derived through the birth name. This series is offered by Master Numerologist and teacher **Michael Bisbiglia**. He has practiced numerology for over 27 years and is a featured reader at the East West Bookshop. Michael brings a unique, simple, and fun approach to understanding the often confusing study of numerology. Limit of 10 students per class. Bring 8½x11 ¼ inch graph paper, lined paper, pencil, eraser, and calculator.

Wednesday, July 17

### Reopening the Heart: The 5 Basic Rules of Love

7:30-9pm • \$15 each or 2 for \$20 thru July 16, \$20 day of, \$5 students with ID



5 basic rules of love have ruled your relationships—all of them. They also set us up to gradually close down our heart and experience of love, in us, and around us. Learn how to reopen that heart flow. **Scout Bartlett** has a remarkable ability to bring clarity to life insights, realizations, mystical perspectives, and visions. Love and energy flow are the

core of his work, and the core of our spiritual lessons/growth. Natural-born clair-sentient Scout is a gifted energy channel, teacher and healer, with decades of training and practice. He is a long-time reader at East West. In addition to a private practice of sessions and classes, Scout hosts the *Life Insights Live* radio show.

Thursday, July 18

### Spirit Circle: Guidance from Angels, Guides and Loved Ones

7-9pm • \$40 thru July 17, \$50 day of Limited to 15 participants



Everyone receives an individual reading during this event. **Mark Mezadourian** will guide us in receiving messages from an angel, guide or deceased loved one in one of two ways: A) choose whom you want to connect with, or B) see who comes forward for you. Either way, the perfect guidance is here for you. The intention of this intimate gathering is to let go of trying to figure things out, and to listen instead. In past circles, people have chosen to connect with their grandmothers, fathers, sisters and angels, while Joan of Arc, Saint Germain, David Bowie and Michelangelo have come forward with messages. Mark is an intuitive specializing in connecting with angels and guides. He offers private intuitive readings, workshops, weekly calls and classes.

Friday, July 19

### How a House Becomes Haunted

7:30pm, free • reserve a ticket online



**Siobhan Nicolaou** explains how houses become full of energy that take on an active personality and become what people experience as "haunted." It isn't the way you think. An expert in the field of alchemical transmutation, she draws from 30 years of experience transforming extremely active and aggressive energies, and wants to share the truth about haunting manifestations. Siobhan is the author of *The Absence of Evil, Love's Reclamation of The Soul* and is a master alchemist and metaphysician. She serves the evolution of consciousness by transforming homes and lives. She teaches others how to embody the language of love through spirit readings, classes, mentorships, and meditation.

workshop Saturday, July 20

### How to Deal with an Active House

12-4pm • \$33 thru July 19, \$44 day of

**Siobhan Nicolaou** will describe situations based on personal experience from house-mates to active spirits. She will help you manage the energy and thrive in any environment. Learn practical tools to manage your energy and diffuse even the worst-case scenarios. This is a valuable session for anyone, especially empaths, mediums, and energy workers. Siobhan is the author of *The Absence of Evil, Love's Reclamation of The Soul* and is a master alchemist and metaphysician. She serves the evolution of consciousness by transforming homes and lives. She teaches others how to embody the language of love through spirit readings, classes, mentorships, and meditation.

Saturday, July 20

### Enhancing Energy Flow for Robust Health

7:30pm, free • reserve a ticket online



When our energy is flowing unobstructed through the body, our health can improve dramatically. **Steven Manus**, a long-time student of the teachings of Paramhansa Yogananda will offer a series of simple and highly effective "energy remedies" designed to enhance the body's natural healthy flow. Learn how to reduce energetic blockages that keep you from feeling your best. An evening of safe and enjoyable stretching, movement, conversation, and humor.

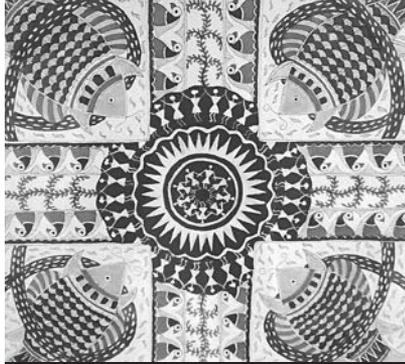
Sunday, July 21

### Bypass Your Brain for Better Answers

1-5pm • \$65 each or 2 for \$80 thru July 20, \$80 day of, \$25 students with ID Maximum enrollment: 50



Your mind frequently argues about what you know, or about what you are trying to decide. In this first time offering, **Scout Bartlett** will train you how to go into a state beyond mind to receive clairvoyant and clair-sentient answers. He will help you develop awareness of symbolic answers to your questions or your client's concerns. Take your queries into a higher state and receive profound insights. Add these skills to your toolkit for making decisions. Professionals



# EVENTS

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and beginners are welcome in this training. Natural-born clairsentient, Scout Bartlett is a gifted energy channel, teacher and healer with decades of training and practice. He is a long-time reader at East West.

Monday, July 22

## Dance of the Soul Workshop

7:30-9pm • \$25 thru July 21, \$35 day of

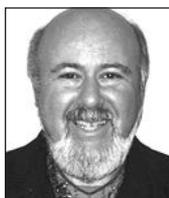


Discover the power and mystery of whirling (movement, music, and meditation) as a gateway for growth and spiritual awakening. Inspired by nature, ancient Iranic rituals, the science of whirling, and the beautiful spiritual traditions of Sufism, **Farima Berenji** shares the essentials of whirling meditation including preparation, balance and posture, controlling dizziness, self-focus, breathwork, and more. Farima is an internationally acclaimed dance artist, a dance ethnologist, choreographer, instructor, and an archaeologist specializing in ancient, sacred, classical, and folkloric dances of Persia and the Silk Road. A scholar of ancient and mystical dance, she travels worldwide to lecture, perform, and inspire creativity and rejuvenation through dance.

Tuesday, July 23

## Numerology 101: Creating a Numerology Birth Chart

7-9pm • \$45 thru Jul 22, \$50 day of, \$200 for whole series (every Tuesday in July)



This fourth class in a series of five is directed towards those students who are already familiar with, or have some working knowledge of the information included in class-

es one through three, and who would like to take a deeper look into the application of the name and birth date in creating an actual numerology chart or numberscope. This series is offered by Master Numerologist and teacher **Michael Bisbiglia**. He has practiced numerology for over 27 years and is a featured reader at the East West Bookshop. Michael brings a unique, simple, and fun approach to understanding the often confusing study of numerology. Limit of 10 students per class. *Bring 8½x11 ¼ inch graph paper, lined paper, pencil, eraser, and calculator.*

talk Wednesday, July 24

## 5 Secrets to Create and Thrive in Conscious Relationship

7:30pm, free • reserve a ticket online



A conscious relationship is an ongoing practice of creating genuine attraction and connection. It's done from a foundation of self-realization, self-growth, inner healing and becoming friends with one's ego. In this talk, conscious relationship expert, **Gigi Azmy**, shares the five secrets of attracting and creating a thriving conscious relationship. Singles, couples, and those who identify as LGBTQ are all welcome. Gigi is well known for her ability to transform her clients' chronic issues into success with laser-like precision. She is an expert teacher and coach in the area of conscious relationships. Passionate, fiercely loving, and fiery, Gigi helps facilitate your authentic transformation.

readings Thursday July 25

## One-on-One: Relationship Breakthrough Coaching Sessions

3-6pm • \$50/30min, \$100/60min

If you are looking for no-nonsense clarity around relationships, these mini powerful and transformative relationship breakthrough sessions will leave you feeling more peaceful, grounded and clear. They will help you identify your top three blocks and patterns and teach you how to solve them. Sessions are open to singles and couples and are LGBTQ friendly. **Gigi Azmy**, MBA, is well known for her ability to rapidly transform her clients' chronic issues into success with laser like precision. She is an expert teacher and coach in the area of conscious relationships. Passionate, fiercely loving, and fiery, Gigi helps facilitate your authentic transformation.

workshop Thursday, July 25

## Workshop: Attracting and Creating a Conscious Loving Relationship

7-9pm • \$15 thru July 24, \$25 day of

Do you wish you knew how to connect instead of clash in an argument? Do you wonder why it seems that your partner can't hear your deepest needs? You know you want a more conscious, present, loving relationship but you don't know what that looks like or how to get it. **Gigi Azmy** will lead an interactive and powerful lightning round of coaching on conscious relationships at the end, so please bring your most pressing questions. Gigi is well known for her ability to rapidly transform her clients chronic issues into success with laser like precision. She is an expert teacher and coach in the area of conscious relationships. Passionate, fiercely loving, and fiery, Gigi helps facilitate your authentic transformation.

talk Friday, July 26

## Living Beyond a Default Existence

7:30pm, free • reserve a ticket online



Our brains look for familiar patterns and form a blueprint of our personal reality. We often don't realize the default conditions by which we live or the degree to which a more supernatural life is thereby limited. We have normalized our limitations. In this talk, we will tap into the inner "I" to open the mind to possibilities beyond the realm of our default and comfortable perception of reality. Theoretical Physicist Dr. Amit Goswami refers to **Sonia Barrett** as a true mystic. She is the author of *The Holographic Canvas, the Fusing of Mind and Matter*, producer of *The Business of Disease* documentary, and radio host of *The Expansion Zone* on KPFK 90.7FM. She addresses the programming and concepts by which we live our lives.

workshop Saturday, July 27

## Expanding Your Superconsciousness

1:30-4:30pm • \$35 thru July 26, \$45 day of

We are an ever-changing species. In this workshop, **Sonia Barrett** will discuss the growth and expansion of superconsciousness, and explore how our spirit, mind and body upgrade aligns with the rise in technology. This is an opportunity to move

beyond comfortable and safe concepts that confine us to more limiting versions of reality. Although our bodies are always regenerating, you will better understand why they expire despite this renewal process. Theoretical Physicist Dr. Amit Goswami refers to Sonia Barrett as a true mystic. She is the author of *The Holographic Canvas, the fusing of mind and matter*, Producer of The Business of Disease documentary, radio host of The Expansion Zone on KPFK 90.7FM. She addresses the programming and concepts by which we live our lives.

Saturday, July 27

**Love on Every Breath: Tonglen Meditation for Transforming Pain into Joy**

7:30pm, free • reserve a ticket online



Today, as our human family faces many challenges, it is more important than ever that we find peace and sustenance in our hearts. **Lama Palden Drolma** introduces an ancient Tibetan Buddhist meditation—Tonglen—in which practitioners breathe in the suffering of others and breathe out compassion. She will also share on-the-spot practices for each of the eight steps of the complete practice, which can be practiced anywhere and everywhere in daily life, as well as on in your personal meditation practice. Lama Drolma is author of *Love on Every Breath*. A licensed psychotherapist, spiritual teacher, and coach, she has studied Buddhism in the Himalayas with some of the most preeminent Tibetan masters of the twentieth century.

Sunday, July 28

**Brain Balancing Music, Mindfulness, Meditation, and Sound Healing**

2-5:30pm • \$33 thru July 27, \$44 day of



Experience the latest breakthroughs in sound healing, to support the innate intelligence of your cells and DNA. Help optimize and balance the chakras and both hemispheres of the brain. Sleep better, enhance focus, and supercharge your creativity. **Steven Halpern** combines spirituality, sound healing, epigenetics, mindfulness, and mantra in this special afternoon (not a concert). He'll cover cymatics, vocal toning, drumming (bring your own drum), and guided visualization

to empower your intention. Join us as we entrain our brains and hearts to an inner peace zone, and radiate those vibrations to the planet. Experience deep listening to selections from Steven's albums. *First 50 registrants receive a free CD from Steven's archives; all receive a 10% discount on Halpern titles in store.*

Monday, July 29

**Spiritual Rebel: Finding Deeper Perspective and Higher Purpose**

7:30pm, free • reserve a ticket online

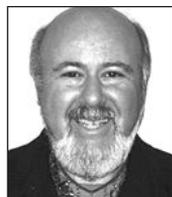


Explore and deepen your higher purpose, through inspiring insights from a wide range of traditions: Taoism, Judaism, Yoga, science, and more. Spiritually rebellious author **Sarah Bowen** will share from her own journey, and introduce creative spiritual practices that draw on ancient wisdom and modern pop culture to help anyone connect with their true calling. Afterwards, join in the no-question-too-irreverent Q&A and book signing. Sarah is a multifaith educator and author of *Spiritual Rebel: A Positively Addictive Guide to Finding Deeper Perspective and Higher Purpose*. She's passionate about the world's great wisdom traditions, animal welfare, and travel to quirky, spiritually-charged locations.

Tuesday, July 30

**Numerology 101: How to do a Numerology Reading**

7-9pm • \$45 thru Jul 29, \$50 day of, \$200 for whole series (every Tuesday in July)



This final class in a series of five is directed towards those students who are already familiar with, or have some working knowledge of, the information included in classes 1 thru 4. We will take a deeper look into the interpretation of names and birth dates and how they relate to the heart number. Using the chart created in Class 4, we will go into a step-by-step procedure of how to utilize that information in doing a simple numerology reading. This series is offered by Master Numerologist and teacher **Michael Bisbiglia**. He has practiced Numerology for over 27 years and is a featured reader at the East West Bookshop. Michael brings a unique, simple, and fun approach to understanding the often confusing study of Numerology.

Limit of 10 students per class. *Bring 8½x11 ¼ inch graph paper, lined paper, pencil, eraser, and calculator.*

Wednesday, July 31

**Stone Energy for Awakening**

7:30pm • \$5 thru July 30, \$10 day of



Stone energy can be thought of as vitamins for your energy body. Stones are very powerful tools to assist you in your metaphysical & spiritual awakening. Each is different, and affects different parts of you physically and energetically. Stones, minerals, and crystals all have energy within them that comes from Mother Earth (Gaia). Join this fun, interactive presentation, and receive a free crystal. **Frank Zhu** is a metaphysical practitioner based in Northern California. He has been using his metaphysical abilities and knowledge to assist others in their spiritual awakening.

Thursday, August 1

**Discovering Your Own Gifts & Letting Yourself Have Them**

7:30-9pm • \$15 each or 2 for \$20 thru July 31, \$20 day of, \$5 students with ID



See past your filters to actually recognize and accept your gifts. **Scout Bartlett** will psychically read gifted areas for several audience members. That could be you, seeing yourself and being seen. Recognize and bring forward your natural gifts, while freeing up your "not my gift" areas. The experiences in Scout's monthly series are memorable. Love and energy flow are at the core of his work and our spiritual lessons/growth. Natural-born clairsentient Scout Bartlett is a gifted energy channel, teacher and healer, with decades of training and practice. He is a long-time reader at East West. In addition to a private practice of sessions and classes, Scout hosts the *Life Insights Live* radio show, the longest running personal growth radio show in the nation.

**324 Castro Street  
Mountain View  
eastwestbooks.org**



# EVENTS

Jul • Aug • Sep • 2019

**talk** Friday, August 2  
**Introduction to Divine Feather Energy Work**  
7:30pm, free • reserve a ticket online



Join **Alison DeNicola** for this informative talk and meditation circle. She will blend mudras, meditation, shamanic practices, feathers, stones and other earth objects with the divine energy of the angelic realm. This evening is an introduction to the Saturday workshop and card deck. While connecting to the angelic realm, she will discuss using feathers as healers in energy work and beyond. Alison DeNicola is a yoga and meditation teacher, IET master instructor, shamanic healer, and author. She has been presenting yoga and healing workshops across the country since 2011 and is the author of *Mudras for Awakening the Energy Body*, *Mudras for Awakening the 5 Elements*, *Yoga Cats and Yoga Dogs*. Her newest deck and book set is *Divine Feather Messenger*.

**workshop** Saturday, August 3  
**Divine Feather Awakening**  
2-4pm, • \$30 thru Aug 2, \$40 day of

This workshop with **Alison DeNicola** is based on the powerful healing energy of the bird kingdom and the angelic realm. This will be an experiential afternoon to learn how to connect to your angelic guidance and channel that energy for healing yourself and others. You will explore the different feather messengers, journey with your divine feather totem bird, and awaken dormant healing energy within you. Alison DeNicola is a yoga and meditation teacher, IET master instructor, shamanic healer, and author. She has been presenting yoga and healing workshops across the country

since 2011 and is the author of *Mudras for Awakening the Energy Body*, *Mudras for Awakening the 5 Elements*, *Yoga Cats and Yoga Dogs*. Her newest deck and book set is *Divine Feather Messenger*.

Saturday, August 3  
**East West Drum Circle**  
7:30pm • \$20 thru Aug 2, \$25 day of



Group drumming is meditation, stress reduction, brain fitness, harmonizing, energizing, community making, unifying & fun! **David DiLullo** takes us on an immersive musical experience to rejuvenate the mind, body, and spirit. Connect with the healing power of drumming in a 3-part format, which includes an open jam, facilitated drumming, and a guided meditation. David creates meditation and drumming events for forward-thinking companies in the Silicon Valley. No experience needed, and drums are provided. Ages 18+.

Sunday, August 4  
**An Evening of Intention and Sound**  
4-6pm, • \$25 thru Aug 3, \$35 day of



What does balance look like within each one of us, personally? **Jessica Neideffer** will guide you in a meditation to see clearly what this picture is for you. Then, we'll work with this picture as a focal point during the sound healing part of the evening. Experience your higher Self through the beautiful sounds of the alchemy crystal singing bowls, and feel rebalanced, regenerated and rejuvenated at the end of the session. Jessica has been in practice since 2007, and helped with thousands of people. She understands that each person moves through life issues in different ways. Because of this, she works with multiple modalities to help people, including Reiki, sound healing, NLP, and guided meditation techniques.

Tuesday, August 6  
**Ready for Greater Financial Abundance?**  
7:30pm, free • reserve a ticket online

Are you struggling to make money? Does your money suddenly disappear from your life? Are you ready to have abundance in your life, but you feel stuck and don't understand why? When we have issues with



**Liza Miron** will give you a deeper understanding of your patterns. Start the process of healing, to have more abundance in your life.

Wednesday, August 7  
**The Simulation Hypothesis**  
7:30pm, free • reserve a ticket online



Renowned entrepreneur and video game designer **Riz Virk** talks about his new book, *The Simulation Hypothesis: An MIT Computer Scientist Shows Why AI, Quantum Physics and Eastern Mystics All Agree We Are In a Video Game*. Explore the idea that the physical world around us is like that described in the movie, *The Matrix*. Discover how many religions seem to support this unusual idea. Learn how we might create our own version of the Matrix. We'll also explore how many unexplained phenomenon like NDE's, OBE's, UFOs, and synchronicity fit into the simulation hypothesis. A graduate of MIT and Stanford, Riz is a successful entrepreneur, video game pioneer, venture capitalist, and bestselling author of *Zen Entrepreneurship*. Riz is a producer of *Thrive* and *Knights of Badassdom*. He currently runs Play Labs, a video game accelerator at MIT.

Saturday, August 10  
**Beyond the Known with Paul Selig**  
2-3:30pm, • \$20 thru Aug 9, \$30 day of



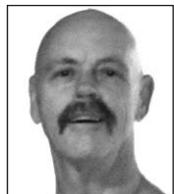
**Paul Selig** is considered one of the foremost spiritual channels in the world today. Deepak Chopra describes his teachings as "authentic, straightforward truth, straight from the sourcefield." Paul will channel his guides, live, during an interactive discussion on the teachings in his critically acclaimed book, *Beyond the Known: Realization*. Learn techniques for aligning to a new life, and practical prescriptions for personal growth. Ask questions directly to Paul's guides. After the talk, there will be a book-signing. Paul received his master's degree from Yale and

was a professor at NYU for over 25 years. A spiritual experience in 1987 left him clairvoyant. He is devoted full-time now to sharing this channeled teaching. He teaches workshops around the world, and serves on the faculty at Esalen, Kripalu, and Omega Institute.

**talk** Saturday, August 10

### Chinese Medicine and Your Health

7:30pm, free • reserve a ticket online



Let the ancient wisdom of Chinese medicine teach you to replace the pathological habits of worrying, hurrying, and overeating with healthy habits. Get started on the road to becoming lean, clean, and serene in this fascinating and life-changing presentation. **E. Douglas Kihn**, Doctor of Oriental Medicine, has 35 years of experience practicing and teaching Chinese medicine. He is author of *BodyTrust*, *Avoiding Death Indefinitely*, and *The Workbook of Chinese Herbs*, and producer of two YouTube shows, *BodyTrust Mornings* and *BodyTrust Weekly*.

**workshop** Sunday, August 11

### Chinese Medicine and Your Health

2-6pm • \$75 thru Aug 10, \$85 day of.

Let the ancient wisdom of Chinese medicine teach you to replace the pathological habits of worrying, hurrying, and overeating with healthy habits. Get started on the road to becoming lean, clean, and serene in this fascinating and life-changing four-hour workshop. Investigate the meanings of yin and yang and how they relate to your health. Discover the Eight Principles, Five Substances, Five Elements, the role of self-trust, hunger awareness training, Taoism 101, liver qi stagnation, heart heat, spleen damp, and more. **E. Douglas Kihn**, Doctor of Oriental Medicine, has 35 years of experience practicing and teaching Chinese medicine. He is author of *BodyTrust*, *Avoiding Death Indefinitely*, and *The Workbook of Chinese Herbs*, and producer of two YouTube shows, *BodyTrust Mornings* and *BodyTrust Weekly*.

Great selection of used and deeply discounted new books

**talk** Tuesday, August 13

### Sound Mind, Sound Body

7:30pm, free • reserve a ticket online



Learn the basics of sound healing with tuning forks. Do you feel high strung, low key, or tuned out? Is there discord or a lack of harmony in your life? Our brains and bodies have frequencies that get out of tune, just like a piano or a guitar. Our language acknowledges and describes the sounds we experience in our lives. Join sound healer and law of attraction coach, **Sue Wilhite**, to learn how to reset your vibe and get in tune with yourself.

**sessions** Wednesday, August 14

### Sound Spa Experience

1-6pm, \$60/30 min, \$150/60 min

In this relaxing session, **Sue Wilhite** will use tuning forks designed to reset your nervous system, tone your muscles, and bring your stress levels down. The 60-minute session clears emotional anxiety from your heart and throat energy fields so that stress stays away longer.

*Sonic Meridian Flush*, \$250/90 min

This is the ultimate sound healing pampering experience. This session is an energy tuning process that clears stagnant energy from your whole body. Please don't schedule any activities for several hours or even overnight after this treatment as you'll want to bask in the blissful feeling. Consider getting someone else to drive you.

Wednesday, August 14

### Fluorescence: Glowing and Growing into Happiness

7:30-9pm • \$10 thru Aug 13, \$12 day of



**Crystal Bill Kaunitz** explores the effects of inner-generated light. Bill uses fluorescent crystals and their photos to share his thoughts on "enlightening up." Consciously creating inner light helps balance the brain, the chakras and stress hormones. "Inner-glowing" turns you into a lighthouse of love and hope, in the darkness of the soul's lonely night. This practice also improves memory, and the ability to focus on your goals. Learn to bring your manifestations into the light and into reality. How does light work in the physical world? How does it help you on inner levels? We'll jump from quantum

physics to meditational effectiveness. Bill is a long-time collector of museum-quality crystals, and one of the leading experts on crystals in the world today.

Thursday, August 15

### Ignite Your Creative Energy

7:30-9pm • \$20 thru Aug 14, \$25 day of



Do you feel called to create? Are you often inspired but have a hard time taking action? When inspiration strikes, it carries a life force of its own, urging us to discover more. However, personal blocks can arise to make this creative space feel unattainable or vague. Learn from **Rev. Ginny Brown** how to harness and use your creative energy and remove the blocks that keep your idea from becoming conscious action. Learn tools to navigate dead ends and how to re-inspire yourself through difficulty. Ginny is a dedicated mystic and a highly sought-after clairvoyant healer here at East West.

**talk** Friday, August 16

### The Power of Your Other Hand

7:30pm, free • reserve a ticket online



**Lucia Capacchione, Ph.D.** shares research, success stories, and techniques from in her book *The Power of Your Other Hand: Unlock Creativity & Inner Wisdom Through the Right Side of Your Brain*. Learn how dialogues written with both hands can help us find inner truth. Discover the value of a journal process for personal and spiritual growth. Learn techniques for body-mind healing. Lucia is an expressive arts therapist, and director of Creative Journal Expressive Arts Training Program for professionals. Her bestselling books also include *The Creative Journal*, and *Recovery of Your Inner Child*. She has consulted for Walt Disney Imagi-neering, Hallmark, and Mattel.

**workshop** Saturday, August 17

### The Power of Your Other Hand

1-5pm • \$65 thru Aug 16, \$75 day of

**Lucia Capacchione, Ph.D.** will help you unlock creativity and inner wisdom for healing and living the life of your dreams. Access your right brain through non-dominant hand drawing and writing. Through written dialogues between both hands, uncover buried feelings, body wisdom, and



# EVENTS

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inner guidance for health and well-being. Let your left brain know what your right brain feels and wants. Reduce stress, listen to your body, and find spiritual guidance in a relaxing, supportive environment. No special talent in drawing or writing needed. Supplies included.

**talk** Saturday, August 17

## A Journey to Sufi Meditation Music

7:30pm, free • reserve a ticket online



For millennia, people in the Middle East have used music to elevate the soul and enter other realms of reality. The art of Sufi meditation music has been developed over the centuries, and now is played around the world. Explore the depth and beauty of this music through a short presentation and a live performance. **Amir Abbas Etemadzadeh**, instructor, composer, and musician, is a skilled percussionist who's specialization in hand percussion has made him a highly sought-after accompanist and solo player. Born and raised in Tehran, Iran, Amir is considered a leading exponent of the cutting-edge generation of highly creative cross-cultural musicians and educators.

**workshop** Sunday, August 18

## Middle-Eastern Meditative Drumming

4-6pm • \$20 thru Aug 17, \$25 day of

Learn the fundamentals of playing Middle Eastern hand drums, such as any frame and goblet drums, with an emphasis on spiritual and celebratory rhythms. **Amir Abbas Etemadzadeh** will teach different rhythmic patterns and techniques. Some drums will be provided. No experience needed.

Tuesday, August 20

## Workshop: Intuition for Healers

7-9pm • \$30 thru Aug 19, \$40 day of



Intuition is a natural ability that we all possess. It begins with having a clear intention. How do we know it's not our ego talking? With clear wording, your request for guidance becomes as specific as dialing a telephone number. As healers, crystal clear intuition helps us expand our practice, as well as maintain energetic boundaries while we work. In this workshop with **Mark Mezadourian**, we will explore: what is guidance and what is not, knowing how to ask for clear guidance, how to receive guidance (the four 'clairs'), how to discern between your ego and spirit, dexterity in working with different guides, and how to offer guidance free of advice and interpretation.

Wednesday, August 21

## Modal Mandala Concert

7pm • \$15 thru Aug 20, \$20 day of



**Jack Gates** on guitar, **Joss Jaffe** playing tabla, guitar and singing, and **Paul Logan** on bass incorporate elements of mantra, Indian raga, modal jazz and bossa nova into their original compositions. Their music explores world sounds and is designed to expand your consciousness. Jack and Joss studied North Indian classical music with Ustad Ali Akbar Khan. Experience musical magic.

Thursday, August 22

## Venturing Within: An Evening of Sound & Energy Healing

7-9:00pm • \$25 thru Aug 21, \$35 day of



**Jessica Neideffer** and **Scout Bartlett** take you on an adventure into the energetic body. Experience healing on a deeper level. Join us for a loving journey within, working with our breath, crystal alchemy singing bowls, and our voices. Jessica has been practicing sound healing since 2007 and has worked with thousands of people in their

healing process. Scout Bartlett is a gifted energy channel, teacher and healer, with decades of training and practice, and a long-time reader at East West.

**talk** Friday, August 23

## Getting to Know Your Spiritual Guides

7:30pm, free • reserve a ticket online



Ever wonder who your spirit guides are? Take a fascinating tour of the invisible realms as **Saryon Michael White** connects you with the many different collectives of teachers and guides that are serving us from behind the scenes. Getting to know your guides is high-velocity fun, and can definitely add a more joyful dimension to life. Learn some valuable techniques for communing with your guides in everyday life. Discover empowering new steps to develop a life-long conscious relationship them, and enhance your spiritual training. Whether you are new or experienced with the subject of channeling, Saryon's insights will take you deeper and answer many of the questions you may have about your own potential.

**workshop** Saturday, August 24

## Keys to Channeling and the Path of Integration

2-5pm • \$40 thru Aug 23, \$45 day of



It's all about integration: higher self integration, angelic integration, integration with our galactic heritage, or integration with our conduit nature. **Saryon** and **Dixie** share a comprehensive vision of our spiritual evolution, exploring the crossovers between developing as channels, and how we are integrating our multidimensionality. Together, we will accelerate that integration process by attuning you with the master guides that are personally guiding your journey to greater wholeness. This workshop will provide keys to channeling as we work with the sacred sounds of crystal alchemy bowls. Participants will also receive, at no additional cost, 3 short video courses on channeling.

Please join us for a 30 minute meditation every Wednesday at Noon in our events room

**talk** Saturday, August 24

### **It's Never Too Late to Be Your Self**

7:30pm, free • reserve a ticket online



How can you get back in touch with what really matters, and live your most authentic life? We can't hear our own voices because the wishes and desires of our friends and family blare in our heads. We're caught up in social obligations and pleasing others at the expense of meeting our own needs. Learn about **Dr. Davina Kotulski's** hearticulation™ process, hear how others reconnected with their authentic essence, and how you can too. Dr. Davina is a seasoned psychologist and spiritual life coach. Colleagues call her the "Courage Whisperer." She is an award winning speaker, author and LGBT rights leader and has been featured in numerous documentaries. Her latest of four books is *It's Never Too Late To Be Your Self: Follow Your Inner Compass and Take Back Your Life*.

**workshop** Sunday, August 25

### **Follow Your Inner Compass and Take Back Your Life**

2-4pm • \$35 thru Aug 24, \$45 day of

As we awaken, we realize the need to be even more clear and intentional with our time, talents, and resources. Seasoned psychologist and spiritual self-help author, **Dr. Davina Kotulski**, takes you through her hearticulation™ process and shows you how to empower yourself to move beyond fear, follow your inner compass, and take back your life. Through guided meditation and Dr. Davina's hearticulation process, connect with your heart's desires and your next level vision. You'll also walk away with a deeper connection to your authentic essence and what really matters to you, and generate a clear path to bring your vision to life.

**talk** Monday, August 26

### **Introduction to Dream Yoga**

7:30pm, free • reserve a ticket online



Taking the average life span into account, we spend about thirty years of our lives sleeping. What if we could use this time to progress on the path to enlightenment? We invite you to a teaching by **Chamtrul Rinpoche** on the profound practice of Dream Yoga. In this teaching, he will explain how Dream Yoga sets us free, by cultivating the power to tame the mind and completely eliminate all confused states through our dreams. Chamtrul Rinpoche is recognized as the reincarnation of the 3rd Chamtrul Pema Nangsal Dorje of Mardo Tashi Choling Monastery in Tibet. He teaches throughout the world, and is a meditation master with vast knowledge of sutra, tantra, and dzogchen. Since 1999, he has served as director of the Bodhicitta Dharma Center in Dharmasala.

**workshop** Tuesday, August 27

### **Dream Yoga**

7-9pm • \$20 thru Aug 26, \$25 day of

Dream Yoga is a profound practice that tames the mind and eliminates all confused states by utilizing dreams while you are asleep. While we dream, our mental state is much subtler and we are less distracted by the five physical senses. **Chamtrul Rinpoche** teaches you this beneficial practice. Use the time when your body is asleep to realize you are in the dream state. Use this awareness to also recognize the illusory nature of all phenomena in your waking hours. Chamtrul Rinpoche is recognized as the reincarnation of the 3rd Chamtrul Pema Nangsal Dorje of Mardo Tashi Choling Monastery in Tibet. He teaches throughout the world, and is a meditation master with vast knowledge of sutra, tantra, and dzogchen. Since 1999, he has served as director of the Bodhicitta Dharma Center in Dharmasala.

Thursday, August, 29

### **The Archangels: How They Can Assist You in Your Life**

7:30pm, free • reserve a ticket online



**Rachel Cooley** guides this evening of learning about the powerful and miraculous archangels and how they can assist you in your life. You will learn which archangel to call upon for specific situations when you need their help the most. You will leave feeling protected, uplifted and confident in calling upon the powerful archangels to support you. Rachel is an angel mentor, a longtime reader at East West, and co-author of *365 Days of Angel Prayers*.

Sunday, September 1

### **Soul Retrieval Workshop: Animal Soul Co-Essences, and Power Animals**

2-5pm • \$40 thru Aug 31, \$45 day of



Our animal co-essences, power animals, and other wildlife can act as supernatural guardians, forecast what's in store for us, and greatly help us in soul retrieval work. In this workshop, learn how to do soul retrieval with the aid of our animal co-essence and power animals, drawn from ancient Mesoamerican wisdom. Explore the essentials of shamanic journeying. Connect with our animal co-essence and power animals through shamanic breathwork and trance journeys. **Erika Buenaflor, MA, JD**, has practiced as a curandera for over 20 years, mentoring with curanderas/os and shamans in the Yucatán, Peru, and Los Angeles, and studying Mesoamerican Curanderismo in academia. She shares this sacred wisdom to help people realize and live their bliss.

Tuesday, September 3

### **Detoxing with Crystal Clay, Pectin, and Light-Stones**

7:30-9pm • \$10 thru Sep 2, \$12 day of



Ancient people, and even many animal species, knew of the profound healing effects of wet clay. Tonight, **Crystal Bill Kaunitz** shares the secrets of the quartz crystal healing clays of Arkansas, Wyoming's tan Pascalite clay, green bentonite Aztec healing clay, pure white diatom earth for parasites, and Arizo-

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the books and toys in  
our kids section!



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nas' chabazite/clinoptililite clay for radiation poisoning. These clays can save your life in an emergency, and reduce inflammation and pain fast. Discover why natural healers use clays for skin masks, burns, bruises, cuts, insect bites, rashes and much more. Bill is a long-time collector of museum-quality crystals, and one of the leading experts on crystals in the world today.

Wednesday, September 4

## Workshop: Healing with the Archangels

7-9pm, • \$44 thru Sep 3, \$55 day of



Join **Rachel Cooley**, one of East West's Readers and presenters, for in an experiential and healing workshop with the powerful archangels. Learn more about the archangels, such as the Archangels Michael, Raphael and Gabriel. Discover the many ways they can support you in your life, including in your; relationships, career, health and finances. Experience the archangels' healing energy during the clearing and healing meditations guided by Rachel.

Thursday, September 5

## You are Here. Why?

7:30-9pm • \$15 each or 2 for \$20 thru Sept 4, \$20 day of, \$5 students with ID



If you've pondered, even for a moment, "why am I here?" you're a seeker. Join with a roomful of seekers, some of whom have studied for years, for this profound, funny, and fast paced evening of "thousands of years of metaphysics, in a nutshell." Discover how you are part of an original Source, incarnated as part of the biggest of pictures, un-

tangling your lessons. **Scout Bartlett** has a remarkable ability to bring clarity to life insights, realizations, mystical perspectives, and visions. He is a gifted energy channel, teacher and healer, with decades of training and practice, and is a long-time reader at East West. In addition to a private practice of sessions and classes, Scout hosts the *Life Insights Live* radio show.

Friday, September 6

## Awaken Life Energy for Health and Consciousness

7:30pm, free • reserve a ticket online



## Master Mingtong Gu

guides you in an ancient sound healing practice to awaken your energy center and emotional body. This advanced practice will transform your energy patterns and emotions, and enhance the connection between mind-body-spirit. Experience deep release from fear (fight and flight) to empowerment, and awaken the joy of your whole being. With his joyous and skillful wisdom, and the healing Qigong teachings, Master Gu brings this ancient wisdom to the West, for better health and consciousness today. Named Qigong Master of the Year by the 13th World Congress for Qigong and Traditional Chinese Medicine, he is author of *Wisdom Healing Qigong*, and founder of The Chi Center and The Center for Wisdom Healing Qigong in Santa Fe.

Saturday, September 7

Sunday, September 8

## East West Psychic Fair

12-6pm both days



Come to East West to receive guidance on what's going on in your life, during two days of private consultations with a gifted group of professional practitioners. Get the help you need to clear, expand and uplift your energy—from past-life illumination to angelic guidance, and from spirit-channeled messages to healings of the astral and energetic body. Find insights, answers and healing. Each practitioner will keep a separate schedule, and separate payment will be made to each directly, not to East West. You must be present to sign up for appointments. The fair will operate on a first-come basis, with several practitioners available at all times.

talk Monday, September 9

## Spiritual People Have Anxiety, Too

7:30pm, free • reserve a ticket online



Why do even people on the spiritual path experience anxiety, stress, and overwhelm? What can we do about it? **Rev. Connie L. Habash** is author of the book, *Awakening from Anxiety: A Spiritual Guide to Living a More Calm, Confident, and Courageous Life*. She shares the six mistakes that spiritual people make that increase anxiety, and insights and practices to return to your peace within. An engaging, enlightening, and humorous evening to help shift you out of Silicon Valley stress and back into your true, divine Self. Connie has helped clients and students and clients overcome anxiety for the last 25 years. She integrates her experience as a yoga teacher, psychotherapist, and interfaith minister to support healing and wholeness.

workshop Tuesday, September 10

## Awakening from Your Anxiety

7-9pm • \$35 thru Sep 9, \$45 day of

Transform stress and anxiety into spiritual awakening. Drawing from her book, *Awakening from Anxiety*, **Rev. Connie L. Habash** helps you develop calmness, confidence, and courage through group discussion, gentle yoga, meditation, and interactive practices. You'll leave with tools to apply on the spot to relieve stress and anxiety (or any intense emotions) in your life. Regain your innate inner peace and embody your divine, true Self.

Wednesday, September 11

## Honoring the Unborn Members of Our Family

7-9pm • \$15 thru Sep 11, \$25 day of



Everyone belongs in the Family System from the moment of conception. Our unborn babies, whether due to an abortion or a miscarriage, also belong in our Family System. We need to honor, respect and remember them. When we don't, we will carry an unconscious connection to them that can limit us in many areas of our lives. These losses can be so difficult for us to deal with that we hide our pain, and we just want to forget. In this workshop, **Liza Miron** will

guide us through an exercise to heal the connection with the unborn babies in our families, and connect to the full power of our lives.

Thursday, September 12

### How to Really Love a Woman —How to Really Love a Man

7:30pm, free • reserve a ticket online

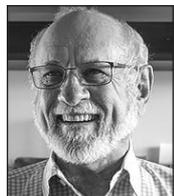


How does a woman really need to be loved? How can her partner help to bring out her deepest passion, her sensuality, her creativity, her dreams, her joy, and at the same time allow her to feel safe, accepted and appreciated? And how does a man really need to be loved? How can his partner help to bring out his sensitivity, his emotions, his strength, his fire, and at the same time allow him to feel respected, secure, and acknowledged? **Joyce Vissell, RN, MS and Barry Vissell, MD**, world-renowned relationship guides, have been together since 1964, and have led workshops on relationships and personal growth since 1973. Ram Dass describes them as true bhaktis—a couple who live the yoga of love and devotion.

Friday, September 13

### Extrasensory Perception

7:30pm, free • reserve a ticket online



Even from ancient times, shamans and others report having psychic experiences. In modern times, you may, for example, awake with a start, only to learn later that a loved one had passed away at that very moment, or a dream has accurately predicted a future terrible event. **Edwin C. May, Ph.D.** talks about ESP, who experiences it, how you can know it happened, and what can be confirmed in the laboratory. Learn how ESP can effectively be used. Additionally, you will have a glimpse of how ESP was used to spy during the cold war. May has been an integral part of federal government research programs in ESP since 1975, including as research director of Star Gate.

East west has the best  
selection of spiritual  
and metaphysical  
books in CA!

Saturday, September 14

### Workshop: Experience Extrasensory Perception

2-4pm • \$40 thru Sep 13, \$50 day of

**Edwin C. May, Ph.D.** shares how a valid test of ESP is carried out. Laboratory studies always involve at least two people. After a short slide show describing the process, you will be asked to find a partner so the group can work in pairs. Each pair will engage in up to eight sessions, time allowing, trading off the role as participant and monitor. The targets for these ESP experiences will be randomly selected photographs sealed in opaque envelopes. While there will not be a formal independent assessment, you will be able measure your ESP abilities in this experiment. May has been an integral part of federal government research programs in ESP since 1975, including as research director of Star Gate.

talk Saturday, September 14

### Stories for Didgeridoo, Percussion and Ngoma Drum Concert

7:30-9pm • \$25 thru Sep 13, \$30 day of



**Stephen Kent** is acknowledged as one of the masters of Australian aboriginal didgeridoo, and has pioneered its use in contemporary music. “If you’re skeptical about being swept away by someone blowing down a hollowed out tree branch, you’re in for a big surprise,” exclaims *SF Weekly*. As a solo performer, he produces an extraordinary layering of sounds and grooves, creating an orchestral ambience with the didgeridoo. He accompanies himself with shakers and other percussion instruments that seem transport you deep into the earth. Stephen is a delightful storyteller, and invites audience participation.

workshop Sunday, September 15

### Didgeridoo for Beginners (Part One)

12-2pm • \$60 thru Sep 14, \$70 day of,  
\$110 for both workshops

Study the basics of playing the didgeridoo with **Stephen Kent**. Learn how to make the sound, the circular breathing techniques, animal sounds, vocalizations, and the cultural history. Playing the didgeridoo has been proven to help sufferers of sleep apnea and other breathing issues. A take-home PVC (plastic) instrument is provided. This workshop is for beginners; no experience necessary.

Sunday, September 15

### Didgeridoo For Beginners (Part Two)

3-6pm • \$70 thru Sep 14, \$80 day of,  
\$110 for both workshops

In part two of this workshop, **Stephen Kent** will teach diaphragm rhythms, playing techniques, and multiple layering of sounds. He will explore advanced harmonic techniques and overtones, the different bodily stations and how they affect the sound, vocalizations including animal sounds, and more.

talk Tuesday, September 17

### Angels, Fairies, and Shamans— Oh My!

7:30pm, free • reserve a ticket online



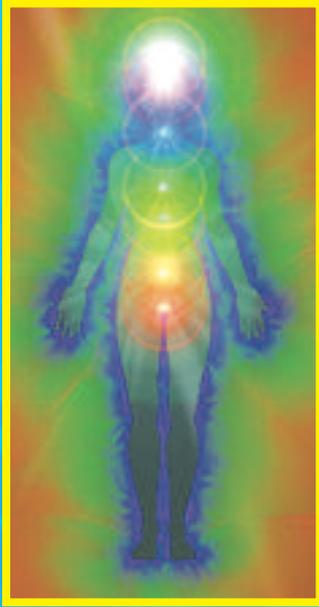
Learn how the spirits of nature and the astral realm work together. Discover what connects all the realms, and the functions of each spirit of nature, from elves to fairies, devas, trolls, gnomes, and angelic protectors of the Earth. How do fairies evolve into humans, and devas into angels? How do they help us daily, and how can we help them, too? Learn about the Lightworkers Toolbox, designed to help you become more empowered in your daily life and acquire tools for transformation. **Robin White Turtle Lysne, Ph.D.** ran a sacred sweat lodge in the Santa Cruz Mountains for 14 years, working with the spirits of nature to help heal people. As a medium and shaman, she helps people connect with their spirit guides, and helps support people by empowering them.

workshop Wednesday, September 18

### Angels, Fairies, and Shamans— Oh My!

7-9pm • \$35 thru Sep 17, \$45 day of

Experience the spirits of nature in this workshop, and learn how to connect with your spirit guides, angels, and other helpers to support your life. Learn how to ask for help with your guides safely, honoring your inner world first, and then learning the rules of the road when it comes to working with spirits on the other side. **Robin White Turtle Lysne, Ph.D.** will also channel her guides during the workshop, so they can offer assistance to ease your life. Author of seven books, Robin teaches people how to become their radiant selves to better serve others. She is author of *Heart Path*, *Heart Path Handbook*, and *Ceremonies from the Heart*.



# AURA Photography

Have you ever wondered what your aura looks like? See the energy field that surrounds you! Call 650-988-9800 for an appointment.

With biofeedback technology, seeing your aura is as easy as taking a photograph.

Our customers are having a lot of fun with these sessions! The basic photo includes the aura around your head and shoulders. The full report includes this photo, a full-body aura and chakras diagram, and a detailed interpretation of all the colors and energy levels.

Fridays at East West



## Calling All Used Books

East West has started a used book section that is doing very well. The books have been donated by friends of the store as a way to help East West, share with neighbors, and clear out books you may never read again. Might you have some books you'd like others to enjoy? Please drop them by at any time. Or if there are too many to carry, we'll come get them! Thank you, as always, for your continued support in so many ways.

# SAND

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## The Sacred Sound Meditation

Find out about upcoming events: [www.MeditateSJ.com](http://www.MeditateSJ.com)



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Thursday, September 19

## The Art of Letting Go

7:30-9pm • \$20 thru Sep 18, \$25 day of



Do you have a hard time letting go? Do you tend to hold onto people, things, conversations, or life events? When we hold on, we pull ourselves back. Learn the cause and effect of holding on, and how to let go in a compassionate way for yourself. Learn how to walk away from baggage and how to hold onto the life lesson. When we cleanse our energy field, we invite fresh energy and new experiences into our life, shifting us into the vibration of receptivity and love. **Rev. Ginny Brown** is a dedicated mystic and a highly sought-after clairvoyant healer here at East West.

Friday, September 20

## The “Skinny” about Fat: Fats and Your Skin

7:30pm, free • reserve a ticket online



How are the skin’s health and beauty—and your entire body—affected by fats, lipids, & hormones? This lecture reveals the most common fat-related mistakes made, even by health-aware people, regarding their skin health. Learn why it is so difficult today to keep our skin young-looking, healthy and vital. Discover which fats are healthy and needed. **Dr. Adiel Tel-Oren** (Dr. T) is a health pioneer and inventor focusing on natural principles, health, and sustainability. He is a physician, author, university professor, and holistic scientist.

Saturday, September 21

## Energy Patterns of Relationships: A Mystic’s Insights

1-5:30pm • \$60 each (or 2 for \$85 or 3 for \$120) thru Sep 20, \$85 day of, students with ID, \$25



Do you often give to others until you’re drained? Have you told yourself, “I’m never going to give myself away like that again!” Bring the friend you’ve said that to, and all the friends who’ve said it to you. **Scout Bartlett** will help you see how the energy patterns we fall into have shaped our relationships into predictable, unfilling outcomes. Learn how to change those patterns, from the inside out. Experiencing a deeper knowing from the center of your self. Natural-born clairvoyant Scout is a gifted energy channel, teacher and healer, with decades of training and practice. He is a long-time reader at East West. In addition to a private practice of sessions and classes, Scout hosts the *Life Insights Live* radio show.

Saturday, September 21

## Healers, Curanderas, and Medicine Women

7:30pm, free • reserve a ticket online



**Max Dashu** shares an international view of women healers and their work with herbs, touch, stones, rattles, smoke, and wands, and other ways of removing illness from the body. We’ll learn about healers from Mexico, the Philippines, the U.S., Namibia, Korea, South Africa, Hungary, and medieval Europe; and shamanic healers among the Aztecs, Kirghiz, Karok, Hupa and Yurok, Irish and Welsh, Thai, Ainu, Tibetan, Black Carib and Dayak. Max founded the Suppressed Histories Archives in 1970 to research and document global women’s history, reflecting the full spectrum of the world’s peoples. She is internationally known for her expertise on ancient female iconography, matricultures and patriarchal systems, medicine women and shamans, witch hunts, and female spheres of power.

Sunday, September 22

## Witches & Pagans: Women in European Folk Religion

1-5pm • \$45 thru Sep 21, \$55 day of

Explore the little-known realms of ancient seeresses, cauldrons, crystal balls, and witches’ wands. In this compelling exploration of language, archaeology, medieval literature and art, **Max Dashu** reveals heritages known to few but scholarly specialists. Old ethnic names for “witch” really signify wisewoman, prophetess, diviner, healer, and dreamer.

talk Tuesday, September 24

## 5 Secrets to Create and Thrive in Conscious Relationship

7:30pm, free • reserve a ticket online



A conscious relationship is an ongoing practice of creating genuine attraction and connection. It’s done from a foundation of self-realization, self-growth, inner healing and becoming friends with one’s ego. In this talk, conscious relationship expert, **Gigi Azmy**, shares the five secrets of attracting and creating a thriving conscious relationship. Singles, couples, and those who identify as LGBTQ are all welcome. Gigi is well known for her ability to transform her clients’ chronic issues into success with laser-like precision. She is an expert teacher and coach in the area of conscious relationships. Passionate, fiercely loving, and fiery, Gigi helps facilitate your authentic transformation.

sessions Wednesday September 25

## Relationship Breakthrough Coaching

3-6pm • \$50/ 30 min, \$100/60 min

If you are looking for no-nonsense clarity around relationships, these mini powerful and transformative relationship breakthrough sessions will leave you feeling more peaceful, grounded and clear. They will help you identify your top three blocks and patterns and teach you how to solve them. Sessions are open to singles and couples and are LGBTQ friendly. **Gigi Azmy**, MBA, is well known for her ability to rapidly transform her clients’ chronic issues into success with laser like precision. She is an expert teacher and coach in the area of conscious relationships. Passionate, fiercely loving, and fiery, Gigi helps facilitate your authentic transformation.

324 Castro Street

650.988.9800

Wednesday September 25

**Workshop:  
Attracting & Creating a  
Conscious Loving Relationship**  
7-9pm • \$15 thru Sep 24, \$25 day of



Do you wish you knew how to connect instead of clash in an argument? Do you wonder why it seems that your partner can't hear your deepest needs?

You know you want a more conscious, present, loving relationship but you don't know what that looks like or how to get it. **Gigi Azmy** will lead an interactive and powerful lightning round of coaching on conscious relationships at the end, so please bring your most pressing questions. Gigi is well known for her ability to rapidly transform her clients chronic issues into success with laser like precision. She is an expert teacher and coach in the area of conscious relationships. Passionate, fiercely loving, and fiery, Gigi helps facilitate your authentic transformation.

Thursday, September 26

**Stone Energy for Awakening**  
7:30pm • \$5 thru Sept 25, \$10 day of



Stone energy can be thought of as vitamins for your energy body. Stones are very powerful tools to assist you in your metaphysical & spiritual awakening. Each is different, and affects different parts of you physically and energetically. Stones, minerals, and crystals all have energy within them that comes from Mother Earth (Gaia). Join this fun, interactive presentation, and receive a free crystal. **Frank Zhu** is a metaphysical practitioner based in Northern California. He has been using his metaphysical abilities and knowledge to assist others in their spiritual awakening.

Open until 10pm  
weeknights and  
until 11pm Friday  
and Saturday.  
Free Parking.

**talk** Friday, September 27

**An Introduction to the  
Meditation Teachings  
of Oluwa Adams Oyenuga**  
7:30pm, free • reserve a ticket online



Join **Oluwa Oyenuga** as he shares powerful meditation techniques that help people enter deep meditation quickly. He will introduce the idea that personality type determines the most effective, fulfilling and beneficial spiritual path and career. Oluwa is a mystic, teacher of meditative presence, tantra and dance. He is also a psychologist, philosopher, author, and singer/songwriter.

**workshop** Saturday, September 28

**The Universal Dimensions  
and Principles That Influence  
Our Lives**  
12-6pm • \$70 thru Sep 27, \$80 day of.

This workshop with **Oluwa Oyenuga** helps people add health, unconditional joy, and meditative peace to their body, mind, and spirit. Using various meditation techniques, Oyenuga will support the healing and release of your past emotional pain and trauma. Oyenuga guides people to observe their behavior, challenge their social conditioning, fully express, and accept themselves. Students will be encouraged to think and act in alignment with their personality, innate gifts, and natural proclivities. Oluwa Adams-Oyenuga is a mystic, teacher of meditative presence, tantra and dance.

Sunday, September 29

**Workshop: A Gateway  
to a Quantum Society**  
12-5pm • \$80 thru Sep 28, \$90 day of



Theoretical quantum physicist, **Amit Goswami**, will introduce you to quantum science in a short and succinct way. He will explore creativity, love, and the integration of the male and the female expressions within you. Dr. Goswami will teach quantum leadership, and share how we can create a society where everyone has equal access to their infinite potential. Dr. Goswami is a retired full professor from the University of Oregon's Department of Physics where he served from 1968 to 1997. He is the author of *The Self-Aware Universe*, where he elucidated the famous observer effect.



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## MONDAYS



### Shannon Twomey

*Angel Readings, Tarot, Intuitive Oracle, Reiki Healing, Certified Aromatherapist, Crystal Healing*



### April Jewel

*Psychic/Intuitive, Reader*  
Intuitive reading to solve problems, heal wounds, and awaken the soul

## TUESDAYS



### Michael Bisbiglia

*Numerology and Life Guidance*  
Receive guidance using the science of numbers



### Sue Wilhite

*Master Voyager Tarot Consultant*  
For clarity and direction in all aspects of life



### Marcia Hughes

*Intuitive Counselor & Healer*  
Solving life's mysteries to unlock happiness and your highest potential

## WEDNESDAYS



### Tammy Langowski

*Intuitive, Clairaudient, Clairvoyant*  
Helps with decision-making, motivation, relationships and spiritual development



### April Jewel

*Psychic/Intuitive, Reader*  
Intuitive reading to solve problems, heal wounds, and awaken the soul

## THURSDAYS



### Scout Bartlett

*Life Coach, Conscious Channel*  
Clairsentient readings to heal & release trauma and patterns



### Rev. Ginny Brown

*Clairvoyant/Spiritual Guidance*  
Discover the root of your patterns and choices receive healing and make a change



### Dr. Ariela Calder

*Psychic Mediumship*  
Kabbalistic Prayers, Tarot, Dowsing, Hypnotherapy, Past Life Regression



### Liza Miron

*Family Constellations Work*  
(2nd Thur of month starting Aug)  
Get unstuck and start healing with love and acceptance.

## FRIDAYS



### Rachel Cooley

*Angel Card Reader and Healer*  
Healing, peace of mind, and reassurance from your angels



### Aura Photography

*Auras and chakras*  
See the energy field that surrounds you

## SATURDAYS



### Scout Bartlett

*Life Coach, Conscious Channel*  
(1st Sat of month)  
Clairsentient readings to heal & release trauma and patterns



### Shannon Twomey

*Angel Readings, Tarot, Intuitive*  
(2nd Sat of month) Oracle, Reiki Healing, Certified Aromatherapist, Crystal Healing

## SATURDAYS CONT'D



### Marcia Hughes

*Psychic Intuitive Medium & Healer*  
(2nd Sat of month)  
Solving the mysteries of life and afterlife



### Rachel Cooley

*Angel Card Reader and Healer*  
(2nd Sat of month) Healing, peace of mind, and reassurance from your angels



### Rev. Ginny Brown

*Clairvoyant/Spiritual Guidance*  
(3rd Sat of month) Discover the root of your patterns and choices, receive healing



### Edward Carrion

*Psychic Medium*  
(4th & 5th Sat of month)  
Insights into your here, now and future



### Michael Bisbiglia

*Numerology and Life Guidance*  
(4th & 5th Sat of month)  
Receive guidance using the science of numbers

## SUNDAYS



### Judy Gardner

*Master of Palmistry*  
(1st and 2nd Sundays)  
Scientific hand analysis and healing essences



### April Jewel

*Psychic/Intuitive, Reader*  
(3rd Sunday of month)  
Intuitive reading to solve problems, heal wounds, and awaken the soul



### Julie Hawkins

*Psychic/Medium, Akashic Reader*  
(3rd, 4th, and 5th Sundays)  
Life & spiritual coach, receive critical info: past/present/future



### Rev. Ginny Brown

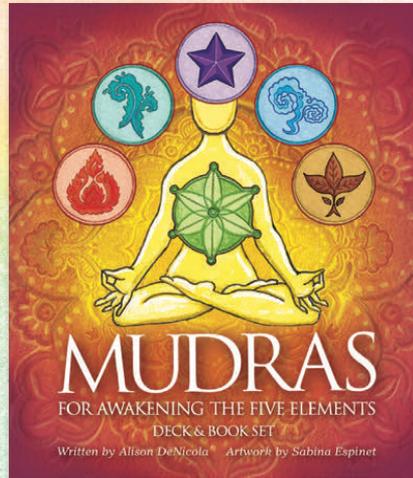
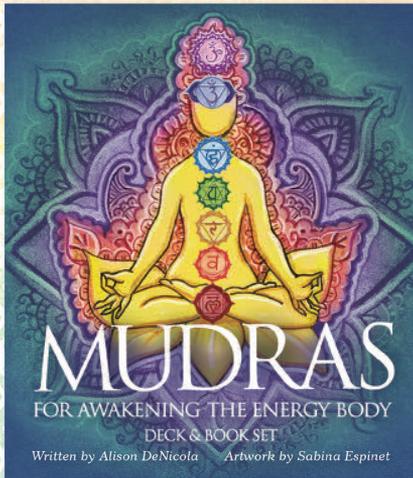
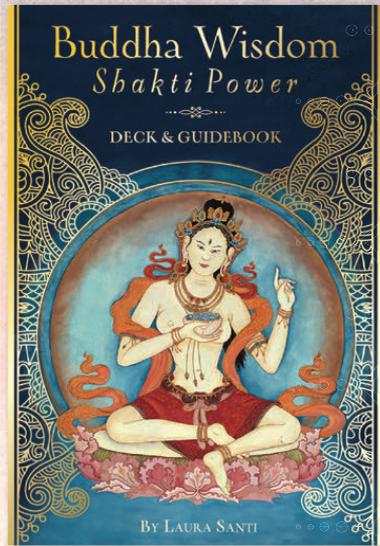
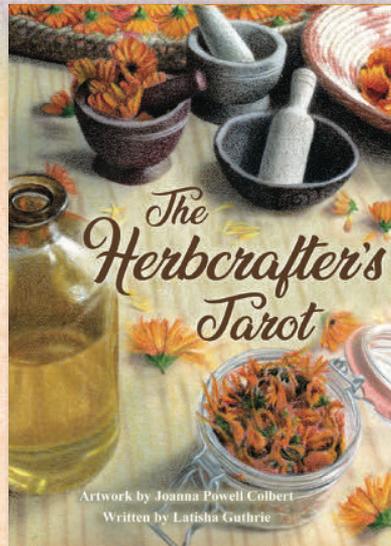
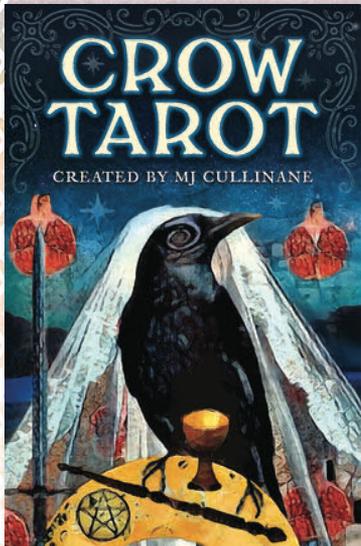
*Clairvoyant/Spiritual Guidance*  
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