I hope you are enjoying the beautiful gifts of summer. The bright sun, blossoming flowers, amazing sunrises and sunsets, the rain, and the magnificent rainbows.

Enjoy the parades and fireworks and have a happy and safe Independence Day!

The Wellness Theme for the month is "Emotional Wellbeing". (see article) I will be facilitating a workshop on managing one's feelings. We will assess overall emotional wellness by recognizing, accepting and taking responsibility for our feelings. See below for more information and registration.

Please note Sharon's Mediumship classes are not being held at the Center over the summer. See the Onset Wigwam for more information.

We also have several new and exciting Workshops this month. With love & blessings,
Marie

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### Emotional Wellness

Emotional Wellness is striving to meet emotional needs constructively. It is the ability to respond resiliently to emotional states and the flow of life events. It is realistically dealing with a variety of situations and learning how your behaviors, thoughts, and feelings affect one another and your decisions. It is taking responsibility for your own behavior and responding to challenges as opportunities. An emotionally well person is self-aware and self-accepting while continuing to develop as a person. The emotionally well person

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### Ongoing Classes and Workshops

Visit our [Classes & Workshops page](#) for more details on our Classes and Workshops. A [monthly calendar](#) is also available on our website.

**A Course in Miracles Study Group with Reverend Marcia**
Wednesdays, **July 11th and 25th**, 6:30 - 8:00 PM, $10
Note: No class on July 4th.

**Circle of Unity with Reverend Marcia**
Will not be held in July

**Communicating with your Spirit Guides with Steve**
Thursdays, **July 12th**, 7:00 - 9:00 PM, $10

**Working with the Celestine Prophecies** presented by Beth Breen-Santheson
Mondays, **Beginning July 9th**, 7:00 - 9:00 PM, $20 per class

**Table Tipping with Joanne of Amazing Grace Table Tipping**
Thursday, **July 26th** and Tuesday, **July 31st**, 7:00 - 9:00 PM, $30. Seats are limited. Contact Joanne at 508-680-2355 to register.

**Reiki Share**
Thursday, **July 5th**, 6:00 - 8:00 PM (donation)
maintains satisfying relationships with others.

Reiki Clinic
Fridays, 11:00 AM - 1:00 PM (donation)

Reiki I Training: Saturday, July 21st, 10-5pm, Contact Marie to register at 508-888-1732. Click here for more information on Reiki training.

New Classes and Workshops in July

Emotional Wellness with Marie Bartram, Counselor and Wellness Coach
How well are you emotionally? Are you handling life's challenges? Do you express feelings freely and manage feelings effectively?
This workshop will ask the important questions and provide the guidance to lead you on the path to healthy emotional wellness. Please register by email or call Marie.
Tuesday, July 17, 7:00 - 9:00 PM, $20

Reiki I Training with Marie Bartram, Reiki Master Teacher
Come learn the ancient Japanese art of healing. Reiki is a hands-on energy therapy. Reiki is a technique that addresses both chronic and acute conditions, gently balancing all the body's systems and the regenerative processes of body and mind. Studies of Reiki show significant reduction of pain and stress and a natural promotion of healing and relaxation in the body. Come learn more and become certified. Contact Marie at the Center at 508-888-1732 to register.
Saturday, July 21st, 10:00 AM - 05:00 PM, $150

All 4 Healing Wellness Center Hypnosis Graduates only NGH Convention Information session
The convention is coming up in August and you should have all received the information from NGH by now. We will get together on Tuesday, July 24th 7:00 - 9:00 PM to review the offerings at the convention, share feedback on instructors that others have taken classes with before, and to answer your questions about CEUs, etc. Please send any questions you have to Marie by Tuesday July 17th. Please use this form to submit your questions to Marie - this will allow her to better manage these questions in her inbox.

Awakenings with Selenite and Sound with Nicki LeMarbre
After offering private Selenite & Sound Healing Sessions and seeing amazing results for over a year, Nicki is the first person to create a series of unique and powerful workshops of this kind. Using large slabs of Selenite she assists participants in clearing and balancing their energetic bodies, releasing issues, raising their vibrations and in bringing forth the intentions for their lives into physical reality. Thursday, July 19th, 6:30 - 9:00 PM, $44. Limited to 15 participants, call the Center at 508-888-1732 to reserve your seat. For more information, click here.

Working with the Celestine Prophecy Series presented by Beth Breen-Santheson
In his Celestine Series James Redfield describes an emerging global renaissance; an awakening that is shaping us and our world in the new millennium. In this class we will discuss the twelve insights Redfield has brought forth to help us understand how we use energy to attract what we have in our lives, uncover revelations about our family and partners and the ways our past has been a preparation for opening us to our life's purpose. We will explore a deeper connection with our own personal energy and the divine
source. *Mondays, beginning July 9th, 7:00 - 9:00 PM, $20* per class. Register with Beth at RaeofHope.bdb@gmail.com or 508-320-2259. It is not necessary to read the books to take the class.

**ArchAngel Workshop: An Evening of Healing using Meditation and ArchAngel Essences with Catherine Dicker**

This is a time to rest, relax, and rejuvenate. It is an invitation to allow the ArchAngels to reach out and touch your soul to heal, to guide, or to help transition to the next step on your spiritual path, The ArchAngels are always available to help. *Wednesday, July 18th, 7:00 - 9:00 PM, $20.* Contact Catherine at celtichealer@comcast.net to reserve your seat.

**Integrated Energy Therapy Two-Day Certification Training with Beth Breen-Santheson**

This class will be Intermediate and Advanced Levels. *Saturday, July 28th and Sunday, July 29th, 9:00 AM - 5:30 PM, $430.* Please register with Beth by July 20th at RaeofHope.bdb@gmail.com or 508-320-2259. Click here for complete class descriptions.

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**Upcoming Classes & Workshops**

**Dream Workshop with Bonnie Perry**

How can I remember more dreams? What do my dreams mean? Do they serve a purpose? Learn to work with your dreams in the Dream Workshop with Bonnie Perry. Please contact Bonnie at bonnie@fireandwire.com, or 508-648-8780, to pre-register and receive some initial guidance on how to begin recording your dreams. Please register by July 13th. Workshop: *Saturday, August 4th, 10:00 AM - 3:00 PM, $25.*