

# June Newsletter

## June Astro Potluck Drop In Sunday, June 6<sup>th</sup> (Sorry for the late notice!)

It's Evelyne's birthday this week so we're having the Potluck drop-in on Sunday June 6<sup>th</sup> in her honour and for all of the Gemini's and Cancerians born in June!

It's also going to be another opportunity to connect with John & Mary Campbell while John's here in BC (until June 16<sup>th</sup>). They'll be presenting their book, *The Secret of Intimate Relationships*, and John will tell us a few more eye-widening tales of his incredible life on Sunday too. He will likely need to return to "duty" in Ireland by June 16<sup>th</sup> so we really want to celebrate him being here, with Mary, with their book, living the philosophy of A Course in Miracles, facilitating Relationship Workshops, counselling us in our Relationships—WOW!

John will regale us with tales of his delightfully "wicked" past and his "recovery." John has been a true adventurer, breaking all the rules, living out his shadow self to the depths of his fears, and then has reclaimed his highest self. Vicariously, we can experience the untamed, rule-breaking; high-adrenaline excitements of John's amazing past and soar to the heights of his profound spiritual enlightenment. What a story—and won't John and Mary be tickled and startled by this "trailer" too.... Someday soon we'll watch this story in a theatre and marvel at knowing him personally!

### **TheFussyBitch.com**

For those of you who know our darling Aussie friend, Christine Stoevelaar, you will likely be aware of her cheekily named website and new venture, The Fussy Bitch. Christine is delighting us all with her delightful videos of the best the Lower Mainland has to offer on many fronts. Of course chocolate is a very prominent feature—only the VERY Best chocolate of course—The Fussy Bitch is all about the BEST of whatever she's "on" to at the moment. We're VERY honoured that we've been interviewed by Christine and her expert videographer, Zia. Our video will be on the website any day now (woohoo!) and maybe part 2 will be showing up soon too, now that Mike is back in town. I'll also be featured with my Tarot, etc. readings in part 2.

John and Mary Campbell discussed their new book, *The Secret of Intimate Relationships* and their plans to write more books and the counselling and Relationship Workshops they offer while John is here in town. Dave Scott & Carol Babb's Brain State Conditioning process was featured, as was Gillian Vellet's RMT and Art Therapy modalities, Allyson Burden's Homeopathy, Adele Peterson's Hypnotherapy, Leanne Bird as Auriculotherapist, and Yours Truly as Manager of Health and Vitality. I can hardly wait to see the edited story...

## **Mike Lang Returns**

It's been SUCH a long stretch of aloneness with Mike off on the Sunrider cruise of the Mediterranean and visiting his family in Minneapolis—we've never been apart really in the 10 years of our relationship. It was very affirming to me to be able to take care of business in his absence. We're extremely grateful to Leanne Bird for standing in for Mike as Auriculotherapy during this 3 week stretch. Mike's looking refreshed and relaxed now and he's back to work & BUSY! You can ask him about his trip at the...

## **On Line Auriculotherapy Classes with Mike Lang Start June 10<sup>th</sup>**

Mike's On Line Classes will begin June 10<sup>th</sup> for 8 weeks. It's really exciting that Auriculotherapy students from all across North America will be joining these sessions. Mike's classes were a big hit on the cruise and so many people want to sign up for more. Got to love the Internet.... There's still room for more participants—this session of 8 classes is only \$150.00 to join.

## **Delaney Rose, Exceptional Singer/Songwriter & Eleanor Lawson, Talented Flautist**

Just wanting to express my heartfelt thanks again to both of these genuine and generous musicians who graced our May Potluck and entertained us so sweetly! Thank you both SOOOOO much.

## **Soirees**

Linda Nardelli, Channelled Healer and Debbi Coleen, Tarot Reader (that's me!) shared our talents with 26 interesting people on Friday, May 28<sup>th</sup> at a "Soiree" here at Health and Vitality. Each person chose 2 tarot cards and I interpreted them with considerable support from Linda and Masiandia in an unusual and very satisfying evening. SUCH FUN! We'll be holding other Soirees every six weeks or so. Next Date is Friday July 9<sup>th</sup> 7 to 9:30 pm. Please call or email to pre-register (\$35 or \$45 at the door).

This has wet my appetite to do more readings and counselling so I've decided to offer some **Summer Specials**.

I'd love to encourage everyone to sign up for:

## **Health & Vitality Spectacular Summer Specials**

Get Tuned Up for Summer

Debbi Coleen

### **Tarot, Astrology, Numerology Readings**

\$35 for 1/2 hour;

\$60 for 1 hour

\$80 1 1/2 hours

## More Savings with Other Practitioners

### Integrated Combinations

Save \$10 each for 2 therapies

Save \$15 each for 3 or more therapies

Because at Health and Vitality we are all committed to providing Integrated Therapies, our Practitioners are happy to offer clients savings on combinations of treatments. This way you can see 2 or more of our Practitioners to maximize and support the effectiveness of all the treatments and save an appreciable amount of money. We've all found that combined therapies are very effective in quickly and powerfully addressing our clients' various issues and we wish to maximize that effectiveness by offering these discounts to you.

### Websites

Most people know that Mike's website is [www.mikelang.ca](http://www.mikelang.ca). We also have a Health and Vitality website at [www.langcvh.com](http://www.langcvh.com). My personal website is [www.lotuspromotus.com](http://www.lotuspromotus.com). All of these websites are currently being updated by David Brooks, our esteemed and talented webmaster, so don't be surprised to see some changes from day to day....

### Facebook

I've uploaded some scrap booked pages with photos from our many events since Christmas here at the centre. If you're interested and if you can't find us on Facebook, please email me ([dmlang@shaw.ca](mailto:dmlang@shaw.ca)) and I'll send you an invite to our site. It's been a lot of fun creating them and interesting to see how many events we have had in these few months!

### Send Out Cards.com

I've been using Send Out Cards for several years now to beautifully record and share some of the wonderful events and experiences we've had—starting with our wedding in 2006. I've had some exciting ideas about how I can assist other people in sharing and even advertising their own great events using this website too.

If anyone is interested please let me know—I'm happy to share my experience with the cards because I've noticed how much I LOVE getting personal snail mail these days that isn't BILLS. And I'm sure many other people love it too. Plus it's a great way to create souvenirs and memories for self and others of great times spent together. SendOutCards.com is actually a very easy system to use for personal pictures plus there are hundreds of pre-made cards as well that can be easily adapted to many uses.

### Shake and Bake Specials

I've been feeling that our infrared sauna and vibration exercise machines are very underused here and I'd like to encourage people to use this great technology for relaxation, healing and easy exercise—plus then you can come and visit me and we can have some MORE fun!

We offer 10 visits for \$100 which is a great deal especially since you can also use this special pass for many of our evenings and events in addition to Shaking and baking yourself to Bliss!

### **Tuesday Pain Relief Clinics & Speakers/Entertainers**

We're inviting speakers to sign up to present their special topics at our Tuesday night Pain Relief Clinics each week. Many interesting and talented folks have shown up to share their wisdom, ideas and opportunities to varied and delighted audiences who have shown up to get mini pain relief treatments from Mike and his students.

We're also encouraging ANYONE who has pain to show up for these evenings and to enjoy the benefits of Auriculotherapy (Ear acupuncture with no needles) from Mike and his students for \$20 (or use the 10 for \$100 card). Interesting Speakers and Talented Performers have been showing up to enlighten and entertain us each week.

### **Lighten Up Wednesdays**

Just to report that our (closed) Lighten Up group of 6 with Adele Peterson, Hypnotherapist, is going along extremely well. Everyone seems to be having great success and enjoyment with the process. We're all grateful for Adele's expertise and commitment to this process. I recommend this process to anyone who wants to lose some weight or maybe Lighten Up other issues.... New classes will begin in September.

### **Encounter your Deepest Longing**

We're also honoured to be doing the organization for Linda Nardelli and Vicky McLeod's workshop on June 26<sup>th</sup>, 2010 from 10 am to 3:30 pm in Maple Ridge. The cost is only \$125 + GST. Please call us for more details....

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