

Living the Shift – Discovering the New “Now”

We are just back from our four-day workshop in Grand Lake, Colorado. It was a profound experience of combining our new energy techniques with the goal of accomplishing the expanded consciousness necessary to empower humans to live creatively and happily through the huge shifts occurring in our natural environment, our sociological situations, and the earth's energies.

In the words of Virginia Lore, one of the participants:

“The workshop I did in Colorado was about expanding consciousness and then somehow taking that expanded consciousness back to your daily life and incorporating it. The expansion itself was challenging. We worked on moving from an “I” centered viewpoint to a “we” centered viewpoint without losing the “I”. I am conscious as I write this of the tribe that I developed there, wondering what Cynthia’s doing today; whether Atma and Dana made it to Durango yesterday; how Paul is; what Karen and Greg talked about as they drove home.

“Most of the people in the workshop had been doing *Core Star* work for years. Most of them were graduates of the 3-year program, and many of them were teachers, either at Core Star or in other energy healing modalities. I’ve had the introductory workshop, a 1 day affair. But I knew a lot more than I thought I knew. And I was familiar enough with the language and systems of Core Star to follow all the information about the 8th, 9th, 10th & 11th levels of the field. But the meditation practice -- the energy work itself -- that was a stretch, and well-worth the workshop time all on its own. . . Mostly I’m wondering how to incorporate this stuff in my daily life; how to live it and model it.”

Virginia’s thoughts reflect the experience of many of us. Although it’s only a week post-workshop, I’ve already received more feedback of significant ongoing effect than at any workshop I remember being a part of. One woman said, “I won’t ever be the same.” Another said, “My energy continues to feel ‘silky’.” And a man reports that he was surprised at the way holding that expanded “we” viewpoint has positively affected his discussions [he said “arguments”] even with people who had no idea what he was doing with his energy. “And,” he said, “it has even changed the language of both of us.”

We spent some important time toward the end of the workshop exploring how this unique experience might be made available to a broader participatory group – people who don’t have the specialized energy training that made the transformations/expansion possible. As the year unfolds, we’ll be addressing that more.

And for the people who were unable to come, we have just scheduled a date to do the workshop as a stand-alone Intensive January 2, 3, and 4, 2009. Details will be posted on the website by September 15.



Maril Crabtree



Jim Crabtree



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Core
Star

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Passage to Healing: Becoming Your Own Healer

Thursday, September 11, 2008 7:00 - 9:00 p.m.

Facilitators: John Hoef-fer, Jim Crabtree, No fee

This is exactly one week before the start of the Foundations first-year class, and the teachers will present an evening designed to

- ❖ provide a sampling of the experiential exercises,
- ❖ Give a view of some of the information, and most of all
- ❖ have a forum for prospective students who want to get last minute questions answered.

If you haven't quite decided whether you want to attend class now, this will be a perfect place to test your experience.

Yoga Classes Offered

Ongoing weekly classes for beginners or those who want a gentle Hatha yoga class for flexibility and strength; focus is on breathing, movement & meditation. Classes are held at Core Star, room 101A.

Yoga Fundamentals: Mon-days 5:30 p.m. to 6:30 p.m.; Chair Yoga: Wednesdays 2:00 p.m. to 3:00 p.m.

Facilitator: Maril Crabtree
Fee: \$5 per class for 4 or more classes; \$7 per single class. Call 913-831-4422 to register.



CORE STAR New Class Year Starts

On September 18, the new first-year class will start at Core Star. John Hoef-fer, the first-year class teacher, and Jim Crabtree, the Core Star founder, are looking forward to an exciting, educational, and opening experience for the students.

The first year of training, entitled the Core Star Foundations of Healing Series, begins Sept. 18-21, 2008 and provides basic understandings of healership, fundamental techniques and the necessary knowledge and ability to work with not only the physical, mental, emotional and spiritual energy bodies, but also the astral level. For more information call 913-831-4422 or go to www.corestarenergyhealing.com for a complete description and list of dates for the year. Fee for the first class: \$495. A discount is available if the first year is prepaid.

Kansas City Healing Project Celebrates its Third Anniversary!

The Kansas City Healing Project is celebrating its third anniversary this month!

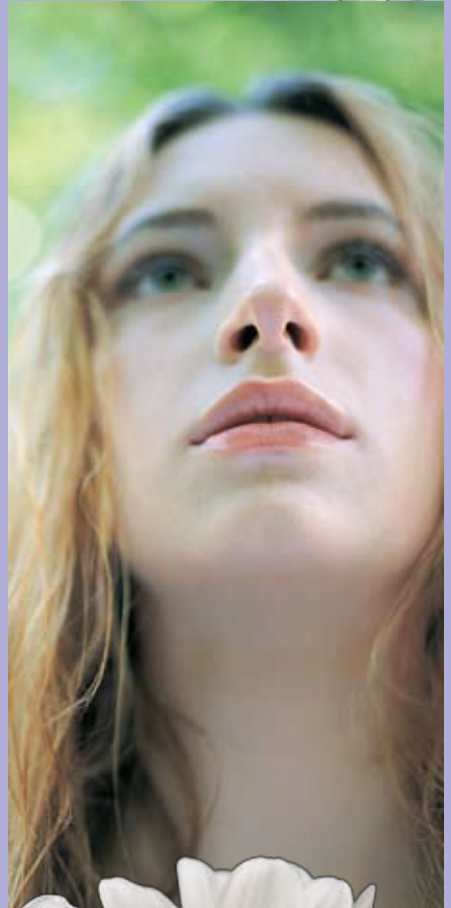
The KCHP is a group of *Core Star* graduates who have been providing energy healing sessions for cancer patients during their course of treatments. The clients have been helped by seeing the symptoms of the treatments reduced and their outlook toward having cancer, the treatment and themselves improve as a result.

These sessions are provided at the *Core Star* office in Mission, Unity Church of Overland Park at 103rd and Antioch and the Touched By Cancer Foundation in KC, North.

These sessions are on a Donation basis.

We are also starting a pre and post surgery program. What research has shown is that having an Energy Healing session before and after your surgery has reduced the stress and anxiety of the operation and shortened hospital stays.

*For more information or to schedule an appointment, call John Hoefler at 816-718-6358.
www.kansascityhealingproject.org*



Core Star Energy Healing Clinics Begin Soon

Under the leadership of Greg Christianson, *Core Star* Graduate, Clinics will begin on the 2nd & 4th Tuesdays in October. Clinics are open to the general public for those who desire to learn and experience more about the benefits of healing through the human energy field. All healings are given by students who have demonstrated competency and are supervised by *Core Star* faculty. Conditions that have benefited from energy healing include (but are not limited to): addictions, allergies, asthma, anxiety, arthritis/fibromyalgia, cancer, cardiovascular disorders, depression, digestive disorders, emotional trauma/blocks, fatigue, fracture recovery, immunology disorders, infectious diseases, infertility, life transitions, migraines, PMS, pain management, relationship concerns, stress management, sexual dysfunction, stroke, surgery recovery, radiation and chemotherapy side effects

See www.CoreStarEnergyHealing.com for details and dates. Pre-registration is required and space is limited!

Opening the 7 Windows to Wholeness

“To live experiencing our wholeness is our birthright; yet our culture fails to teach us how to connect with it.” James L. Crabtree

In November Jim will present a 3-part workshop on Mondays (November 10, 17, and 24), 7 to 9 p.m. at Unity of Overland Park, 103d and Antioch, in Overland Park, Ks.

In this three-session workshop, based on his book *The Seven Windows to Wholeness*, Jim will guide participants through an exploration of energy techniques to connect them with the Wholeness Intention.

- Flowing in a feeling of connectedness,
- eagerly anticipating the future with curiosity,
- knowing oneself to be happy, and
- feeling in charge, responsive and in control of your life are natural results of experiencing the Wholeness Intention.

913-831-4422

