

Welcome to Summer!



If I came to you for a healing...

Janice Jackson

If I came to you for a healing...

Would you look at me with compassion and give me a hug

Maybe not just a "hug",
Would you fully embrace me
and all that I am?

Would you listen intently with your big open heart

and hold all judgment of me
and who I think I am?

Or who I want to be or who I have been

Can I cry in front of you

Maybe not just "cry,"

Can I literally sob until I can't breathe any more

and use as many tissues as I want

and take as much time as I want?

Can I feel your warm spirit sitting with me to know that deep down inside

You've had similar wounds

Or at least heard my story before?

Will you take me as I am, feeling Oh so broken, wounded, deeply hurt,

Unappreciated, unwanted...

And yes, even very lost at the moment?

Will you help me find the way back

To my innocence, strength, goodness, sound mind?

I so desperately want to love myself once again.

Of course I will. That and more.

Janice is a 2008 graduate of Core Star. She lives in Naples, FL with her husband, Dan, and their dog, Molly.

Janice has a private practice involving Therapeutic Massage, Advanced Cranial Sacral Therapy, Energy Work and Cranial Release Technique.

Her outside interests are fishing, reading and helping others stay well with healthy eating tips: (www.YouTube.com/currligirl, www.currligirl.wordpress.com (blog))



Maril Crabtree



Jim Crabtree



Lynn Johnson



913-831-4422

6045 Martway, suite 104
Shawnee Mission, KS 66202

Living the Shift

Once again we are enthusiastic about offering an August workshop at Shadowcliff in Grand Lake Colorado. New information and techniques were developed this winter which not only expand our understanding, but also create experiences which bring that expansion back into our daily lives.

Prior to this we presented a workshop entitled "Dancing with the Shift," now we are moving on to actually "Living the Shift." There are just a few spaces left for participants to join in the teachings.

For details, see the website (www.corestarenergyhealing.com) or call the office at 913 831-4422.

Passage to Healing: Becoming Your Own Healer

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

Facilitators: Jim Crabtree and Staff, No fee

This is exactly one week before the start of this Year's Core Star Foundation first-year class, and the teachers will present an evening designed to provide a sampling of the experiential exercises, a preview of some of the information, and - most of all - a forum for any prospective students who want to get last minute questions answered. If you haven't decided for sure that you want to be in this year's class, this will be a perfect place to test your reactions and experience energy.

New Opportunity at SafeHome

Karen Adinolfi, graduate of Core Star Foundations Series and a continuing Core Star student, has arranged for a volunteer opportunity with SafeHome, a Johnson County domestic abuse shelter, to offer energy healing sessions for nearly 50 staff members there.



Core Star energy healers (students who have completed at least one year of the training, or graduates who want to refresh their skills) will need to bring a table to the facility and a CD player if they want to play music. Healings are conducted in the meditation room.

"It's a wonderful opportunity to practice energy healing," said Karen. "When I go, I usually arrive at 8:30 am to set up, then schedule healings at 9:00 a.m., 10:15 and 11:30. Slots immediately fill up, so I'm hoping that other students and graduates will join me."

To volunteer, please email Shirley Collins, Director of Clinical Staff for Safehome, at SCollins@SafeHome-ks.org. She will help schedule staff members and give directions for SafeHome's location. Unfortunately, SafeHome is not set up to allow males in the facility.

Karen can also email Consent Forms and Intake Forms to those who need them. Her email is kadinolfi@yahoo.com.

Karen was given the idea to contact SafeHome through guidance. Eventually she hopes to serve the client population as well.



Passage To Healing The Core Star Healing School

Dates for the 2008-09 Core Star Foundation Series

September 18 - September 21

November 13 - November 16

January 8 - January 11

March 26 - March 29

May 7 - May 10

Advanced Healing Training (second and third years)

dates can be found on the website.

Please visit

www.CoreStarEnergyHealing.com

for more information on classes,
special workshops, clinics and costs.



Intro to Energy Healing

Saturday June 28, 9:00 - 4:00 p.m. with lunch break)
Facilitators: Jim & Core Star instructors
Fee \$125 (Participants receive \$100 credit towards
tuition in the Core Star Foundation Series
starting Sept. 2008)

This training is offered for people who want to explore their abilities to work with healing energy and for people who want to expand their knowledge and practical capabilities for working with healing energy.

You will learn, practice and know when to use four different forms of earth energy.

You'll identify and enhance your own developing psychic skills.

You will have a stronger sense of how to use your unique abilities to heal, and understand some basic principles of the art of healing, as well as have hands on practice with all of the above.

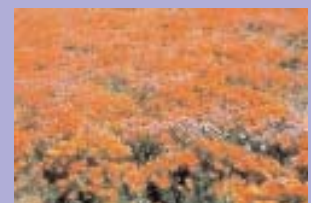
This workshop will provide a basic overview and understanding of the Core Star energy modality.

This workshop is approximately 1/2 experiential and 1/2 informational. This gives you an opportunity to learn about this modality, experience your own control of your energy, and your own ability to learn to perceive energy.

Cost \$125, Call 913-831-4422 to register, or register on line at www.CoreStarEnergyHealing.com

Held at Core Star
6045 Martway, Suite 104
Mission KS 66202

Visit our website www.CoreStarEnergyHealing.com





Pathwork Course Comes to Kansas City - Attend Free Evening Class June 4
Core Star is pleased to announce a new opportunity coming to the Kansas City area this fall, through a course entitled

"The Soul's Journey Through the Teachings of Pathwork"

Antonia Herbstreit will present a special free evening class to introduce Pathwork to anyone interested. The free class will be held Wednesday, June 4, 2008, from 7-9 pm, at Core Star, 6045 Martway, Ste 101-A.

The Pathwork (see www.pathwork.org) is a contemporary spiritual path which promotes personal growth through knowing and integrating our vast inner reality. It emphasizes the need to accept all of our dualities, including our shadow as well as our light, our limited ego as well as our divine nature.

The entire course, consisting of five weekends, will be taught by Antonia Herbstreit, RN, of Champaign, Illinois. In addition to her work as a staff nurse, massage therapist, energy healer and reflexologist, Antonia has taught the Pathwork course for six years and is certified as a Pathwork 50/50 Helper/Teacher (see www.pathwork.org), Quantum Biofeedback Specialist, and Brennan Energy Healing Practitioner. The deepest underpinnings of her work come from her studies with Eva Pirrakos' channeled Pathwork Guide Lectures and the illuminations of those lectures through the 50/50 work of Moria Shaw.

"My desire is to give you my best in this endeavor, to teach and guide you into a better understanding of yourself and the world around you," says Herbstreit. "I stand ready to receive and hold you in this transformational journey toward freedom, self responsibility and work with your authentic spiritual core."

The Pathwork course dates offered in Kansas City are:

- " September 6-7, 2008
- " October 25-26, 2008
- " November 29-30, 2008
- " January 31-February 1, 2009
- " March 21-22, 2009

The class, limited to 13 students, will meet at Core Star Healing Center, 6045 Martway, in Mission, Kansas. The fee for the course is \$1,125.00 and can be paid in installments of \$225 per weekend. Registration deadline is July 15, 2008.

Announcements

Yoga Fundamentals:

Mondays: 5:30 - 6:30 p.m.

Wednesdays: Chair Yoga from 2:00 - 3:00 p.m.

Facilitator: Maril Crabtree, Fee: \$5 per class, minimum 4 classes, or \$7 a single class. call 913-831-4422 to register, or pay at door. For beginners or those who want a gentle hatha yoga class, focus is on breathing, movement and meditation. All classes held at Core Star 6045 Martway suite 101A



Explore the Benefits of Chair Yoga, June 11

1:30 - 3:30 p.m. at Core Star, 6045 Martway, no. 101A Mission KS 66202. Introductory information session and Q and A on the physical, mental and emotional benefits of Chair Yoga. No prior yoga experience or equipment needed. Wear comfortable clothing. To register or for more information call 913-484-1733. Free

Medicine Woman Lodge

One afternoon each month, come and share in the teachings of the Medicine Woman Lodge. The next Dates are Saturday June 21, (building of the sweat lodge **noon until dusk**) Sunday July 20 and Sunday August 10th our lodge meeting is 2:00 - 5:00 p.m.

Learn the herbal medicines of our great grandmothers, discover the teachings of the Medicine Wheel, learn how to prepare sacred ceremonies for yourself and others, learn crafting, organic gardening, herb growing and harvesting, listen to the messages of the earth elements and the animals.

Discover how to go within for answers and healing, learn songs and stories filled with wisdom and love. Create a sacred sanctuary for yourself with wise women, care for your body with natural plant oils, lotions and teas. Discover what it means to truly heal, body mind and spirit.

Held at Gardens of Delight with Lynn Johnson, 4821 N. Helena, Parkville, MO 64152 \$25 per class attended. Phone 816-584-0777 to reserve your place.



Volunteer Opportunities with the Care Alternatives Hospice Program of Kansas City

The Care Alternatives Hospice is seeking volunteers to provide energy healing for the patient and also the care giver. The benefits of providing energy healing are life enhancing and calming for those patients at the transition stage of life, and also healing for their caregiver as well.

The healer would be providing healing within the home of patient and caregiver. A training and screening program is necessary for those who wish to volunteer. There are two Hospice locations in Kansas City, one in the northland off Barry Road and 159, and a second location in Overland Park.

If you feel called to provide such healing work, please call John Hoefer at 816-718-6358 or e-mail him at John_Hoefer@hotmail.com

