



*InSpirit Centre*  
*Spiritual Gifts & Services*

61 Main Street South  
In Historic Downtown  
Georgetown

(289) 891-7711

Mon	12 – 8
Tues	10 – 8
Wed	10 – 8
Thurs	10 – 9
Fri	10 – 9
Sat	10 – 5
Sun	12 – 4



# InSights

*Improving your life through spiritual growth and balance*

November 2019 Edition

## November is the New Party Month!

We are so excited for November this month. Yes its colder outside. Yes its rainy more. But..... now you have a lots of good reason to spend the month inside InSpirit Centre with us! We are excited to share 2 special events this month. First, on November 2 is our 7<sup>th</sup> anniversary and customer appreciation day, filled with fun FREE workshops, free gifts, double points and so much more!

Then on Sunday November 24 I am so excited to share that we will be running a fabulous Gem Show, along with Shop Specials. It's a great way to get a head start on your holiday shopping.

We are also in the process of putting together our winter schedule, so please feel free to contact us if there is anything else you would like to see us offer. Send emails to: [Barbara@InSpiritCentre.com](mailto:Barbara@InSpiritCentre.com)

Thank you,  
Barbara, Mark & The InSpirit Centre Team

*Save The Date....*

**Fall Gem Show**  
**Sunday November 24**  
**Noon- 4pm**

Get a headstart on your holiday shopping with amazing crystal specimens and special sales.



[InSpiritCentre.com](http://InSpiritCentre.com)

# Customer Appreciation Day & 7<sup>th</sup> Anniversary!!

Let's Make Some Noise!!

It's been **Seven** years since In\$pirit Centre opened its doors,  
so we gotta Celebrate!!

## In The Shop:



- ♥ Special Gift for the first 50 Shoppers!
- ♥ Double Points Day!
- ♥ FREE Raffles for services!
- ♥ Special Sales

## FREE Workshops on Saturday:

- 10:30** Intro To Numerology, with Terri
- 11:30** Haunted Halton; Tales of Paranormal Adventures, with Barbara
- 12:30** Intro to Candle Magick with Christine
- 1:30** Self-Care Tips for Empaths, with Barbara
- 2:30** Talks on Rocks, with Mark
- 3:30** Meditation for Happiness

## Special Guest Alyson Joy

Immerse yourself  
inside a singing  
bowl to have your  
energy cleared!

Alyson is a Certified  
Practitioner of  
Vibrational Sound  
Therapy.

**10 Minute Session**  
**\$15+HST**



# Alyson

Certified Vibrational Sound Therapist

Be fully immersed in a relaxation inducing Vibrational Sound experience!

Alyson uses medical grade singing bowls which give off a softer sound, but a much stronger vibration. Alyson will place these unique bowls on different parts of your body. The weight of the bowls, combined with the vibration travelling through your body will help you to deeply and completely relax.

1 hour sessions are wonderful for reducing stress and deep relaxation.

They promote self-healing, balance and clears your chakras. Reintroduces your body and mind to feeling of calm.



**Wednesdays: November 20, December 4, December 11, January 15, 29,**

**Cost: 1 hour - \$90+HST.** Save 5% when you book and pay more than 48 hours in advance.

**To book please call InSpirit Centre 289-891-7711**

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## Are YOU A Crystallophile??

By Terri

**Are you a lover of crystals?**

*If you answer yes to at least ONE of the following then you might be a Crystallophile.*

- 1) You collected rocks as a child
- 2) You like beautiful and bright colours
- 3) When you go for a walk, you look at the ground
- 4) Your favourite character on Big Bang Theory is Bert
- 5) You actually know who Bert is
- 6) A rock show has nothing to do with music
- 7) You can't open your windows without a rock falling off the window sill
- 8) You find crystals in the bottom of the washing machine all the time
- 9) You have ever used the words "Ooooooooooh" and "Crystal" in the same sentence
- 10) You feel a connection to the earth.

If you answered yes to more than 3 of these questions, then you my friend are a Crystallophile. Congratulations! See you at the InSpirit Centre Gem Show, Sunday November 24, noon – 4pm. ✍

***Terri is one of our new InSpirit Centre Team Members. She is a Reiki Master trained under Barbara Ford. She also provides Tarot Readings and Mediumship Readings.. Terri is available on Wednesdays and Saturdays. To book a session please call InSpirit Centre 289-891-7711***





## 5 Safety Tips For Ghost Hunters

By Barbara Ford



*If ever there is a time of year that stirs interest in the things that go bump in the night; it's Halloween. For some people it awakens a long standing desire to explore the world of paranormal phenomena. If this is true for you, then I am happy to share some tips to help you get started. Even if you are already an experienced ghost hunter there I hope to share some useful tips you may not have considered before. So let's get started:*

**Respect the Law:** I can't stress this enough...before embarking on any ghost adventure, you need to obtain permission from the building's owners. Even dilapidated abandoned houses are owned by someone, and that someone needs to give you permission. Also, going to a public space after visiting hours requires the owners/managers of the property to give you permission. Failing to get permission means that you are trespassing, or could even be considered causing mischief, both are chargeable offenses.

Besides that many abandoned properties are structurally unsound. That means there is the potential for the rough to cave in, the floor to give way, and a host of other extremely dangerous accidents waiting to happen.

**Protect Your Body:** If ghost hunting is something you would like to try, there are a few basics to keep in mind. To begin, wear closed toed shoes that have a good non-slip sole. This is important for your foot safety as many places have tripping hazards, and uneven floors. For the same reasons, long pants are also a good idea.

**Let There Be Light:** Bring a flashlight, even if its daytime. Many years ago I was investigating a 130 year old business building. It was the middle of the day, and the business was in full operation. But while in the basement, complete with dirt floors, lime stone walls, everything dripping in cobwebs.....the lights went out and the door closed. Now I'd like to say it was from something paranormal, but in fact, it was an employee who knew no staff ever went down there. So they thought they were being helpful by shutting off the lights and shutting the door. Luckily we had a flashlight to find our way back.

**Hello:** Another very important tool is having a cell phone with a full battery. In the event something bad does happen, it gives you an opportunity to call and get the help you need. Plus with smart phone, you can also snap pictures, record sounds or your thoughts, take notes, schedule your next adventure etc.

**Buddy System:** There are lots and lots of paranormal volunteer groups you can join. Being with a group is a great way to learn techniques and to connect with others who share your passion. Many people join a group for a couple of years before venturing out to start their own. But even if you choose to do your own thing, it is still safer to have someone with you. I also recommend having another person off premise know where you are and what you are doing and when you will be back.

*Ghost hunting is becoming a popular interest for many people, so getting into the habit of being safe, is a good start to a fun adventure. &*

**Barbara Ford is an internationally recognized Spiritual Advisor, Holistic Practitioner & Paranormal Expert. She has been featured in magazines, a book, a documentary, many TV Shows book for her excellent work. Barbara is also a published author of the Seekers Oracle Deck. To book a consultation or a reading please call 289-891-7711**



# Weekly Services

## **Akashic Records Reading**

Barbara Ford, Thursdays, Fridays &  
Some Saturdays \$100+HST 1 hour

## **Cartomancy Readings**

(Tarot or Oracle Cards)

Terri, Wednesdays, Saturdays  
Danette Mondays, \$45+HST per 30 minutes

## **Crystal Healing**

Barbara Ford, Thursdays, Fridays, \$100+HST 1 hour

## **Crystal Toss**

Christine Tuesdays, \$45+HST 30 min

## **House Clearings & Blessings (Paranormal)**

Barbara Ford, Tuesdays, Wednesday, Inquire for costs

## **Mediumship Readings**

Terri Tuesdays, Saturdays \$45+HST for 30 minutes  
Danette Mondays, \$45+HST for 30 min  
Barbara Ford, Thursdays, Fridays \$55+HST 30 minutes

## **Multidimensional Readings (Psychic, Tarot, Mediumship)**

Barbara Ford, Thursdays, Fridays  
\$55 +HST for 30 min or \$100+HST 1 hour

## **Palm Readings**

Barbara Ford, Thursdays, Fridays \$30+HST for 15 min

## **Private Mentorship**

**For Holistic, Intuitive & Paranormal Professionals**

Barbara Ford, Thursdays, Fridays & Saturdays inquire for costs

**Psychic Readings** – see Multidimensional Readings,  
or Spiritual Advisory For Business

## **Spiritual Advisory For Business:**

Barbara Ford, Thursdays, Fridays \$350+HST 1 hour

## **Reiki**

Barbara Ford, Reiki Master, Thursdays, Fridays  
Terri, Reiki Master, Wednesdays, Saturdays \$100+HST 1 hour  
Danette Reiki Practitioner Level 2 Mondays \$90+HST

**Tarot Readings** – see Multidimensional Readings,  
Cartomancy or Spiritual Advisory For Business

# Free Stuff

## **FREE Energy Clearings**

We are pleased to offer you free personal energy cleanse anytime you like. Simply come by InSpirit Centre – no appointment needed. We will do a free sonic cleanse using a Tibetan bell or bowl. This is a great way to get a quick pick-me-up, especially if you are feeling energetically overwhelmed.

## **FREE Information**

Enjoy our blog at InSpiritCentre.com to learn about crystals, tips for better spiritual living, energy work and so much more!

## **Facebook Group:**

### **InSpirit Centre- Tarot Studies**

Do you have an interest in Tarot or Oracle Cards? This is a great group to learn more about how to use the cards and connect with others who are learning as well.

[https://](https://www.facebook.com/groups/983270838443766/)

[www.facebook.com/groups/983270838443766/](https://www.facebook.com/groups/983270838443766/)

## **Facebook Group:**

### **Paranormal Enthusiasts Of Ontario**

Do you love all things unusual? Join our group to learn more, and connect with others

[https://](https://www.facebook.com/groups/289317341880354/)

[www.facebook.com/groups/289317341880354/](https://www.facebook.com/groups/289317341880354/)

*All Services are by  
appointment.  
To Book please call  
289-891-7711*

# Meet Our Psychics & Mediums



**Barbara Ford** is one of the founders of InSpirit Centre. She has 22+ experience providing professional readings. She offers Multidimensional Readings (Tarot, Oracle, Psychic Mediumship), Akashic Records Readings, & Palm Readings on Thursdays, Fridays & Saturdays 1 hr - \$100+HST or 30 min - \$55+HST.



**Terri** has been trained under Barbara and has many years' experience. She offers Tarot, Oracle & Mediumship Readings on Wednesdays & Saturdays. 30 min - \$45+HST



**Christine** has studied many different forms of divination, and is excited to be offering professional sessions. She offers unique "Crystal Toss" Psychic Readings. Tuesdays 30 min - \$45+HST



**Danette** has studied many different aspects of intuition and veneration. She has also taken many program with Barbara. She is excited to offer Oracle Card Readings and Mediumship on Mondays readings are 30 min - \$45+HST, Reiki is \$90+HST for 1 hour

**To book a session please  
call InSpirit Centre 289-891-7711**

## November's Feature:



### Orange Calcite

**Spiritual Meaning:** Orange Calcite is thought to assist in integrating the spiritual realms and the physical body. It energizes the lower chakras, particularly the Sacral Chakra –and is connected to increasing creativity. It is believed that Orange Calcite assists in releasing past emotional traumas, and invites optimism and joy back into your life

#### Fun Facts:

- Looks like Orange Creamsicle ice cream...but doesn't taste like it. Lol.



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# November Workshops

## Full Moon Gathering with Christine

Every full moon has a story to tell! November's full moon in Taurus is sometimes called the Tree Moon or the Snow Moon. Join us for an opportunity to attune to the full moon energy of the season and set your intentions soaring in this InSpirited gathering!

**Monday November 11 Time:** 6:45pm-7:45pm

**Cost:** \$19 + HST includes all materials

## Reiki Review/ Reiki Share, with Barbara Ford

This Reiki review / share is an opportunity for those who have taken the Level 1, 2, or Master Level to practice with other Reiki practitioners. Barbara will introduce some new concepts to help you enhance your work as a practitioner whether you provide Reiki professionally, or just to friends and family. We will then move into doing some self-reiki. The majority of this session will be giving and receiving reiki treatments and incorporating the new skills taught this evening. Barbara will walk you through the hand-positions, and the new skills learned to help you improve your reiki skills.

These sessions are all about learning and growing as a reiki practitioner. Also, you don't need to have taken your reiki training from Barbara in order to participate. These sessions are open to everyone who has received training, no matter who the instructor was.

Each person will have an opportunity to give and receive a treatment.

**Friday November 15 Time:** 6:30 – 9:00pm – **Topic:** Accommodations for Back Injuries

**Cost:** \$19 + HST per person, per session

## Reiki Level 2, with Barbara Ford

### Certificate Program (4 People Maximum)

#### As a follow up to Reiki Level 1:

Learn how to conduct emotional healing, and distance healing as well as refine your skills.

We will also explore Reiki Symbols and how they can enhance your practice.

In addition, you will receive your 2nd attunement.

Upon completion of this course, you may practice Reiki and advertise yourself as a level 2 Reiki Practitioner.

*\*Level 2 completes your Reiki training. Reiki Master Level is only needed if you intend to teach.*

Handouts and a certificate included.

*Please note: Level 1 and 10 case studies is a prerequisite.*

**Saturday November 16 Time:** 10am - 5pm

**Cost:** \$215 +HST per person, includes a workbook, an attunement and a certificate

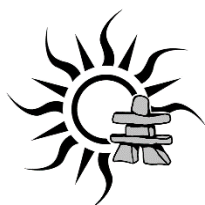
*\*A 50% non-refundable deposit is required at time of booking to register.*



**Save 5% when booking and paying more than 48 hours in advance.**

**Bonus! Enjoy Tax Free Shopping on the day of your course!**

**Space is limited! To register, please call (289) 891-7711**



# November Workshops

## **NEW!** November Meditation Series: **Connect To Your Inner Child, with Barbara Ford**

Our childhood can represent the best or worst of our lives. In this unique meditation series we will connect with your inner child and through guided images and energy work we will work to release pain of the past. We will also enjoy letting out our playful side and dive into childlike wonder.

Each session will begin with some breath-work designed to help you relax your body and your mind. At the end we will pick an oracle card for an inspirational reading. These sessions are great for the beginner as well as experienced with meditation. *Please bring a yoga mat and blanket. Chairs are available for those who aren't comfortable on the floor, just let us know when you arrive.*

**Thursdays November 7, 14, 21, 28 Time: 6:30pm - 7:30pm**

**Cost: \$19+HST per session or \$68 for the 4 week series (a savings of \$8)**

## **NEW!** Intro To Candle Magick, With Christine

Need a little magick in your life? Candle magick is one of the easiest and effective ways to cast a successful spell. In this workshop, Christine will drill down to the essentials of candle magick to get you started, along with providing some ways to make sure your spells are as safe and effective as possible. You will learn how to:

- choose and prepare your candle
- set your intention
- work in sacred space
- enhance your spell with magickal timing and correspondences
- and so much more!

**Wednesday November 27, Time: 6:30pm-8:30pm**

**Cost: \$45 + HST (all materials included)**

## **NEW!** Numerology: The Vibration of Numbers 2 Week Program, with Terri

In this mind-blowing 2 week program, Terri will walk you through Pythagorean mathematic formulas used to discover your:

- Life lesson number
- Soul number
- Outer personality number
- Path of destiny

We will explore what each of these numbers mean, and how it impacts your life.

**Friday November 29, December 6 6:30pm – 8:30pm**

**Cost: \$90 + HST (includes a detailed manual)**



**Save 5% when booking and paying more than 48 hours in advance.**  
**Bonus! Enjoy Tax Free Shopping on the day of your course!**  
**Space is limited! To register, please call (289) 891-7711**