



*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*

Feb 2020 Edition

## Happy Chinese New Year!

We are so excited to have finally entered into the Year of the White Metal Rat 2020.

We expect that this year will bring in a lot of positive energy for most people. It's a great opportunity to let n yourself shine, try new things and explore the world around you. We look forward to all of the wonderful things 2020 will have in store.

Warm wishes and thanks,  
Barbara, Mark and The InSpirit Centre Team



Happy Chinese  
New Year!

May this year of the rat  
bless you with the power to  
transform unlucky events  
into good fortune.

# Moon Phases 2020



InSpiritCentre.com



**New Moon**



**1<sup>st</sup> Quarter**



**Full Moon**



**3<sup>rd</sup> Quarter**

	Jan. 2	Jan. 10	Jan. 17
Jan 24	Feb. 1	Feb. 9	Feb. 15
Feb. 23	Mar. 2	Mar. 9	Mar. 16
Mar. 24	Apr. 1	Apr. 7	Apr. 14
Apr. 22	Apr. 30	May 7	May 14
May 22	May 29	Jun. 5	Jun. 13
Jun. 21	Jun. 28	Jul. 5	Jul. 12
Jul. 20	Jul. 27	Aug. 3	Aug. 11
Aug. 18	Aug. 25	Sept. 2	Sept. 10
Sept. 17	Sept. 23	Oct. 1	Oct 9
Oct. 16	Oct. 23	Oct. 31	Nov. 8
Nov. 15	Nov. 21	Nov. 30	Dec. 7
Dec. 14	Dec. 21	Dec. 29	

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To learn more about the moon phases, and how to make the most of the changing cycles, please visit our new “moon” section at [www.InSpiritCentre.com](http://www.InSpiritCentre.com)



# 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.



**NEW DATES! Wednesday: February 26, March 25,**

**Time: 2pm - 8pm 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**

## Happy New Year, Happy New You Tarot & Oracle Card Spread

By Barbara Ford

One of the best ways to use your oracle cards or tarot cards is by using a spread. By defining each position it helps you to sort out the definitions of each card properly.

InSpirit Centre is pleased to share that we now offer some definitions of Tarot Cards on our website as well as some spreads that you can use.

We also have a fabulous Facebook group called "InSpirit Centre – Tarot Studies" where we explore different aspects of tarot

Here is a fun spread to use this time of year. As we fully embrace new opportunities we expand our horizons and live more authentically. &

The graphic features a golden background with a large clock face in the background. The clock face has Roman numerals and the year '2020' is visible. The title 'Happy New Year, Happy New You' is written in a large, elegant, cursive font. Below the title, there are seven tarot cards arranged in two rows: five in the top row and two in the bottom row. Each card is numbered 1 through 7. To the right of the cards, there is a list of seven items corresponding to the numbers. At the bottom center, there is a copyright notice: '© 2020, InSpiritCentre.com'.

**Happy New Year  
Happy New You**

1. My Health Priority
2. My Emotional Priority
3. My Mental Priority
4. My Spiritual Priority
5. My Financial Priority
6. What I need to leave behind?
7. Where do I start?

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# Relationships & Reiki

By Terri

Relationships - we can't live without them. They come in every shape and size and are as individual as the purpose they serve. Sometimes they are just as confusing. A walk through any bookstore proves that books about relationships are plentiful. Need help with your marriage? There's a book for that. Your children? Yup - lots of books for that. Can't understand your dog? Right over here.

Reiki can also help.

Reiki can smooth out the rough edges by reducing stress and facilitating energy flow. It can help heal old wounds and imbalances. This can help open up your capacity to love and feel empathy which, in turn, can help facilitate communication leading to better relating, understanding and respect. While reiki is not meant to be a substitute for other health modalities such as counselling or medication, it does work beautifully in combination with them. You can experience reiki through the hands of a skilled practitioner or you can learn how to practice reiki yourself through Level 1 and Level 2 attunements. A very handy tool to have indeed.

Finally, remember the most important relationship of all - the one with yourself. What a great place to start. ✨

*Terri is an experienced member of the InSpirit Centre Team. She is a Reiki Master trained under Barbara Ford. She also provides Tarot Readings and Mediumship Readings. She is known for her non-judgement but informative nature. Terri is available on Wednesdays and Saturdays. To book a session please call InSpirit Centre 289-891-7711*



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## Top 5 Crystals For Grounding and Energetic Protection

By Barbara Ford

**5. Hematite** is known for its beautiful silvery sheen. It has a high metal content, which is what gives it a cool feel to the touch. It's easy to come by and very reasonably priced, so it had to be included.

**4. Black Tourmaline** is a very popular choice because of its unique shapes and strong abilities to repel negative energy.

**3. Red Jasper** comes as a surprise, but it's actually excellent for warding off strong negative energies. A popular choice for those who do house clearings.

**2. Bronzite** one that definitely flies under the radar when you think of protective crystals. But it's actually excellent for removing curses and intentional negative energy.

**1. Apache Tear** is known for its strength in helping you to feel more grounded and protected. However, its energy is also one of comfort and gentleness. Also, the Apache Tear holds a secret. It looks opaque, but when you hold it to the light, it is actually translucent – reminding you that there is always more than what meets the eye. That's why this tops the charts as the best crystal for grounding and energy protection. ✨

# Weekly Services

## **Akashic Records Reading**

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

## **Cartomancy Readings**

(Tarot or Oracle Cards)

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

## **Crystal Healing**

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

## **Crystal Toss Psychic Reading**

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

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

**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

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

## February's Feature:



### Rose Quartz

**Spiritual Meaning:** Associated with gentleness, kindness and unconditional love in all forms, helps promote self-love & happiness.

**Fun Facts:** Rose Quartz Masks have been found in ancient Egyptian and Roman Tombs. It was believed that wearing a rose quartz mask would clear the complexion and remove wrinkles.



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# February & March Workshops

## February Full Moon Gathering, with Terri

Every full moon has a story to tell! February's full moon in Leo is sometimes called 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!

**Sunday February 9 Time:** 1:30pm – 2:30pm

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

## Reiki Level 1, with Barbara Ford

Certificate Program (4 People maximum)

### What Does Level One Include?

Level one will introduce you to the history of Reiki and you will receive your first of three attunements. Much of the day will be spent learning the basic hand positions, and other relevant information so that you can conduct reiki sessions on other people, pets and yourself. During this workshop, you will receive as well as give a reiki treatment. At the end of the class, you will be certified as a Level 1 Reiki Practitioner, and will receive a certificate.

**Saturday February 15 10:00am - 5:00pm**

**Cost:** \$185 +HST per person, includes a workbook, an attunement and a certificate.

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

## Understanding Power Symbols, with Barbara Ford

Throughout history symbols have been used to summon protection and power. They have been used to identify faith and values. They tell our story; as human beings. In this workshop we will explore traditional and non-traditional symbols. We'll discover how their meanings have changed overtime. Most of the time will be spent in discussion about how to create these symbols. And how they can best serve you on your own spiritual path.

**Wednesday February 19 Time:** 6:30pm – 8:30pm

**Cost:** 45 +HST per person, includes materials

## NEW! Learn How To Communicate With Your Spirit Guides, with Barbara Ford

In this exciting workshop, we learn not just about spirit guides, but you get a chance to connect with your own guides.

### Discover:

- The different types of spirit guides and find what feels right for you.
- Explore when and why they are with you.
- Embrace techniques for initiating contact with them, how to determine how many you have, and how to converse with each one.
- Create ideas of how communicating with your spirit guides can help you make positive changes in your life.

**Wednesday February 26 Time:** 6:30pm – 8:30pm

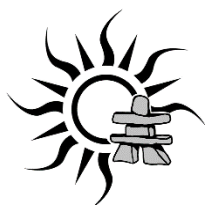
**Cost:** 45 +HST per person, includes a workbook



**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



# February & March Workshops

## February Meditation Series: **Meditating with Crystals, with Barbara**

In this 4 week meditative series we will be focusing on exploration of meditation with crystals including grid works, and harnessing the power of the crystals. We will do this by learning breathing / meditative techniques, then moving into a guided meditation, each week will be a different focus. At the end we will have an inspirational reading. No experience necessary. *\*Please bring a yoga mat or meditation cushion, a blanket & wear comfortable clothing. Chairs are available; just ask when you arrive.* All materials will be provided.

*Week 1 – Grounding with Crystals*

*Week 2 – Balancing our Chakras with Crystals*

*Week 3 – Journeying with Crystals*

*Week 4 – Revitalizing with Crystals*

**Thursdays:** February 6, 13, 20, 27 **Time:** 7:30pm – 8:30pm

**Cost:** or \$19 +HST for individual sessions or \$68 +HST for series – a savings of \$8

## March Full Moon Gathering, with Christine

Every full moon has a story to tell! March's full moon in Virgo is sometimes called the Worm 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 March 9 Time:** 6:45pm – 7:45pm **Cost:** \$19 + HST includes all materials

## 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 March 14 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.*

## Numerology: The Vibration of Numbers 2 Wk Program, with Terri

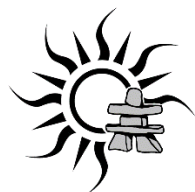
In this mind-blowing 2 week program, Terri will walk you through Pythagorean mathematic formulas used to discover your:

- 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.

**Tuesdays March 24 & 31 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**



# February & March Workshops

## 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 March 20 Time:** 6:30pm – 9:00pm – **Topic:** Professionalism in Reiki

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

## March Meditation Series: Grounding White Light, with Barbara Ford

This meditation series will begin with some simple breath-work designed to help you relax your body and your mind. The Barbara will lead you in to a beautiful guided visualization that will help to deeply and completely relax while balancing your energy systems.

We will finish our session by reading a motivational reading. *These sessions are great for the beginner as well as experienced meditators. 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:** March 5, 12, 19, 26 **Time:** 7:30pm – 8:30pm

**Cost:** or \$19 +HST for individual sessions or \$68 +HST for series – a savings of \$8

## Spring Equinox Celebration – Saturday March 21

## Chakra Sound Bath – Sunday March 22

*More details to follow soon.....*



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