



# Tools for Thought

October, 2010



TOOLBOX JOURNEYS "A SOURCE OF TOOLS FOR YOUR JOURNEY"  
WWW.TOOLBOXJOURNEYS.COM

## YOU ARE A TREASURE

This is a time for acknowledging the treasure that lies within.

Appreciate the value that you are, so that treasuring yourself becomes a natural way of being... for you. Fill yourself with what you desire to be.

Let your thoughts inspire you, let your senses guide you, nourish your body and take time to be with your spirit.

You have plenty of room to roam, you will be guided, you will find your way.

Allow yourself fulfillment

### Moon Ceremonies

The monthly lunar cycle gives you rituals to mark a personal turning point or let go.

New moon ceremonies have to do with creation, manifestation, birth and rebirth, optimal time for planning and seeding your intentions.. Full moon ritual allows you to take action on behalf of those new moon intentions. It is a powerful time to release and celebrate your emergence by stepping out of an old skin.

*You can attend these ceremonies at the Center for Healing Arts in Melbourne*

*"I give thanks that the intuition of youth has seen its fulfillment in adulthood"...Alison Stromwolf*

### Coming Events

October 28

Shamanism Explored (Ancient Wisdom)

November 18

Nutrition and Food Based Healing

### **HELP!**

Serving you is important to us. What we really want to know is "what type of workshops you would attend?".



*Please email or call*

### The Bat



For every death there is a rebirth and Bat is here to help you decide what goes and what stays. Bat's internal radar is exceptionally attuned—is yours? Bat asks that you re-examine your life (using all your senses).