

ANCIENT HEALING

Offering wisdom from the ages...because we care

Hello,

I hope you are all doing well and enjoying your summer. I've been trying for quite some time now to send this newsletter but always get stuck at this part – the writing. What do I say? Will I say it well? How much is too much? Then I find myself procrastinating, worrying about not getting it done and then, of course, it doesn't get done.

What I think about, I bring about... you too? Thankfully, I remembered TUT's "Thoughts become things...choose the good ones" (see www.tut.com -an uplifting site) and my thought was to keep this simple. Simply send you the information of what's happening and simply, but with deep gratitude, thank you all for your continued support of Ancient Healing. Thank you so very much.

I hope you're able to attend our offerings or at least to stop in to say hello. And please, if there's a special event you'd like to happen, or product you'd like us to carry, just let us know. We'll certainly do our best.

With gratitude,

Betty

July, 2010

News

- **New Products:** We've started to carry some organic, whole grain food products like amaranth, flax seed meal, rolled oats and brown rice flour as well as steel cut oats. Also, raw pumpkin seeds, raw energy nut mix, unblanched almonds, crystallized ginger slices, organic maple syrup and more.

At Ancient Healing we offer all kinds of relief including comic! We carry a really fun line of greeting cards called "The Great Cosmic Happy-Ass cards". From funny to inspirational – all are blank for you to write your personal message (all printed on recycled card stock).

So, stop in, check it out and let us know if there's something special you would like us to order – it's so much easier to shop locally! Oh, there's also a 'clearance shelf' where items are 50% off!

- **Email Address:** Our email address changed after Verizon became Frontier. We are now ancienthealing@frontier.com but will receive emails at the old address through the end of the year. Thanks for updating your info.

Offerings

- Through September, experience two sessions with Betty (either breathwork; soul retrieval or one of each) and receive a **free intuitive reading!** Contact Betty at 608-644-9473 to schedule your sessions.
- Ancient Healing is pleased to work with the **Sauk Prairie Music Association** in an effort to bring back the **MUSICALS!!** Print the coupon (see below) and make copies for your friends. Present the coupon with your purchase and the SPMA *Musicals* Fund will receive **10% of your purchase!** Let's help keep an old tradition alive!

Events

- **Guided Angel Meditation:** August 15th 10am – Join me in a guided meditation to find your Healing Angel. You'll experience a guided journey and learn which angel is at your side and why – maybe there will be more than one! Cost is \$30 which includes your own beautiful deck of *Healing with the Angels* oracle cards. Limited seat availability. Contact Betty to reserve your space 608-644-9473.

- **Akashic Records:** September 19th 10am – Travel the ethers to meet your personal librarian and learn a piece of your past life history. This information could help you heal emotional trauma and/or catapult you into a new and exciting way of being! Class is \$25. Contact Betty at 608-644-9473 to register.
- **Drum Workshop:** October 10th - Make your own drum!! Wayne Manthey from Minnesota will be here to help you create your own masterpiece! This is, in part, how he describes his workshops: “Making your own drum is a journey that you will remember for the rest of your life. The outline for the workshop is simple. You show up with a desire to have a drum of your own, or maybe it is just curiosity. That’s all you need, really (maybe a rock)! We start with a pre-constructed frame, deer hides and a bucket of walnut stain. First, you choose your frame, lay out the hides and take a few moments of reflection to connect to this medium. After cutting out the drum circles, I take you, one step at a time, through the rest of the process. The looks on the faces when the drums are completed is where it’s at for me. There are no words that can completely describe what it feels like to make your own drum. All you need is to be there and do it!” This workshop will begin at noon. Please allow 4-5 hours for the process. You will have a choice of making a 13” drum (\$130) or a 16” drum (\$160) and a deposit is required. Enrollment is limited so please register early by calling Betty at 608-644-9473. Check out Mr. Manthey’s website to see what beautiful drums can be created!
http://web.mac.com/drummaker/Drum_Maker/Welcome.html

Classes

- **Intuitive Development Class Levels 1 & 2:**
 The power of intuition is something that each of us owns and this class is about recognizing and developing your intuitive self. In this crazy and hectic world we are taught to ignore our intuition, our timing, ourselves and to believe society’s expectations of us. That shuts down our true self. Awakening our authentic self, means "merely surviving" is no longer acceptable. Are you ready to be who and what you truly are? Are you ready to get what you truly want? If so, this is the class for you! Many have said this class is life changing as it offers you the tools to say ‘yes’ to all those questions!
 Level 1 begins in October and will be on Wednesday evenings.
 Level 2 begins in January and will be on Thursday evenings.
 Contact Betty at 608-644-9473 or ancienthealing@frontier.net for further information.

Ancient Healing, 809 Phillips Blvd., Sauk City, WI 53583 608-644-9473
www.ancienthealingsauk.com

Bring this coupon into Ancient Healing and 10% of your purchase
 will be donated to the Sauk Prairie Music Association’s *Musicals* fund.

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**ancient
 healing**



Working with you to
 carry on tradition!

Donation is based on Market purchases (pre-tax), does not include sale items and
 must be presented at the time of purchase. Copies of this coupon gladly accepted.
