



Merging Hearts News

opportunities to nurture the mind, heal the body, and awaken the spirit

September 2017

2017 Firewalk with Sierra

Saturday, September 30 at 10:00am - 11:00pm, Cost \$50

Firewalking with Sierra is an enlightening and transformative 12-hour workshop, culminating in the opportunity (optional) to walk on burning coals. This amazing all-day experience climaxes with a walk on burning coals! Our preparation is divinely inspired, deeply intimate, and delightfully playful. Go deep within yourself and build a holy atmosphere of love and support. Limited to 50 participants. Register online at www.merginghearts.org.

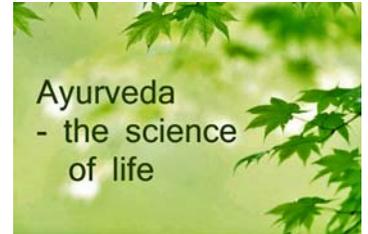


A Journey Into Ayurveda: 4-Part Series Workshop

Thursday, September 28 at 6:30 - 8:30pm Moderator, Betsy Black, Cost \$108

A sister science to Yoga, Ayurveda is a system of healing that offers a way of living for the attainment of health, happiness, longevity, and spiritual fulfillment. You will have an opportunity to gain insight into this profound wisdom through a 4-week Ayurvedic workshop series and learn how to begin applying the teachings in your own life.

The series will take you on a journey to expand awareness of self through understanding the 3 doshas and how they uniquely manifest in your mind, body, and emotions, both in a balanced and imbalanced way. You will learn how to use diet, lifestyle, herbal teas, medicated oils, and other methods for returning to a state of balance and maintaining health. As experience is our greatest teacher, self-observation as well as practicing new techniques will be highly recommended and greatly encouraged. Each class will build upon the other and include plenty of opportunity for questions.



Rock Climbing | Ron Boyd

Saturday, September 9 @ 10:00 am - 5:00 pm, Cost \$20 Ron will take us off-site to experience some rock climbing.

Participants will be instructed in the basics of rock climbing like tying knots, proper safety and the use of equipment. Everyone will have the opportunity to do actual climbing and/or rappelling.



Mediumship | Ron Boyd

Thursday, September 21 @ 7:00 pm - 9:00 pm Explore mediumship and relation to metaphysics. Could include reading books, discussions, and exercises in mediumship.



Art Gallery Reception | Kathy Jevc

September 10 @ 12:30 pm - 2:30 pm The Art Gallery presents "The World is My Temple," paintings by Kathy Jevc September 1 – October 26, 2017. Kathy has worked in the field of art for many years. She is painter, teacher, calligrapher and arts administrator. Her insights, philosophy and art always prove to be intriguing.



Every Sunday morning, 10:30 am – 12 noon SPIRITUAL DISCUSSION GROUP

Enlightened Beings is a weekly discussion group with guest facilitators giving educational presentations, encouraging discussions, and sharing experiences from various spiritual traditions and topics.

Topics and presenters are carefully chosen to awaken dynamic and nurturing community building and personal growth. If you have an open mind and a yearning spirit, you will feel right at home. Join us at 10:00 am for coffee!

9/3 Lessons From Nature: What Have We Learned; What are the Best Ways Forward?

Moderator, Matt Courtman

Drawing from sources as diverse as Edgar Cayce, Eckhart Tolle, and Native American wisdom, Matt will provide a brief overview of varying approaches to learning from nature. The attendees will be asked to share spiritual and practical guidance they have received from nature. Finally, we will consider possible ways of better integrating nature's wisdom into our lives and our culture.

9/10 The Congruency of Love

Moderator, Shelly Valinttine

What would your life be like if you were in harmony with yourself? Let's explore the possibilities of oneness within to create coexistence with all things around you.

9/17 Spirit Shares

Moderator, Ron Boyd

An Open Forum for Messages from Spirit

9/24 Who Is Jesus?

Moderators, Ron Boyd & Blake Fogle

Some with backgrounds in Christian communities talk of leaving because of hurt and judgment. However, such communities should instead be filled with compassion, love, and selflessness. An exploration of who the person of Jesus was based on the accounts given in scripture, what points to him being the Messiah, or prophesied one that he claimed and others claim he is? Why he lived the life he did, and what benefit there is because of it. An open-minded theological, prophetic, and spiritual discussion.

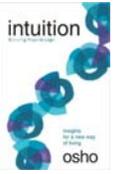
Monday Meditation Mondays @ 6:00 pm, Moderator: Michael Shaffer

Meditation has been scientifically proven to stimulate the brain to help you create a healthier, happier lifestyle. A few of the many benefits of practicing daily meditation include improving focus, attention and the ability to work under stress. It has been proven to reduce anxiety, depression, grief and physical pain. Join us to experience various forms of meditation in a non-judgmental atmosphere and learn to integrate mindfulness into your daily life.



Osho Series BOOK CLUB Tuesdays @ 7:00 – 9:00 pm, Moderator: Mark Fogel

OSHO challenges readers to examine and break free of the conditioned belief systems and prejudices that limit their capacity to experience life in all its richness. He has been described by the Sunday Times of London as one of the "1000 Makers of the 20th Century" and by Sunday Mid-Day (India) as one of the ten people-along with Gandhi, Nehru, and Buddha-who have changed the destiny of India. More than a decade after his death in 1990, the influence of his teachings continues to expand, reaching seekers of all ages in virtually every country of the world.



A Course in Miracles BOOK CLUB Wednesdays @ 11:30 am – 1:00 pm, Moderator: Norm Lord

This on-going group at Merging Hearts follows the self-study curriculum of spiritual transformation in *A Course in Miracles*.



Core Truth | Shelly K. Valintine 1st Thursday of each month at 7:00 pm

Awakening to your authentic self is an exciting transformation! Join this group to dive deeply into the exploration of your soul's journey and learn to navigate something new for yourself and to express yourself freely as you make the transformation into the real you! Show up for yourself! Your gifts are needed in this world!



Reiki Share 2nd Thursday of each month at 7:00 pm, Moderator: Michael Shaffer

The benefits of Reiki are limitless. Every person has the ability to self-heal. Reiki energy penetrates into the recipient on every level as it heals the mind and body, soothes the emotions caused from everyday stress and awakens the spirit. Join our Reiki practitioners to receive Reiki and uncover the healing energy that already exists within you! Levels 1, 2 and 3 are permitted to share. All are welcome to receive.



Drum Circle 3rd Friday of each month at 7:00 pm, Moderator: Michael Shaffer

Drum circles are an ancient practice that uses rhythm to promote healing and self-expression. Hand drumming brings children and adults together in a fun and playful community atmosphere. Therapeutic rhythm techniques have been used for thousands of years to create and maintain physical, mental, and spiritual health. Drum circles have been proven to boost the immune system, lower blood pressure and increase endorphins that can reduce emotional stress and physical pain. Join us to experience the benefits of this ancient form of healing. Bring your own drum or borrow one of ours.



Photo Club 4th Friday of each month at 6:00 pm, Moderator: John Bauer

The Merging Hearts Photo Club is a group of like-minded photographers who enjoy being in the moment. Together we capture images of the many interesting sights in and around Canton. We welcome all skill levels and any type of camera. What counts is your passion for nailing the shot, learning from others and sharing.



Oracle Session Sunday, September 17 at 2:00 pm -5:00 pm, Moderator: Michael Olin-Hitt, Cost \$40

A monthly group experience in which all participants receive individualized spiritual wisdom and guidance. Michael Olin-Hitt is an oracle, who goes into a trance state to deliver messages from a spiritual guide, known to Michael as the Messenger of the Holy. Registration is required in advance as the group is capped at 10 individuals. Email Michael molinhitt@gmail.com to reserve your space. Questions prior to attending are welcome. More information is available on Michael's website. www.michaelolinhitt.com

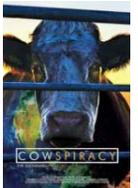


Raising Environmental Awareness Lessons | Cowspiracy: The Sustainability Secret

4th Wednesday of each month at 7:00pm - 9:00 pm, Moderator: Ron Boyd

Cowspiracy: The Sustainability Secret is a groundbreaking feature-length environmental documentary following intrepid filmmaker Kip Andersen as he uncovers the most destructive industry facing the planet today – and investigates why the world's leading environmental organizations are too afraid to talk about it.

Animal agriculture is the leading cause of deforestation, water consumption and pollution, is responsible for more greenhouse gases than the transportation industry, and is a primary driver of rainforest destruction, species extinction, habitat loss, topsoil erosion, ocean "dead zones," and virtually every other environmental ill. Yet it goes on, almost entirely unchallenged.



Full Moon Labyrinth Walk | Corn Moon Wednesday, September 6 at 7:00 pm - 9:00 pm, Moderator: Cassie Shaw & Michael Shaffer

This full Moon corresponds with the time of harvesting corn. It is also called the Barley Moon, because it is the time to harvest and thresh the ripened barley. The Harvest Moon is the full Moon nearest the autumnal equinox, which can occur in September or October and is bright enough to allow finishing all the harvest chores.



Sister Circle Wednesday, September 20 at 7:00 pm - 8:30 pm, Moderator: Heather May

A Sister Circle is a sacred women-only space where we share our journey, insights and stories. It is a safe space for women to be heard, seen and to transform. We inspire self-forgiveness, empowerment and healthy relationships with other women. We gather every new moon to embrace the feminine essence by loving ourselves, our rhythms and intuition.



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