

Linda McDonald

From: Debee Boulanger at the Abundant Wellness Center [info@abundantwellness.net]
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To: reachresources@charter.net
Subject: News from Abundant Wellness Center

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Abundant Wellness Center Newsletter

October 2007



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FEATURED ARTICLE

[Universal Laws of Spirit
 Interaction Workshop
 Series with Spirit Wisdom
 Coach Linda McDonald](#)

Dear Linda,

The staff at the Abundant Wellness Center are excited about the fall weather coming our way. Autumn is a great time to take leisurely walks, put on your favorite sweater and warm up with a **Hot Stone Massage** or other great self-care treatment. We are dedicated to helping our clients feel better inside and out. Call today at 413-592-2828 to learn more or make an appointment with one of our highly qualified staff.

Universal Laws of Spirit Workshops with Life Coach Linda McDonald

**The Law of Intuition
 on Thursday October 18th
 from 7:15 - 8:45 pm
 Cost \$20**

Intuition is that 'inner knowing' skill we are all born with. Many of the skills we have today had to be learned and developed as we grew to adulthood. Intuition is one of those skills that often un-develops over time. It works very well from the start and then we slowly 'unlearn' to trust our 'inner knowing'. What has this cost you? How often have you not listened to your truth-voice only to regret it? Well, there is good news! We can learn to listen to and trust once again our intuition and allow it to serve us in our daily lives. Come learn more about how you can honor your intuition and open yourself to every possibility.



The Laws of the Universe are the ancient foundation of our wisdom as human beings. Using the practical spirituality of these laws in relation to our personal and professional lives can help guide and ground us creating the opportunity to stay present and calm and at ease. We do this in order to manage the hard stuff, enjoy life's pleasures and have ample room to celebrate it all.

Join us at the Third Thursdays Forum - Exploring the Laws of the Universe

at Abundant Wellness Center

Beginning October 18th
7:15 - 8:45 pm
Only \$20 per workshop

The Laws: Intuition, Wisdom, Abundance, Process, Attraction, Action, Patterns, Cycles, Choice, Honesty, Discipline and Higher Will

Experience Practical Spirituality in a light, positive community environment

[Click to see the Series Schedule](#)

Spirit Wisdom

"You have to leave the city of your comfort and go into the wilderness of your intuition. What you'll discover will be wonderful. What you'll discover is yourself."
~ Alan Alda

Eating Mediterranean in New England with Bill Bradley, R.D.



Coach Linda McDonald is a spiritual life coach certified through Coach for Life and the Foundation for Inspired Learning.

In all of her work, Linda looks for heart centered practical solutions, openness to possibilities and holds a rock solid belief that every individual is truly magnificent.

"Growing up Christian cultured but without religious training, I was fascinated when one day at the age of twelve I had an out of body experience. It happened on two occasions that I can recall (before my thinking mind got in the way).

From that time on I knew there is more at work here than we can see and touch in our daily lives. Decades of living life as a curious explorer and in the study of human nature led me to this vocation.

[Spirit Wisdom Life Coaching](#)

Ionizing Foot Bath & Far Infrared Sauna with Rachel Ginther

Detoxing Naturally

Everyday we are exposed to about 50,000 chemicals from the environment, water, and food we eat thus resulting in hazardous heavy metals that get stored in our body. The sauna and ionizing footbath are two simple, painless, comfortable, soothing methods that can aid in the detoxification process. Cost of Footbath \$39; Sauna \$10.



The Ancient Art of Ear Coning

Ear Coning or Candling is a gentle noninvasive modality used to clear physical, emotional and energetic debris and blockages that impair our ability to hear and take in information on many levels.

Rachel begins each session with a mild lymph massage of the neck and head which helps to open up the body for drainage followed by the coning technique. Cost of Ear Coning with Mini Lymphatic session \$75

These detoxifying sessions are available on a monthly basis at the Abundant Wellness Center. Next scheduled dates are Thursday October 11th and November 8th from 9:00 am - 7:00 pm.

Events and Happenings

Calendar

We offer a variety of programs every month. Many of your favorites are back along with a few new ones...

Looking to slow down your busy mind and add more mental relaxation? Try the **meditation class** with Kat Lovell on the 3rd Sunday of every month from 6:30 - 7:30 pm. This month it's October 21st. Cost is a sliding scale of \$5 - \$15 per class.



Click on Calendar Events in the Quick Links box

Look What's Cooking
at Abundant Wellness
Center on Friday, October
26th from 6:30 - 8:30 pm.
Cost \$15 includes food
sampling...

In this workshop, Bill Bradley, Registered Dietitian, will discuss how to eat the "healthiest diet in the world" utilizing local New England resources. Bill Bradley, R.D. is the author of the Mediterranean Cookbook *Foods of Crete*.

Bill will teach easy ways to dramatically improve our health both at home and while eating out. A Mediterranean cooking demonstration and taste testing are included during this very entertaining evening...look forward to a great night out!

Inspirational Quotes:

"Medical science has proven time and again that when the resources are provided, great progress in the treatment, cure, and prevention of disease can occur."

~ Michael J. Fox

We look forward to helping you along your wellness journey!

Sincerely,



Debee Boulanger
 Abundant Wellness Center

1-hour Massage
Special \$39

with Mary only
 (excludes any other offer)

Offer Expires: November 1, 2007

Please help us welcome licensed massage therapist, *Mary Hunt O'Connor* to the staff at Abundant Wellness Center. Mary's enthusiasm and massage skills are a perfect fit here at Abundant Wellness Center. Call 413- 592-2828 now to schedule your next appointment with Mary.

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