

Syllabus for 7 Master's Studies Classes - From March 19 – May 7, 2008

Second Master's Series Begins - March 19 - May 7

Welcome to the second Master's Series of classes to be presented at True Relaxation in Centreville, MD by Dr. Gwen G. MacGregor. All classes will run from 6:15 pm until 7:45 pm on successive, Wednesday evenings. If you pre-register for all seven classes, the cost is: \$175, or \$25 per class. Registration for each individual class is \$35. (There are no refunds for classes, only credit towards other services at True Relaxation).

On Wednesday, April 12 we will take a break from our usual classes to offer a very special workshop on, "Past-Life Regression." In this class we explore our many lives through meditation, messages given out by the instructor and through basic ceremony. Deja vu, incarnations of man, transmigration of souls and reincarnation will be explored in depth. You are guaranteed to receive some revealing insight into your past lives as you share your energy with fellow students. You are encouraged to bring a blanket and pillow to class. Pads and some blankets are available on site. The class runs from 6:15 pm until 8:30 pm and costs \$50 (Pre-registered price). Cost at the door is: \$55

Syllabus for New Classes -

Class 1 (March 19) - Introduction to Numerology: The Power of Numbers

In this class, students are introduced to the power of numbers as well as their own personal mission as demonstrated by the numbers in their names and birth date. Numbers represent energy markers and pure power. Numerology is the language of God. Come explore the power behind all the familiar numbers that dance throughout your life. Guided meditation and tarot spread also offered.

Class 2 (March 26) - Exploring the Shadow Self

Karl Jung explains the shadow of man as "being the untapped potential of all we are and have become." The study of the shadow and our acceptance of its role in our development can change our lives. Come explore the hidden dimensions of your own personal power as we gain an understanding into unexplored depths within each of us. Guided meditation and tarot spread also offered.

Class 3 (April 2) - Wiccan for Our World Today

The practice of worshipping Mother Nature is one of the oldest pursuits known to the spirit of man. Explore the elements, four directions, power of the trees and animals, as well as rituals as timeless as Earth, herself, as we uncover why the Spirit of The Green Man and the Mother need our protection and support in the years to come. As usual, we will also offer a guided meditation, tarot spread and ceremony of earthly celebration.

Class 4 (April 9) - Conducting a Seance

This unique, spiritual ceremony will be celebrated in its very basic form. The seance is a meditative exercise whereby the spirits of the dead are called forth to bring the living, knowledge of the esoteric worlds. Be prepared to work in candle light and darkness. Seances are very moving as well as uplifting. Come and share your spirit with your fellow students in this very sacred ceremony. Students will be selecting tarot cards for one another this night!

On Wednesday, April 16, we will take a break from our usual Master's Classes to present a very special workshop entitled, "Crossing Over - Embracing Death of the Self." In this workshop we explore the death of the body and the sacred rituals of letting go of the earth plane. Personal messages will be shared from loved ones who have passed on. The guided meditation will reveal many personal remembrances this evening. Be prepared to open your hearts to the great doorway we call death as we work to understand its role in our evolution. The class hours are 6:15 pm - 8:45 pm. The cost of pre-registering for this course is: \$45. At the door, the cost is \$50.

Instructor is out of town April 20 - 28

Class 5 (Wednesday, April 30th) - Telekinesis & Psychometry

This class is devoted to spiritual perception (Psychometry) and the movement of objects through energy, alone, (Telekinesis). Through interactive exercises designed to measure spiritual energy as interpreted through spiritual centers within each student, expect to be dazzled by your own psychic powers. Students are encouraged to bring objects such as jewelry, stones or an artifact that has been worn by themselves or others known to them. We will use these objects in our exercises to determine the energies left behind. Guided meditation and a tarot spread will be part of the lesson.

Class 6 (Wednesday, May 7) - Archetypes of Man

Humankind has used symbols and ideas of perfection to create goals and guideposts for growth and personal expectation for thousands of years. Archetypes are symbols of wisdom known and used by your intelligence and your psyche in assisting our understanding about what parts of ourselves need to grow and be enhanced. We will speak of the Enneagram, Heroic Archetypes and speak to references brought forward by such masters as Karl Jung, Caroline Myss, Dr. Carole Pearson and Dr. Joseph Campbell. Interactive exercises, guided meditation and a tarot spread will be offered.

Class 7 (Wednesday, May 14) - Runes

In this course we will delve into the use of runes or ancient artifacts that were used in divination by many native peoples in Northern Europe. We will also create our own set of runes during the class. You can provide your own working materials or, the instructor can bring materials for you to create your own set. Runes, like the later tarot, have served to express divine truths to Nordic peoples for centuries. Learn the symbols and meanings in this most creative course.

And for your spiritual and physical enjoyment...

True Relaxation offers Massage, Reiki healing, Ionic foot baths, Ear Candling, Hypnotherapy and Intuitive readings. Take advantage of this marvelous resource center located at 621 Railroad Ave. in the Acme

Shopping Center located in beautiful, Centreville, MD. Call for appointments: (410) 758-0822.