

Apr 29: Rhythm Renewal Drumming. Thurs, 7-9:30
(Drums provided.) Songs, chants & drumming from Africa, Brazil, the Caribbean and more! **Jim Donovan Fee: \$35 advance, \$45 day of. Mail check or call with credit card.**

Apr 30: Night at the Improv. Fri, 7-9:30. We'll engage in improvisational toning, acting, movement, etc, to get past judging and comparing ourselves and move toward freedom. Get a mini-reading on where you are blocked and how to release them. **Paul Meidinger. Fee: \$30. Must RSVP.**

May 1 & 2: Spring Open House & Spirit Fair. Sat, noon-7, Sun, noon-6. Shop our metaphysical and gift shop, try our Amethyst Bio-mat, or get bodywork, an energy healing, card, palm, psychic, or other reading from talented readers and healers. **Most readings \$20/20 min.**

May 3-17: Glass Mosaics. 3 consec. Mon eves, 7-9:30. Cut stained glass chips, glue them on your container, fill in between with tile grout to make mosaics. Bring empty candle jars, vases, picture frames. **The Silberbergs. Fee: \$120.**

May 6: Understanding & Releasing Victimhood. Thurs, 7-9:30. Study some of the many shadings of this pattern that telegraphs through thoughts, emotions, behaviors, and life outcomes. Learn practical ways to recognize, release and heal Victimhood. **The Silberbergs. Fee: \$30.**

May 7: Working with Plant Spirits. Fri, 7-9:30. Join us to learn the healing qualities of different plants and trees, how to sense and communicate with them, and access their loving help without consuming them. **The Silberbergs. \$30.**

May 8: Choosing the Soul's Passion. Sat, 10-4. This workshop will serve as a tool for bringing in the Passion of your Soul. With the help of Joan Campbell's Guides, we will release blocks and embrace the Divine Life of our Soul's Longing. **Joan Campbell. Fee: \$75. Must RSVP.**

May 9: Paint Your Drum. Sun, 1-4. Painted symbols on the heads of drums add energy to their sound and can invoke the Spirits of the symbols depicted. We'll help you with the design and painting on the head of your drum using long lasting acrylic paints. **Kate Silberberg. Fee: \$45.**

May 13: Reiki Share. Thurs, 7-9:30. **See Mar 11 listing.**

May 14: Nepalese Shaman Drums. Fri, 7-9:30. Psychic and healer **Paul Meidinger** will bring in his amazing collection of these sacred objects and allow us to use them to raise our energy, release blocks, and engage in healing ceremony. Receive a healing. **Fee: \$30. Must RSVP.**

May 15: Glass Bead Making. Sat, 10-4. Learn the basics of making beautiful beads from hot glass with a special torch and colored glass rods. It's really safe and easy-- and so much fun! **Brad Silberberg. Fee: \$95 Must RSVP.**

May 15: Plastic Bag Crochet. Sat, 1-4. Recycle plastic bags into "yarn" and easily crochet durable, reusable bags. Learn how to start a project, create different shaped bags, and make a handle. **Kate Silberberg. Fee: \$35. Bring K/10-1/2 hook, lots of colorful plastic bags.**

May 16: Making Fairy Doorways. Sun, 1-4. Make a fairy doorway for your local fairies from cardboard, wood, bark, moss, sticks, etc. Decorate it with paint, glitter, beads, and little "shinies" for the Wee Ones. **The Silberbergs. \$45.**

May 20-25: (Thurs -Tues) Ocean City NJ Weekend of Wellness Festival. We'll be providing Seashell Readings, Energy Balancing, vending. **The Mesa will be closed.**

May 27: Dealing with Negativity. Thurs, 7-9:30. Learn easy and practical methods to deal with negativity; your own and from others. Use intention, crystals, meditation, new ways of responding, etc., to help remove negativity from your life—or at least deal with it. **The Silberbergs. \$30.**

May 28: Engaging in Spiritual Relationships. Fri, 7-9:30. Join us to learn what might constitute a spiritual relationship and some practical choices you can make to transform how you interact with those you love. *By changing relationships we will change the world.* **The Silberbergs. Fee: \$30.**

May 29: Beginning Blacksmithing. Sat, 10-4. Learn the basics of forging metals with fire and anvil. Find out about tools, materials, techniques, then try your hand at forging simple projects. **Brad Silberberg. Fee: \$85. Must RSVP.**

May 30: Intro to Woodcarving. Sun, 10-4. Work a knife and/or chisels to carve one or two small projects such as a heart or star ornament, wooden spoon, or animal figure. Learn about tools, sharpening, various woods, and carving procedures. **Brad Silberberg. Fee: \$75. Must RSVP.**

Your RSVP for all classes helps us to plan our time and order supplies. (Thank you!)

Meditation Circle Wednesday eves at 7pm for relaxing, energizing, & healing.
(No Fee. *Your donations help us continue our healing work.*)

Mesa Gift Shop-- open before classes and:

**Friday, 11am-7pm
Saturday, 10am-3pm
Sunday, Noon-4pm**

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The Mesa Creative Arts Center



Spring 2010 classes

30 Miller Business Park Dr.

Burgettstown, PA 15021

(724) 947-3097

bradandkate@mesacreativearts.com

For updates, expanded information, and directions, visit "The Mesa" on the Web!

www.mesacreativearts.com

Mar 4: T. E. ("The Energy") Thurs, 7-9:30. T. E. is similar to E. Pearl's "Reconnective Healing". We'll help you awaken and use T. E. healing for helping yourself and others in a simple exercise, and practice with it. **The Silberbergs. \$30.**

Mar 5: Send Back Circle™. (No experience needed) Fri, 7-10. Together we'll Send negative and life limiting beliefs Back through our ancestors for our healing and for theirs. **The Silberbergs. Donation: \$10. (No prerequisites)**

Mar 6: Make a Bluebird Box. Sat, 1-4. Build your own bluebird box (we cut parts for you) to attract nesting pairs of these special birds to your home and ensure their continued survival. **Brad Silberberg. Fee: \$45.**

Mar 7: 13 Clan Mothers Meeting. (Men welcomed.) Sun, 11am-1. Join this supportive circle in self discovery through Native American teachings. Based on The 13 Original Clan Mothers by J. Sams. **Kate Silberberg.** Donations.

Mar 7: Dream Catchers. (Adults & Kids) Sun, 1-4. Learn the traditions of dream catchers, create your own, and decorate it with beads and feathers **Kate Silberberg. \$30.**

Mar 11: Reiki Share. Thurs, 7-9:30. We invite all Reiki students and practitioners to share techniques, give and receive healings. **Suggested donation: \$5-10.**

Mar 12: Intro to Meditation Practice. Fri, 7-9:30. Learn about different kinds of meditative practice from passive guided imagery to Zen "no mind" meditation and try them out with us. **Brad Silberberg. Fee: \$30.**

Mar 13: Make a Native American Flute. Sat, 1-4pm. Make a working Native American style flute from PVC pipe. We'll decorate them and learn the basics of how to play. **Brad Silberberg. Fee: \$45. Must RSVP.**

Mar 14: Make A Clock. Sun, 1-4. We'll supply battery operated clock kits, wood, embossing metal, Model Magic, paint, glitter, sticks, bark, etc. You design and make the face. **Brad Silberberg. Fee: \$45. Must RSVP.**

Mar 18: The Importance of Ceremony. Thurs, 7-9:30. Participating in ceremony helps us go into a different state of Being. Learn about the importance of incorporating ceremony in daily life and how to create your own effective ceremonies for connecting, balancing, and reestablishing harmony with the flow of life. **The Silberbergs. Fee: \$30.**

Mar 19: Giving Psychic Readings. Fri, 7-9:30. Learn to give readings, including how to tune in, asking yourself questions to get more specific information, and how to work with clients. **Paul Meidinger. Fee: \$30. Must RSVP.**

Mar 20: Spring Equinox Medicine Wheel Ceremony. (Children welcome!) Sat, 6:30-9. Join others in our Mesa Medicine Wheel for a ceremony to greet the arrival of Spring. Bring a covered dish to share for a pot luck dinner after the ceremony. **Donations.**

Mar 21: Spirit Fair at The Rex Theater. Sun, 11-5. We'll be there as vendors, and offering seashell readings and healings. **For info: Jean (412) 681-8755.. Admission \$5.**

Mar 25: Make a Heliosphere. Thurs, 7-9:30. Heliospheres are sacred geometry energy structures made of 4 or 6 rings that generate high vibrational energy and amplify intentions. Learn about these amazing objects and make an operational paper Heliosphere to take home. **The Silberbergs. \$30.**

Mar 26: Your Sun Sign and Your Spiritual Path. Fri, 7-9:30. Get a brief reading and gain insight into what your astrology reveals about your Spiritual strengths and what you're here to do during this momentous time of change. **Rick DiClemente. \$30. Bring time of birth for reading.**

Mar 27: BEAD POWER! Sat, 1-4. Learn to make manifestation bracelets, abundance necklaces, or other jewelry imbued with your energy, intention, hopes, and wishes. We'll discuss the meanings of bead shapes, colors, and materials as we create a piece of "intentionalized" jewelry. **Kate Silberberg. \$45. (Bring beads or purchase)**

Mar 28: Drum Making. Sun, 1-5. Make your own Native American style hand drum from a maple hoop and Elk rawhide to use for ceremony, prayer, healing, or to reconnect with yourself. **(Birthing ceremony 4/24.) The Silberbergs. Fee: \$90. Must register & prepay by 3/12.**

Apr 1: Setting an Altar. Thurs, 7-9:30. Learn the history and use of altars to add focus and power to your own ceremonies of devotion, manifestation, and empowerment. We'll create an altar and use it for a ceremony together so you can make one at home. **Kate Silberberg. Fee: \$30**

Apr 2: Aura Healing. Fri, 7-9:30. People's auras can end up torn, damaged, muddied. Learn to sense your own aura and those of others and practice techniques for healing and strengthening the aura. **The Silberbergs. Fee: \$30.**

Apr 3: Clan Mothers Meeting. Sat, 11am-1. **See Mar 7.**

Apr 3: Sticks, Stones, Feathers & Bones. Sat, 1-4. Create a 4" totem shield strung with objects from Nature like those seen on J. Sams' Medicine Cards. We'll supply metal rings, leather, beads, feathers, sticks. **The Silberbergs. \$45.**

Apr 5-26: Mask Making. 4 Mon eves, 7-9:30. Make masks of transformation, healing, or empowerment out of papier maché or plaster mix. Decorate them with paints, feathers, beads, etc, and we'll try them on. **The Silberbergs. \$150.**

Apr 8: Reiki Share. Thurs, 7-9:30pm. **See Mar 11 listing.**

Apr 9: Kinesiology (Muscle Testing). Fri, 7-9:30. Learn what foods, supplements, or treatments are good or bad for you, get spiritual guidance, or find out what you really believe on inner levels by letting your body show you. We'll show you different methods of testing and how to formulate questions. **The Silberbergs. Fee: \$30.**

Apr 10: Crystals and Their Uses. (Adults and Kids) Sat, 1-4pm. Learn how crystals can help us heal, teach us, and improve the energy environment of our homes. We'll discuss mineral identification, healing and manifesting uses, clearing of crystals, and more. **The Silberbergs. Fee: \$45.**

Apr 10: Despacho Ceremony. Sat, 7-9. Join **Peruvian Shaman, Amaru Li** and participate in the ancient shamanic practice of despacho, or "offering". We will make despachos infused with our intentions and advance thanks for their fulfillment. We will burn them in a fire (outside), sending our offerings to the cosmos to be answered. **Donations.**

Apr 11: Intro to Peruvian Shamanism: Eyes of the Puma. Sun, 10:30-4. Begin work as a shamanic energy healer. Topics: lumen-aura (light body), awakening your abilities for spiritual healing, creating personal empowerment, extraction of karmic imprints. **Amaru Li. \$150. Must RSVP.**

Apr 13-May 18: Holistically Improving Health and Wellbeing. 6 Tues mornings, 10-noon. Topics such as stress reduction techniques, energy healing, using sound and color for healing, ancestral healing, and healing karma/past lives, more. **The Silberbergs. Fee: \$15/class, \$75 for all 6.**

Apr 15: Ancestor Healing. Thurs, 7-9:30. Learn how your ancestral connections operate and affect you and practical ways to heal them, not only for yourself, but also for the souls who were and still are your ancestors. **The Silberbergs. \$30.**

Apr 16: Soul Retrieval. Fri, 7-9:30. Receive a brief reading to locate soul energy and consciousness you have lost yet may not be aware of. All participants will then help in the recovery and reintegration process for each other. **Paul Meidinger. Fee: \$30. Must RSVP.**

Apr 17: Make a Shrine From Recycled Wood. Sat, 1-4. Create your own architectural-looking table top shrine from recycled pallet lumber and shiny embossing metal, and decorate it with paint, wood burning, beads, ribbons, feathers, etc. **The Silberbergs. Fee: \$45. Must RSVP.**

Apr 18: Smudge Feathers & Fans. Sun, 1-4. Make and decorate a smudging feather or fan from our turkey, goose, or pheasant feathers, or with your special ones. Finish with deer hide, beads, horse hair. **The Silberberg. \$45.**

Apr 22: Celebrate Earth Day. (Children Welcome) Thurs, 6:30-9. Join us in honoring the Earth and Nature in a Medicine Wheel ceremony. Bring flower or garden seeds to be energized during the ceremony and shared. Bring a covered dish for potluck dinner afterwards. **Donations.**

Apr 23: One Finger Healing ("Energy I.V.") Fri, 7-9:30. "The Energy I.V." lets two people use only one finger to share a unique healing energy between them. Join us to learn this amazing technique, what it does, and how to use it to help yourself and others. **The Silberbergs. Fee: \$30.**

Apr 24: Make a Drum Beater/Drum Birthing Ceremony. Sat, 1-5. Make a beater for your drum from a stick and sleek stitched leather head. Then join a sacred "birthing" ceremony to contact and activate the Spirit of your drum. **The Silberbergs. Beater: \$25. Birthing: \$10 donation.**

Apr 25: Wire Wrapping Stones. Sunday, 1-4pm. Learn the basics of wire wrapping rocks and crystals and create a pendant from your own rough or tumbled stone or one you purchase from us. **Kate Silberberg. Fee: \$45.**