

Aug 4 & 5: Reconditioning Of The Mind. Wed & Thurs, 7-10. Understand the workings of the mind to identify and resolve emotional and physical blockages. **Psychic Healer Viven Perumal. Fee: \$140 before July 28, \$155 after.**

Aug 6: Playing Native American Flutes. Fri, 7-9:30. Try beginner and advanced techniques for exercising your Spirit and making music from your heart. Bring your own flute or borrow one of ours. **Brad Silberberg. Fee: \$30. RSVP.**

Aug 7: Sweat Lodge Ceremony. Sat: Fire lit 2pm., ceremony around 4, potluck dinner after ceremony. Join us as we go into the Lodge for purification and healing of body, mind, and spirit. **The Silberbergs. Donations. RSVP.**

Aug 8: Clan Mothers Meeting. Sun, 11-1. See June 6.

Aug 8: Yarn Coil Baskets. Sun, 1-4. Learn this simple technique based on traditional Navajo basketry methods and make your own beautiful coiled basket out of clothes line rope wrapped with yarn. **Kate Silberberg. Fee: \$45.**

Aug 9-13: Avatar Camp for Kids. Mon-Fri, 1-3. Kids will connect with the Web of Life through being in Nature, crafts, play, and more. On Fri, celebrate being Avatars with face painting, food, and ceremony. **The Silberbergs. Fee: \$100 for week. Families: \$90/child for 2 or more. RSVP by 8/2.**

Aug 12: Reiki Share. Thurs, 7-9:30. See June 10 listing.

Aug 13: 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.**

Aug 14: Making Paper Beads. Sat, 1-4. By cutting magazine pages into strips, rolling and gluing them, you can create exciting beads. String your own colorful necklace. **Kate Silberberg. Fee: \$45. RSVP. Bring magazines.**

Aug 14: Make a Native American Flute. Sat, 1-4pm. Learn about flute making and make a working Native American style flute from PVC pipe. Learn the basics of how to play. **Brad Silberberg. Fee: \$45. RSVP.**

Aug 15: Crystals and Their Uses. (For Adults and Kids) Sun, 1-4. 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.**

Aug 16: Lecture at South Park Library. Mon, 6:30-8:30. Join us as we present an overview of Holistic and Natural Healing at the S.Park Library. **Free. Info: 412-833-5585.**

Aug 19: "Healer 101". Thurs, 7-9:30. Learn to assess your client's energy, emotions, issues, and likely causes of disease. Learn where to start, how to listen, ask questions, be confident, relax and really help. **The Silberbergs. Fee: \$30.**

Aug 20: Overtone Singing. Fri, 7-9:30. Overtone (throat) singing is a healing vibration that involves singing two notes simultaneously. Listen to recorded and live examples and see if you can do it yourself. **Brad Silberberg. Fee \$30.**

Aug 21: 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 by 8/14.**

Aug 22: Readings w/ Joan Campbell. Sun, noon-4. **Fee: \$40/25 min, \$75/50 min. Call for appointment by 8/14.**

Aug 22: 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.**

Aug 26: Toning & Healing. Thurs, 7-9:30. Learn the benefits of toning and techniques for energizing, calming, and balancing your energy system for greater health and vitality. **The Silberbergs. Fee: \$30.**

Aug 27: Night at the Improv. Fri, 7-9:30. Learn about emotional barriers or "walls" and how to go over, around, or through them as we engage in improvisational toning, acting, singing, movement. **The Silberbergs. \$30. RSVP.**

Aug 28: 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.**

Aug 29: Glass Bead Making. Sun, 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. RSVP by Aug 25.**

Aug 29: Milagro Ornaments. Sun, 1-4. "Milagro" means *miracle* in Spanish. They are visual reminders of prayers of need, thanksgiving, or celebration one wants to send out to the Universe. Make Milagros out of easy to work embossing metal to activate prayers. **Kate Silberberg. \$45. 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**



The Mesa Creative Arts Center



Summer 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

Jun 6: 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.

Jun 6: Tools for Chicks. Sun, 1-4. In this workshop for women, you'll learn the names and uses of hand and power tools and get a chance to try them out. Drill holes in metal, cut wood, plane a board, use cordless drills, grinders, air tools, and more. **Brad Silberberg. Fee: \$45. RSVP.**

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

Jun 11: Special Rock and Crystal Sale. Fri, 3-7 and after Wheel ceremony (see below). Purchase rocks and crystals from around the world. Find the stones you need to help you and spend time with our friend, **Karma Ken Harsh.**

Jun 11: Medicine Wheel Healing Ceremony. Fri, 7-8:30. Special healing ceremony in the Mesa Medicine Wheel with **Shaman and world traveler Ken Harsh.** Donations.

Jun 12: Ascension Magic, Sacred Geometry, & Crystals. Sat, 10-5. Learn ways to help yourself and Humanity enter the energy of 2012, and light realms of the Avatars through handouts, videos, Mer-ka-bas, crystal skulls, stones, and words of power. **Ken Harsh. Fee: \$75. RSVP.**

Jun 13: Spirit Fair at The Red Theatre. Sun, 1-6. The Silberbergs will be offering seashell readings, tuning fork and Magical Thinking Healing, sales of metaphysical gifts at this new local event. **\$5 admission. Readings \$20/20min. 3028 Breerton St., Pittsburgh 15219.**

Jun 17: Singing Bowl Meditation and Healing. Thurs, 7-9:30. Singing Bowls have been used for centuries for meditation, healing, and energizing. Learn to play them, participate in meditation. **The Silberbergs. Fee: \$30.**

Jun 18: Introduction to the Chakras. Fri, 7-9:30. Learn about the chakra system, how to recognize each chakra's issues, and how you can keep yours balanced and energized for a healthier life. **The Silberbergs. Fee: \$30.**

Jun 19: Tie Dye Time. Sat, 2-4. Adults & Kids. Bring 2 white 100% cotton T-shirts that you'll twist and fold up to dip in or squirt with colored dyes to beautiful, make one of a kind garments. **The Silberbergs. Fee: \$30. RSVP.**

Jun 20: Making Gourd Rattles. Sun, 1-4. Construct your own ceremonial or healing rattle from a dried gourd and a stick, then decorate it with paint, woodburning, feathers, leather, beads, etc. Learn how to use your rattle and how to spiritually activate it.. **The Silberbergs. Fee: \$45. RSVP.**

Jun 21: Summer Solstice Medicine Wheel Ceremony. (Kids Welcome) Monday, 6:30-9pm. Join us to connect with the natural world, greet the coming of Summer, express gratitude, and ask for help in The Mesa Medicine Wheel. Bring a covered dish to share for a pot luck dinner after the ceremony. **The Silberbergs. Donations.**

Jun 24: Create a Prayer Mandala. Thurs, 7-9:30. Create a prayer Mandala by collaging magazine pictures, objects from Nature, small personal and craft store items. We'll talk about ways to use your Mandala for personal wholeness, wellness, peace, and abundance. **Kate Silberberg. Fee: \$30. RSVP.**

Jun 25: Soul-to-Soul Connection. Fri, 7-9:30. Learn this simple, effective technique to connect on the Spirit Level with anyone, alive or not. Each participant will be helped to connect with a loved one they need to heal with in order to resolve unfinished business. **The Silberbergs. Fee: \$30.**

Jun 26: Drum Making. Sat, 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 8/28.) The Silberbergs. Fee: \$90. Must register & prepay by 6/11.**

Jun 27: Reiki I. Sun, 10-5. (All ages) Learn the traditional story of Reiki, get an attunement, and experience giving and receiving an energy healing as you connect to this gentle way of bringing change and healing into your life and the lives of others.. **Brad Silberberg. Fee: \$120. Must RSVP.**

Jul 2: Working with Native American Spirits. Fri, 7-9:30. Learn techniques to connect and work with these spirits and get a mini reading from gifted psychic, Paul Meidinger, to find out which spirits might be already helping you or waiting to do so. **Paul Meidinger. Fee: \$30. Must RSVP.**

Jul 3: Medicine Wheel Vision Ceremony. Sat, 2-4. Join us as we bring the Mesa's Sacred Pipe into the Medicine Wheel in a ceremony to ask for a vision for each participant present. **With Brad and Kate Silberberg. Your donation helps support our healing work at The Mesa. RSVP.**

Jul 7-28: Stained Glass Basics. 4 Wed afternoons, 1-4. Create your own colorful suncatcher. Students will learn to design, cut, grind, fit, foil, and solder glass. We'll help you with the drawing for your project. **Brad Silberberg. Fee: \$200 includes materials. RSVP by July 1.**

Jul 8: Reiki Share. Thurs, 7-9:30. See June 10 listing.

Jul 9: Tuning Forks. Fri, 7-9:30. Experience the sound vibration of tuning forks for healing, relaxation, energizing, and balancing. We'll experiment with Solfeggio scale forks, Otto tuners, Brain tuners, Om forks, and Angel tuners. Receive a mini sonic healing. **The Silberbergs. Fee: \$30.**

Jul 10: Glass Prayers Workshop. Sat, 10-4. Make 2 small fused glass pieces to hold or wear as pendants to retain the prayers and intentions you put into them. Incorporate dichroic glass (glass that looks like it's lit from inside). **Worth Cooley-Prost. Fee: \$110. RSVP by Friday, July 2nd.**

Jul 11: Show & Sale of Fused Glass Jewelry by Virginia Artist, Worth Cooley-Prost. Sun, 11-4. Purchase luminous earrings, pendants, and other works of glass art, each infused with prayers and good intentions for your life.

Jul 11: Clan Mothers Meeting. Sun, 11-1. See June 6th.

Jul 11: Summer Spirit Fair, Rex Theater. Sun 11-5pm.

Jul 15: Drum Circle Jam. Thurs, 7-9:30. Bring your African Djembe drums to play together. Don't have a drum? Come and we'll share. **The Silberbergs. Fee: \$10. RSVP.**

Jul 16: Exploring Past Lives. Fri, 7-9:30. Learn about the time line of your Soul's existence and the cycle of birth, death, and rebirth we all have experienced. Participate in a group past life journey. **Brad Silberberg. Fee: \$30. RSVP.**

Jul 17: 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 RSVP by July 14.**

Jul 17: Paint Your Drum. Sat, 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. RSVP.**

Jul 18: Reiki II. Sun, 10-4. 2nd level of energy healing. Symbols & distance healing. **Brad Silberberg. \$145. RSVP.**

Jul 22: Despacho Ceremony. Thurs, 7-9. When despachos are made, we literally re-create our universe using representative ingredients and our advance thanks to Mother Earth. We'll make despachos and burn them in a fire ceremony, sending the offerings and intentions to be answered. **The Silberbergs. Donations. RSVP by Jul 19.**

Jul 23: Psychic Healing & Surgery Demonstration. Fri, 7-9:30. South African Healer, **Viven Perumal** will offer healings to attendees to demonstrate his spiritual healing techniques. **Donations. RSVP by July 16.**

Jul 24-25: Spiritual Healing/Psychic Surgery. Sat & Sun, 9-5. Participants will be taught to use Light from The Higher Spirit Planes and how to ultimately work with Spirit Doctors and Surgeons, to bring relief to those that are in pain and distress. **Viven Perumal. \$260 before July 16, \$285 after.**

Jul 29: Seashell Healing & Divination. Thurs, 7-9:30. Join us for this overview of seashell identification, healing properties of specific seashells, divinatory meanings, and techniques to work with shell energy for divination, personal change, and healing. **Kate Silberberg. Fee: \$30. RSVP.**

Jul 30: "Peaceburgh" Transformational Leaders Tribute. Friday, 7-10pm. Mesa Directors Kate and Brad Silberberg are being honored for their contribution to the Pittsburgh area spiritual community. First United Methodist Church, Pitts.

Jul 31: Drum Making. Sat, 1-5. See June 26. **Fee: \$90. Pre-register and pay by July16.**

Aug 1: Kinesiology (Muscle Testing). Sun 1-3:30. Learn what foods, supplements, etc. are good or bad for you, get spiritual guidance, or find out what your inner mind thinks by letting your body show you. Find out methods of testing and how to formulate questions. **The Silberbergs. Fee: \$30.**

Aug 2: Lecture at Upper St. Clair Library. Mon, 7-8:30. Join us as we discuss how Western (allopathic) medicine is failing to heal or keep us well. **Free. Info: 412-835-5540.**