

**Feb 5: Sawdust Fired Pottery # 2.** Sun, 2-5. Make simple pinch pots, animal figures, masks, smudge bowls, etc, from Raku clay to fire with smoldering sawdust in our trash can kiln. (Tentatively, 2/26) **The Silberbergs. \$45. RSVP.**

**Feb 9: Native American Flute Healing Meditation.** Thurs, 7-9. Learn about Native American flutes and the health benefits from playing or listening to them. Then lie down and relax with a long meditation to the live sound of the flute, drums, rattles, crystal bowl, and other instruments. **The Silberbergs. \$25. Please RSVP.**

**Feb 10: Sacred Geometry.** Fri, 7-9:30. Learn about Sacred Geometry in a simple, experiential, non-mathematical way and find out how its tenants can be used to promote healing and generate energy you can use in your own life. We'll play with 2 and 3 dimensional constructions to feel their effects. **Brad Silberberg. \$30. Please RSVP.**

**Feb 10, 11, 12: Pittsburgh Knit and Crochet Festival.** Fri, 1-9, Sat, 9-5, Sun, 9-4. Mesa Co-director, Kate Silberberg, will be helping out with the free workshop (Felted "upcycled" neck warmer) both Sat and Sun and teaching a class in making coiled baskets from yarn wrapped rope on Sun from 1-4. **Info: [www.pghknitandcrochet.com](http://www.pghknitandcrochet.com) or 412-963-7030.**

**Feb 11: Open date. Gift shop open noon-4.**

**Feb 12: Open date. Gift shop open noon-4.**

**Feb 16: Disconnecting Cords and Energy Vampires.** Thurs, 7-9:30. Learn about Energy Vampires and psychic cords. Find ways to detect them, and practical, ethical, and humane ways to disconnect rather than cut them off. **The Silberbergs. \$30. Please RSVP.**

**Feb 17: Working With Tuning Forks.** Fri, 7-9:30. Experience the sound and vibration of tuning forks for healing, relaxation, energizing, and balancing. We'll experiment with Solfeggio scale forks, Otto tuners, Brain tuners, and more. Participants will each receive a mini sonic healing. **The Silberbergs. \$30. Please RSVP.**

**Feb 18: Make a Drum Storage Bag.** Sat, 1-4. Here's a chance to honor and protect your drum by making a secure "home" for it. They're simple to cut and sew with our sewing machine or by hand. Choose from tribal fleece prints or bring a yard of your own fabric. **Kate Silberberg. \$50. RSVP.**

**Feb 19: Beginning Blacksmithing.** Sun, 10-4. Learn about the transformational art of blacksmithing and the basics of hand forging metals with fire and anvil. Take a turn forging simple projects. **Brad Silberberg. \$85. Must RSVP.**

**Feb 19: Woven Amulet Bags. (For adults and kids 10 and over)** Sun, 1-4. Weave beautiful amulet bags (Like a miniature purse or satchel to wear around the neck.) from scrap yarn and crochet string on a simple cardboard loom you'll make. Learn to prepare the loom, switch yarn colors, tie off, complete your weaving, and embellish with beads. **Kate Silberberg. \$45. Please RSVP.**

**Feb 23: Intro to Essential Oils.** Thurs, 7-9:30. Essential oils contain volatile aroma compounds from plants that are far more than just fragrances. Learn to use essential oils for first aid, energy balancing, emotional support, and for healing specific ailments. We'll pass around oils so you can experience their effects on your physical, emotional, and mental aspects. **Kate Silberberg. \$30. Please RSVP.**

**Feb 24: A Night at the Spiritual Improv.** Fri, 7-9:30. Join us as we engage in spiritually based improvisational toning, acting, movement, etc, to get past the challenges of judging and comparing ourselves and move toward greater freedom. Get a mini-reading to find out where you are blocked and how to release it. **Paul Meidinger. \$30. Must RSVP.**

**Feb 25 & 26, & Mar 3 & 4: Native American Cedar Flute Making. (No experience necessary.) 4 sessions:** 2 Sat and 2 Sun, 10-4. Make a Lakota style Courting flute. We'll supply a red cedar flute kit to assemble, carve, and finish into a working pentatonic (five note) flute. **Brad Silberberg. \$240 includes flute kit. Register and pay by Feb 10.**

**Feb 26: Sawdust Kiln Firing.** Time TBA. (Weather permitting.) We'll be loading clay objects made in workshops on Jan 15th and Feb 5th into our Trashcan Kiln and igniting it to burn until all of the fuel is consumed (8-24hrs, depending on how it's all packed). Come check it out. **The Silberbergs. Donations welcomed.**

**Feb 28: Energy Healing Circle.** Tues, 7-9:30. No healing experience necessary. Share giving and receiving healing. We'll start with meditation, then take turns receiving from the group. **The Silberbergs. Donation: \$10. Please RSVP.**

**Feb 29: Leap Day Meditation Circle and Celebration.** Wed, 7-8:30pm. **The Silberbergs. Donations.**

**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, Noon-7pm  
Saturday & Sunday, Noon-4pm**



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# The Mesa Creative Arts Center



**Winter 2011-12 classes**

**30 Miller Business Park Dr.**

**Burgettstown, PA 15021**

**(724) 947-3097**

**[bradandkate@mesacreativearts.com](mailto:bradandkate@mesacreativearts.com)**

For updates, expanded info, and directions,  
visit "The Mesa" on the web:

**[www.mesacreativearts.com](http://www.mesacreativearts.com)**

**Dec 2-4: Buffalo Hunt Winter Abundance Ceremony Weekend with author, Lewis Mehl-Madrona, MD.** Fri-Sun. See our website calendar page for full details.

**Dec 4: Sweat Lodge Ceremony.** Sun, prep 11, fire lit noon, ceremony 2. Potluck meal to follow. **Ceremony led by Dr. Mehl-Madrona. Donations. Must RSVP.**

**Dec 8: Model Magic Holiday Ornaments.** Thurs, 7-9:30. Make light weight, colorful holiday ornaments to hang on a tree, stuff in a stocking, or attach to a gift bag with air drying plastic clay. **The Silberbergs. \$30. Please RSVP.**

**Dec 9: How to Deal with Negativity.** Fri, 7-9:30. Learn easy and practical methods to deal with negativity; your own, and from others. **The Silberbergs. \$30. Please RSVP.**

**Dec 10: 13 Clan Mothers Meeting. (Men welcomed.)** Sat, 11-1. Join this supportive circle in self discovery through Native American teachings. **Kate Silberberg. Donations.**

**Dec 10: Wire Wrap Basics.** Sat, 2-5. Learn wire wrapping basics and create a pendant or two from your own stones or ones you purchase from us. **Kate Silberberg. \$45. RSVP.**

**Dec 10: Holiday Body-Mind-Spirit Fair.** Sat, 11-4. Brad Silberberg offers his new *Energy Activations* and our great gift shop items. **\$20/20min. Willows Inn, 1830 Midland Beaver Rd. Industry, PA 15052. Info: 724-513-3949.**

**Dec 11: Sunday. The Mesa will be closed.**

**Dec 13: Energy Healing Circle.** Tues, 7-9:30. No healing experience necessary. We'll start with a brief meditation, then take turns on the healing table to receive from the group. **The Silberbergs. Donation: \$10. Please RSVP.**

**Dec 15: Soul-to-Soul Connection.** Thurs, 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. \$30. RSVP.**

**Dec 16: Healing with Crystals.** Fri, 7-9:30. Learn techniques for working with rocks and crystals for healing. Get a brief reading from the teacher to find crystals that would help you. **Paul Meidinger. \$30. Must RSVP.**

**Dec 17: Milagro Ornaments.** Sat, 1-4. These small embossed tin ornaments are made in Mexico as religious charms and votive offerings. Make angel, tree, star, or other holiday Milagros from easy to work embossing metal, in gold, silver, or copper finishes. **Kate Silberberg. \$45. RSVP.**

**Dec 18: Felted Gift Stocking.** Sun, 1-4. No sewing required. Our needle felting machine will allow you to easily make all the seams and add decorations with yarn and contrasting felt. **Kate Silberberg. \$45. Please RSVP.**

**Dec 21: Winter Solstice Medicine Wheel Ceremony.** Wed, 6:30-9. Join us in a Native American based ceremony in the Wheel to connect with the forces of Nature, greet the coming of Winter, express gratitude, and ask for help. Bring a dish to share for a pot luck dinner after the ceremony. **The Silberbergs. Donations appreciated. Please RSVP.**

**Dec 22: Extended Holiday gift shop hours: Thurs, 10-6.**

**Dec 23: Extended Holiday gift shop hours: Fri, 10-6.**

**Dec 24: Christmas Eve. Gift shop open Sat, noon-4.**

**Dec 30: Open date. Call before visiting our gift shop.**

**Dec 31: New Years Eve. Gift shop hours: Sat, 12-4.**

**Jan 1: New Years Day Open House and Potluck Buffet Social.** Sun, 2-7. Hang out, chat, drum, play "The Gift of Enlightenment" board game, use our divination cards, and set an intention for 2012. **Bring a covered dish, items for our Blanket Giveaway. Donations. Please RSVP.**

**Jan 5: Mandala Drawing.** Thurs, 7-9:30. Create and use Mandalas for personal centering, healing, and expansion. We'll look at examples from around the world to create and color our own. **Kate Silberberg. \$30. Please RSVP.**

**Jan 6: "Healer 101".** Fri, 7-9:30 Learn to assess your client's energy, emotions, issues, and likely causes of "dis-ease". Learn where to start, what to ask, how to listen, be confident, relax, really help. **The Silberbergs. \$30. RSVP.**

**Jan 7: Knit-In.** Sat, 1-4. Bring your yarn, needles, and ongoing or finished knitting or crocheting projects to share some time, good conversation, and tips with other yarn crafters. **Kate Silberberg. \$10. Please RSVP.**

**Jan 8: 13 Clan Mothers Meeting. (Men welcomed.)** Sun, 11-1. Join this supportive circle in self discovery through Native American teachings. **Kate Silberberg. Donations.**

**Jan 8: BEAD POWER!** Sun, 2-5. Learn meanings of beads and make manifestation bracelets, abundance necklaces, or other jewelry imbued with your energy, intention, hopes, and wishes. **Kate Silberberg. \$45. Please RSVP.**

**Jan 12: Origami.** Thurs, 7-9:30. Use vibrantly colored paper to create animals and other shapes by folding a single piece of paper. Origami creations make great small gifts. **Kate Silberberg. \$30. Please RSVP.**

**Jan 13: Working with Crystals.** Fri, 7-9:30. Awaken and use the energy and wisdom of your rocks and crystals. We'll discuss mineral identification, healing and manifesting uses, clearing of crystals, and more. **Bring favorite stones for identification. The Silberbergs. \$30. Please RSVP.**

**Jan 14: Cherokee Shaman Rattles.** Sat, 1-4. Make a pair of unique and powerful shaman rattles, just like the jingly ones made by a Cherokee shaman that were gifted to us. Start with a pair of sticks, add brass bells and bone hairpipe beads. **The Silberbergs. \$50. Please RSVP.**

**Jan 15: Sawdust Fired Pottery # 1.** Sun, 1-4. Make simple pinch pots, animal figures, masks, smudge bowls, etc, from Raku clay to fire with smoldering sawdust in our trash can kiln. (Tentatively, 2/26) **The Silberbergs. \$45. RSVP.**

**Jan 19: Using Divination Cards.** Thurs, 7-9:30. Learn to use divination decks for daily guidance and to help you connect with your intuition, Higher Self or Guides. Practice giving readings. **Kate Silberberg. \$30. Please RSVP.**

**Jan 20: First Aid for Empaths.** Fri, 7-9:30pm. Learn to work with this spiritual gift of feeling people's energy and emotions. Learn sensing w/o absorbing, energy system hygiene, alternatives to "shielding". **The Silberbergs. \$30.**

**Jan 21: Glass Bead Making.** Sat, 10-4. Learn to make beautiful beads from hot glass with a special torch and colored glass rods. **Brad Silberberg. \$95. Must RSVP.**

**Jan 22: Making Native American Drums.** Sun, 1-5. Make a hand drum in a sacred manner from maple hoop and Elk rawhide to use for ceremony, prayer, healing, or to reconnect with yourself. **The Silberbergs. \$95. Must RSVP by 1/12.**

**Jan 26: The Power of "Languaging".** Thur, 7-9:30. What has your speech been unlocking inside of you and in the world around you? Learn how word choice and the way you speak can make you sick or well, bring you what you want or sink your little boat. **The Silberbergs. \$30. Please RSVP.**

**Jan 27: Spirit Art.** Fri, 7-9:30. Work with basic art materials and simple methods to connect with your Higher Self, tap into Universal Wisdom, bring through messages and healing. Receive a brief reading of your creative abilities and where you're blocked. **Paul Meidinger. \$30. Must RSVP.**

**Jan 28: Make a Hand of Protection Ornament.** Sat, 1-4. Make a Hand of Protection from embossing tin like the one on the door of our Healing Center. Decorate with paint and plastic "jewels". **Kate Silberberg. \$45. Please RSVP.**

**Jan 29: Make a Hypertufa Planter or Garden Sculpture.** Sun, 1-4. Use this lightweight substitute for stone made from cement, peat moss, and perlite to cast planters for flowers, mold garden sculptures. **The Silberbergs. \$45. RSVP.**

**Jan 31: Energy Healing Circle.** Tues, 7-9:30. No healing experience necessary. Share giving and receiving healing. We'll start with meditation, then take turns receiving from the group. **The Silberbergs. Donation: \$10. Please RSVP.**

**Feb 2: Fairies 101.** Thurs, 7-9:30. Learn the basic habitats, powers, and behaviors of Fairies, Elves, Gnomes, Water Sprites, and Elementals. Discover which you resonate with and ways to enlist their help. **Kate Silberberg. \$30. RSVP.**

**Feb 3: Finding Your Spiritual Path.** Fri, 7-9:30. Gain insight into why your Soul sent you here. We'll use guided meditation, psychic sensing, Kinesiology (muscle testing), and other techniques to help you see more clearly your highest path. We'll discuss what you can do to move in that direction. **The Silberbergs. \$30. Please RSVP.**

**Feb 4: Consciousness, Communication, and Telepathy.** Sat, 1-3:30pm. We communicate not only in words, but also telepathically, more so as our level of consciousness-- our awareness rises. Join us to learn about your telepathic sensing abilities and engage in exercises to open and expand them. **The Silberbergs. \$30. Please RSVP.**

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