



January 2010

The Herb Corner

277 N. Babcock St., Melbourne, FL 32935
(321) 757-7522 <http://www.herbcorner.net>



"Reclaiming Our Roots" Herb Classes Special Discounted Sessions

LOOKING FOR HEALTH CARE OPTIONS?

Join us at The Herb Corner 277 N Babcock St Melbourne Fl
Give yourself the gift of "Good Health".



Historically, and in our modern-day society, plants have been the backbone of our medicine.

As a Master Herbalist my desire has always been to provide education in the field of medicinal uses of herbs and foods. Education will give you the opportunity to participate in and take charge of your healing process.

To assist you over this financial slump I am continuing to offer the Class Package of 15 classes for a total of only \$300. Your only financial responsibility will be to pay the tuition in \$20.00 increments which will be due at each class. This eliminates the \$100 up front tuition. A total savings to you of \$150!

"Reclaiming Our Roots" will start you "on the road" to Herbalism providing options for health-promoting herbal skills that have nearly been lost to our modern world. This 7-month learning journey will provide you with an in-depth study of the healing properties of herbs for women, men, children and pets. It will cover all of the body systems, the conditions associated with each system, and the beneficial herbs for these systems/conditions. You will learn how to treat non-emergency health problems, and gain an excellent grounding in the basics of herbal medicine. You will also learn how to make teas, tinctures, salves, syrups, compresses and much more. There will be 2 planned herb walks included in the Class Package.

If you are ready to take your health care into your own hands, tired of medicine's undesirable side-effects and the high costs of drugs/prescriptions, then please join me in my February thru August 2010 "Reclaiming Our Roots" classes.

For more information and to register call 321-757-7522

Intuitive Development Classes

Starting Thursday, January 21st at 6 pm

The emphasis of this class is to go inside ourselves in order to connect to what we cannot see. Maria Leach will be teaching you about energy and how to feel, gather, channel, and work with energy for the highest good. Learn about clairvoyance, clairsentience, claircognizance, as well as clairaudience, and which one of them is your strongest intuitive ability. Maria will explain about guides, angels, and Divine Source.

We will be quieting our minds in order to free our Higher Self and experience energy work - what it is, where it comes from, and how we should harmonize with the Source. Everyone is born with a sixth sense, we just have to learn how to free ourselves and develop our intuitive gift.

Classes will run every other Thursday evening and cost only \$20 a class.

Interested? Want to know more? Call Maria at 321-757-7522.



On **Saturday, January 16th**
Maria and Karen would like to say
"Thank You" to all
by gifting anyone who stops by
on Saturday from 11am-3pm
with a **FREE**
10 minute
reading.



Body, Mind & Spirit Fair

Saturday, Feb. 6th
10am-3pm
at The Herb Corner
277 N. Babcock St. , Melbourne, FL

PLANNED EVENTS:

- * Hand Reflexology Massages *
- * Chair Massage * Reiki *
- * Energetic Body Work * Detox Foot Baths *
- * Medical Intuitive * Crystal Therapy *
- * Cross-Over Readings * Channeled Readings *
- * Angel Card Readings
- * Crystal Energy Card Readings *
- * Psychic Readings *
- * Spiritual Readings *



\$15 for 15 minutes
Walk-ins welcome.



Appointments preferred * 757-7522

Metaphysical Properties of Gemstones

Saturday, January 30
3:30-5:30pm



This month is all about the metaphysical side of gemstones. Learn about your higher self and fine tune your intuition using pendulums, runes, crystal spheres, and gemstones. Ever wonder what you should look for when gazing into a crystal ball? Are you ready to work with a pendulum to measure your own energy and get in touch with your higher self? Or maybe you're more drawn to runes or guidance cards? Learn the history of divination and how religious leaders/prophets used these tools to foretell events before a battle.

Saturday, January 30th from 3:30-5:30 at the Herb Corner, 277 N. Babcock St. Call to reserve your spot today – space is limited! Pre-registration suggested. Class Fee: \$20. For more information and to register call 321-757-7522.

Christopher and Yolonda Tims **Spiritual Wholeness & Radiant Wellbeing**

*Thursday, January 28 * 6 pm*

Each 2hr session (6 sessions) will focus on one of the 6 levels of food and how all of these levels depend on each other for your recipe of radiant well-being. Beginning with physical food then on to emotional food, memory food, mental food, subconscious food, and spiritual food. This is the real food pyramid. We think this will a great start to your New Year's Resolution concerning food, health and diet. This is a GREAT FOUNDATION to begin a deep transformation.

I was in serious pain and could not find relief through conventional doctors. With the help of Maria and the Herb Corner I was able to reduce my pain level dramatically and also correct digestive problems as well. Maria was a true gift and was selfless in her desire to help me. I only wish I knew of her earlier. After eight years of post surgery pain and much pain medication I am now nearly completely pain free and enjoying life again and not taking any medication. Maria was a true blessing for me and I would recommend her to anyone seeking relief from pain. As a natural healer I just could not believe that would help but it did and in a major way. Thank you Maria for all of your help and selfless devotion. You are the greatest!
- J. H., Sergeant Major USMC (ret)

The Amethyst Bio Mat - If you need a stress-reducing change to your life (and who doesn't?), why not schedule an Amethyst Bio Mat session. This FDA approved, cutting edge technology facilitates your body's natural healing abilities. It is said to: ease pain of work related-injuries to neck or back, bring relief from joint pain and stiffness, improve your immune system, reduce stress and fatigue, allow a more restful sleep, it even burns calories!



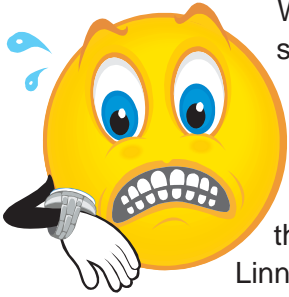
So what happens while you are on The Bio Mat?

You stretch out on the mat the far infrared rays begin to warm your body six inches from within. While you get warm the mat stays cool. Your body's temperature slowly rises inducing an artificial fever enlivening and strengthening the immune system causing toxic organisms and pathogens to be destroyed or eliminated through waste removal. After you have "cooked" for a few minutes Maria begins her specialized "energetic body work" (a unique mix of Reiki, Quantum Touch and a form of energy work she learned from her Grandmother). Alone these are powerful modalities that allow the deep relaxation a body needs. Together they are synergistic and dynamic.

AMETHYST (*Suggested Metaphysical Properties*) - Protects from psychic attack, nightmares and transmutes energy into love; purification. Calms, tranquilizes, or stimulates the mind as needed. Quiets overactive mind to aid sleep. Place under pillow to alleviate insomnia. Helps with decision making - clarity of mind and emotions. Helps with concentration and memory, aids intuition and psychic gifts. Aids in meditation and raising vibrations. Place over 3rd eye. Balances physical, mental, emotional, spiritual and energetic bodies. Cleanses the aura, transmutes negative energy. Aids in removing addictions, blockages, or overindulgences. Encourages selflessness and spiritual wisdom. Stimulates crown and throat chakras to work in tandem. Aids in psychiatric conditions but not for paranoia or schizophrenia.

Healing: Hormones, endocrine system & metabolism. Strengthens cleansing & elimination organs & systems. Relieves pain & stress, eases headaches & tension. Reduces bruising, injuries, swelling, hearing disorders. Heals lungs, respiratory tract, skin conditions, digestive tract, removal of parasites, absorption of water, insomnia.

Herb of the Month: Rhodiola



When I was looking for help with stress, I came upon Rhodiola, also known as Aaron's rod, Golden root or Rose root. I found that as far back as 40-90 AD it was listed in De Materia Medica by Dioscorides the Greek physician. In 1707, Carl Linnaeus believed it to be an herb for hysteria, hernias and its astringent properties help to dry up mucosal secretions. Not long ago studies were done with Rhodiola, finding it helps fight fatigue by improving the quality of sleep; it was also found to be helpful to students during exam week getting them through stress and mental fatigue. Another study was done with soldiers; they found that the soldiers that were given Rhodiola, were significantly less stressed and fatigued, both mentally and physically.

Rhodiola uses originated in Europe, Asia and Siberia and it has been researched by many, including Chinese and Russian physicians. It contains rhodiolosides, rosavin, rosarin, flavanoids, tannins and phenolic glycosides. But it's the gallic acids, p-tyrosals and other flavanoids that are strong antioxidants with anti-carcinogenic, anti-tumor and anti-metastatic properties making it helpful in fighting cancer.

In the nervous system, Rhodiola appears to alter monoamine oxidase (MAO) and catechol-methyl, helping to reduce depression. Of a 2007 study done in the Nordic Journal of Psychiatry, it appears Rhodiola enhances the permeability of the blood brain barrier improving the transport of nor-epinephrine, dopamine and serotonin across the blood-brain barrier by improving circulation and enhancing the transport of neurotransmitters to the brain. This may also be helpful in improving attention, concentration and focus - helping to prevent burn-out from long hours of study. My guess is it would be great for ADD and while taking state aptitude tests (FCAT in Florida) and SATs.

When I first started researching this herb I was looking for Adaptogens for stress and fatigue; I found it does this, and as usual, so much more.



The Herb Corner Welcomes Christopher Tims' Blue Star Mystery School



From the traditions of Ancient Greece and the Academy of the Blue Star, to The House of the Blue Lotus from Old Dynasty Egypt: The 14 Doorways of Initiation

Initiation can not be given nor can it be received. True initiation (new beginning) can only be realized from within oneself. The true initiate is the true, perpetual beginner.

Each of the 12 doorways is an entrance to a passageway, a teaching which is a specific energetic transmission accelerating an unwinding of concepts, structures, beliefs and faith; it allows a temporary emptiness or void within the initiate's life, true initiation.

This initiation is realized from the unlearning or de-programming of the old ways, and then the filling or resurrection, the reawakening of the original song, the frequency that is our true spiritual inheritance. This internal experience is coupled with the specific "outer" teaching causing a reboot of the primordial program which resides whole and complete within each one of us. This primordial program is your divine template.

This teaching compresses the 12 year mystery school training cycle of The House Of The Blue Lotus into a 14 month intensive program. Therefore, this accelerated path will bring amplified progress to all who enter, and if the teachings are applied with sincerity and relentless intent the result will be clarity, joy and great fulfillment. For those whose hearts do not completely and earnestly embrace this adventure: imbalance, discord and confusion are the natural results.

This is not for entertainment; this will challenge the very depths of your being and propel you beyond your imagination towards Oneness.

If you would like to begin this journey, I would encourage you and reassure you that you are quite ready and that the doorway to the mystery school is open to you now.

Accept this and be free...

We will see you in the place where no shadows fall. Christopher Tims and the Adepts of the ancient Mystery Schools. Classes will be the fourth Sunday of every month beginning January 24, 2010. Each class will be \$100 paid in advance and can be taken in installments.

The 14 Doorways: The Mystery School Program Curriculum

- Doorway 1- January 24th - An Initiate's Welcome into the Mystery school; Living the Spiritual Life
- Doorway 2 - Navigating the realms of space and time, breaking molds and setting goals.
- Doorway 3 - Life in the lower realms, the psycho/spiritual experience.
- Doorway 4 - Vibrant Health, complete physical, emotional, mental and spiritual well being
- Doorway 5 - Ancient Texts, what do they say? Why are they important?
- Doorway 6 - Ancient Civilizations - what they don't tell you in school.
- Doorway 7 - The Power of Sound, vibration is the essence of all existence.
- Doorway 8 - Relationships beyond Compromise, Romancing the divine.
- Doorway 9 - Sacred Geometry, Frozen Music.
- Doorway 10 - The Shifts of the Ages, Earth Changes, Welcome to the Great Awakening.
- Doorway 11 - Experiencing true peace in a world of chaos.
- Doorway 12 - The Greatest Story Never Told - from Adam to Jesus. The Quantum life.









The 14 Doorways: The Mystery School Pathway

- Doorways 1-3 - The games of unlearning
- Doorways 4-6- Establishing new foundations
- Doorway 7- Taking a breath: Letting the momentum accumulate
- Doorways 7-9 - Remembering the original course & setting sail
- Doorways 10-13- Sailing in the Cosmic Sea
- Doorway 14- Completion/ New Beginning. Graduation

January/February 2010



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>Saturday, January 23rd 4 pm</p> <p>The Society for Public Enlightenment Proudly Presents <u>They're Here!!</u></p>  <p>If you don't believe in UFOs and aliens from other planets, you will after you view this incredible video. This revealing DVD will be shown only to a limited audience.</p> <p>Admission: \$5.00 per person</p> <p>This DVD takes a stunning look at the UFO phenomenon includes interviews with astronauts who have testified to their sightings, and reports by airline captains of sightings and much more.</p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>	<p>16</p>	
<p>24</p>  <p>Christopher Tims Blue Star Mystery School</p>	<p>26</p>	<p>26</p>	<p>27</p>	<p>28</p>  <p>Christopher Tims 6:30-8:30 pm</p>	<p>29</p>	<p>30</p>  <p>Metaphysical Properties of Gemstones 3:30-5:30 pm</p>
<p>31</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>  <p>Maria's Intuitive Development Class 6:00 pm</p>	<p>5</p>	<p>6</p> <p>Body, Mind, & Spirit Fair 10 am-3 pm</p> 
<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p>	<p>11</p>  <p>Christopher Tims 6:30-8:30 pm</p>	<p>12</p>	<p>13</p>