

# MIND BODY SPIRIT EXPO Workshops October 23-25 Valley Forge Convention Center

## The Healing Power of the Drum

Saturday 10:15am-12pm, Montgomery



Come discover and experience the healing power of drumming and rhythm. We will create a safe and sacred space to help you become in balance with your own inner rhythms. This interactive workshop will also explore the healing power of guided imagery, chanting, movement and music to achieve a blissful and well-balanced state of being. No experience necessary. Drums will be provided. \$20\*

*Mark Seaman is the owner and operator of Earth Rhythms in West Reading, PA. He currently facilitates a renowned ongoing program for patients in treatment for drugs, alcohol and family co-dependency issues. He presents workshops in social agencies and businesses across the country.*

## 2012 - What They're Not Telling You

Saturday 11:00am-1pm, General 8



The complete truth behind 2012 is unveiled including clarification on the upcoming shifts, alignments, crossings and their affects. Learn the ancient Mayan secrets, with the possibility of real government and religious conspiracy. As a Special Bonus learn how to see your Guides, Archangels with Gallery style Mediumship and Medical Intuitive readings! \$40\*

*Dr. Christian von Lühr is a world-renowned Clairvoyant Psychic Medium, Medical Intuitive and best-selling author frequently appearing on television and radio.*

## Yoga: Joy of Conscious Living

Saturday 1:00pm-3pm, General 8



Living consciously from moment to moment drops the habitual, animal and rational mind, and moves one to deeper and higher consciousness. One begins to communicate with Center - an unchanging identity within oneself. This manifests the Ananda (of SatChitAnanda) as joy in life. Life becomes joy of conscious living. \$20\*

*Acharya Girish Jha is a Master Teacher of Authentic Yoga in original Himalayan Tradition mentored by 50 Himalayan Masters. He combines the wisdom of Yoga, Science and Spirituality for solving problems of Modern man. Over 60,000 people taught worldwide.*

## Discover Your Life Purpose and Achieve It

Saturday 3:00pm-5pm, Park Ballroom



You are specifically designed this lifetime for the advancement of your soul's journey. Linda works with the Abraham Group to help you discover the issues you have chosen for this lifetime and embrace the tools to overcome those challenges. Learn how to release the negativity of negative beliefs and patterns and transform your life. This workshop empowers you through knowledge and tools to take responsibility and achieve the life that you desire. \$25\*

*A nationally acclaimed Intuitive, medium, channel and author, Linda Drake works with the Abraham Group, the spiritual realm of Masters, Angels and Spirit Guides. Her communications with the other side brings comfort and healing to those on both sides. She has appeared on ABC TV, NBC TV, Fox TV, PBS TV, radio & publications worldwide. Visit [www.Lindadrakebooks.com](http://www.Lindadrakebooks.com)*

## Soul Intuition and Soul Signatures

Saturday 3:00pm-5pm, General 8



We all have our own soul signature sparks, our own uniqueness that separates us from others. This soul spark signature has various qualities that we are lighting up so that we can better find our life purpose. You will learn about aspects of your own soul signatures and how to use them in your life to heal and expand your consciousness. You will also develop your soul intuition for greater self awakening and release fears, anger, guilt that have held you back from your inner center. \$25\*

*Gabriele Weber is an intuitive and healer who has worked with MDs, lectured at universities, appeared on TV. She holds degrees in Psychology and Health.*

## Archangelic Healing: Gifts of Love and Light

Sunday 11:00am-1pm, General 8



Learn how the Archangels and Archeias focus Divine qualities and work with the healing properties of the Seven Rays. Experience Angel Healing Techniques guided by the Angels of the Rays who offer multi-layered techniques appropriate for all levels of experience with angels and energy healing. Kathy's workshops are designed by the Angels so prepare for a delightful, new experience every time! \$25\*

every time! \$25\*

*Kathy Milano, PhD, Clinical Psychologist and Angel Therapy Practitioner, helps people around the world develop their unique Angelic partnership. Kathy gratefully flows Divine Angelic energy through Angel Healing Sessions, CDs, & Workshops so all may Remember their magnificence. [www.kathymilano.com](http://www.kathymilano.com)*

## Your Soul's Purpose

Sunday 1pm-3pm, General 8



For the Children of Light, a different perspective on what your soul's purpose really means. You will connect with your higher self to allow you to become conscious of your soul's purpose. This workshop is for those who seek to open their heart center and awaken their own inner wisdom. \$20\*

*Michael Cavallaro is a Light Linguist, Spiritual Messenger, teacher, speaker and author of the 55 Concepts. He is founder of the Metaphysical Mentoring Institute. Free newsletters [www.metaphysicalmentoring.com](http://www.metaphysicalmentoring.com), [www.55concepts.com](http://www.55concepts.com).*

## Dr. Wyatt's Body Blueprint Workshop

Sunday 3pm-5pm, General 8



Taking charge of our own health is mandatory in today's toxic environment. In order to truly break free from illness, we must learn to understand and appreciate what we can learn from our own bodies. Topics will include iridology, martial arts and Chinese medicine, sclerology, nutrition, kinesiology and much more. Don't miss the opportunity to learn this unique and empowering approach directly from Dr. Wyatt! \$20\*

*Dr. Frank E. Wyatt is a doctor of naturopathic medicine, author, jazz musician, expert in Ving Tsun (pronounced wing chun) Kung Fu and founder of the Delaware Valley Naturopathic Medical Association (DVNMA).*

# SCHEDULE GRID

# MIND BODY SPIRIT EXPO Free Lectures October 23-25 Valley Forge Convention Center



**Friday 6:00pm Main Floor 1**

## GETTING TO THE HEART OF MATTER

Kathy will share practical heart-centered techniques from Heart Assisted Therapy™, Angelic Healing Techniques, and mind-body medicine to empower you to immediately access greater peace and healing in your life.

*Kathy Milano, Clinical Psychologist and Angel Therapy Practitioner®, helps people around the world develop their unique Angelic partnership.*



**Saturday 11:00am Gettysburg 1**

## YOUR TRUE COLORS!

Your choice of color reflects who you are and the path you have chosen. Understanding the language of color empowers you to consciously create a life in tune with your soul's purpose. Learn about the meaning of color, its healing properties, ways to wisely use its positive and negative qualities, and how your true colors can reveal your destiny.

*Elizabeth Harper is a color intuitive, spiritual guide, teacher, and author of *Wishing How to Fulfill Your Heart's Desire*. [www.sealedwithlove.com](http://www.sealedwithlove.com)*



**Friday 6:00pm Main Floor 2**

## A CELEBRATION OF MAGNIFIED HEALING®

A presentation of a moving meditation technique channeled from Ascended Master Lady Quan Yin. This technique clears physical and emotional concerns, along with deep Karma Healing. Offer first names of loved ones for remote

healings.

*Myra Reichel is a third Phase Magnified Healer and a Master-Teacher of Magnified Healing® and experienced in organizing celebration ceremonies.*



**Saturday 11:00am Gettysburg 2**

## REACHING THROUGH THE VEIL TO HEAL

As a Medium, Linda shares unique knowledge of the soul's journey to help you heal and learn to interact with your loved ones in spirit. Understanding your grief empowers you to move forward with life.

*Linda Drake is a renowned Intuitive/Medium and author of two books. She has appeared on ABC, CBS, FOX and NBC TV. Visit [www.Lindadrakebooks.com](http://www.Lindadrakebooks.com)*



**Friday 6:00pm Park Ballroom**

## UNDERSTANDING ENERGY & YOUR POWER IN RELATIONSHIPS

Dr. Light reveals how your energy deeply affects your friends and loved ones. Learn how you use your energy unconsciously to manipulate others and how to overcome your subconscious patterns. Discover the fourth dimension and your true spiritual power to create harmonious relationships. Group healing included.

*Phyllis Light, Ph.D. is a teacher, counselor, author, and expert in "Telepathic Healing." She clears negative subconscious programming and helps people rise to their true spiritual potential.*



**Saturday 11:00am Main Floor 1**

## ANGELIC CONVERSATIONS WITH ANGEL CARDS

Everyone can receive clear Angelic guidance for themselves and others with Angel Card Readings. Kathy will share simple, effective techniques for beginners and experienced Angel Card users to enhance unique communication with the Angels. Bring an Angel Card

Deck or use one of Kathy's.

*Kathy Milano, Clinical Psychologist and Angel Therapy Practitioner®, helps people around the world develop their unique Angelic partnership.*



**Friday 7:00pm Main Floor 1**

*Rev. Bob Deen is a Spiritual Healer and Pastor of the Greater Philadelphia Religious Science Center for Spiritual Living. He has over 30 years of counseling, ministry and leadership.*



**Saturday 11:00am Main Floor 2**

## THE MIRACLE OF CHI ENERGY HEALING

Master Park provides acupressure treatments utilizing his own powerful force of Chi energy to unblock obstructions which can cause the body to become ill and unable to heal itself. Learn the theory behind this ancient practice passed on from one generation to the next and how it can benefit your health.

*Master Seok Seo Park, a truly gifted Chi Energy Healer with over 25 years experience, is on a special visit to the U.S. from Korea.*



**Friday 7:00pm Main Floor 2**

## THE WISDOM OF IONIZED AKALINE WATER

Explaining how consuming life sustaining alkalized water will improve people's health, lengthen their lives, and promote a healthier planet, Peter warns that drinking acidic water and foods makes your body a breeding ground for disease.

*Peter Goodgold created Raw Food restaurants and "Healing Waters" health spa in 1970s. He's producing the feature film *Wisdom of Water*.*



**Saturday 11:00am Park Ballroom**

## SOUL COLORS AND HEALING

Today you will journey into what your present soul color is and what it means and how you can use it in your life. An explanation of what the colors mean and how to heal your chakras, auras and grids will be given.

*Gabriele Weber is an intuitive and healer who has worked with MD's, lectured at Universities, and been on TV. She holds degrees in Psychology and Health.*



**Friday 7:00pm Park Ballroom**

## HIDDEN WISDOM IN CONCEPTS

Wisdom has often been hidden in simplicity. The secrets to life you've been looking for are not secret. Are you wise enough to see them? Are you courageous enough to live them? Find out.

*Nancy Baker is a life coach, metaphysical mentor, facilitator, speaker and student of life. Free newsletter at [www.55concepts.com](http://www.55concepts.com)*



**Saturday 12:00pm Gettysburg 1**

## THE WISDOM OF IONIZED AKALINE WATER

Explaining how consuming life sustaining alkalized water will improve people's health, lengthen their lives, and promote a healthier planet, Peter warns that drinking acidic water and foods makes your body a breeding ground for disease.

*Peter Goodgold created Raw Food restaurants and "Healing Waters" health spa in 1970s. He's producing the feature film *Wisdom of Water*.*



**Saturday 12:00pm** **Gettysburg 2**

**TREATING BACK PAIN AT THE ROOT OF THE PROBLEM**

Understand the phenomena of Low Back Pain. Learn how Myofascial dysfunction is an underlying issue for many low back problems. Review Eastern and Western perspectives of assessing and treating low back pain. Overview a specialized treatment approach that has high success.

*Ian A. Cyrus, L. AC. OM. is an Oriental Medicine and Myofascial Pain expert at the Jefferson Myrna Brind Center of Integrative Medicine. He can be reached at 215-955-2221.*



**Saturday 12:00pm** **Main Floor 1**

**THE CARDIOVASCULAR CURE**

Wilma Deutsch has declared war against heart disease and this lecture will explain the real cause of cardiovascular disease and what we can do naturally to prevent and reverse this merciless killer.

*Wilma Deutsch JD,DPAT,CLT,HK - Health & Wellness Consultant since 1992. Certified digital Pulsewave Analyzer utilizing a non-invasive cardiovascular screening device to measure and monitor overall cardiovascular health.*



**Saturday 12:00pm** **Main Floor 2**

**CHRISTIAN COFENET**



**Saturday 1:00pm** **Park Ballroom**

**AMLA – THE AMAZING SUPER FRUIT FROM HIMALAYA**

Amla is a superfruit from India and revered for its enormous health benefits. This amazing fruit from is a powerhouse of nutrition and health. Come join us in exploring more about this AMAZING FRUIT.

*Harpinder Kaur is the founding member of Komal Herbals, Inc. She is an avid student and educator of Ayurvedic products.*



**Saturday 2:00pm** **Main Floor 1**

**2012-ARE YOU PREPARED FOR THE SHIFT ON 12/21/12?**

Adolphina Shephard gives you her unique perspective as a Master Spiritual Teacher & Healer in an overview of what is needed to prepare your body for the mass ascension on Dec. 21, 2012. This is one workshop you will not want to miss!

*Adolphina Shephard is Master Spiritual Teacher & Healer who works with the Holy Trinity as a conduit. Her new book, "YATUVAY - The Manual" "How To Perform Miraculous Healing Through Energy Medicine" will teach you how to prepare your body for the mass ascension in 2012.*



**Saturday 2:00pm** **Main Floor 2**

*Mother Theo Sophia*



**Saturday 12:00pm** **Park Ballroom**

**CREATING SPIRITUAL STREAMS OF INCOME!**

Learn how to leverage your energy and time while building your Spiritual cash machine! Experience raising and holding your vibration for success during the incubation process! Learn how to stay motivated and focused on your vision!

*Rusty Stewart, Ph.D. is a Manifestation Life Coach, Conscious Heart Relationship Coach, Integrated Psychotherapist, Usui and Shamanic Reiki Master, Breath Facilitator, and Advanced Master Shapeshifter.*



**Saturday 2:00pm** **Park Ballroom**

**CONCEPTS FOR CONSCIOUS LIVING**

Concepts are simple, practical tools to help you resolve what stops you from having the life you want. See clearly the messages your higher self sends you and attract the life you're here to live.

*Nancy Baker is a life coach, metaphysical mentor, facilitator, speaker and student of life. Free newsletter at [www.55concepts.com](http://www.55concepts.com).*



**Saturday 1:00pm** **Main Floor 1**

**HOW TO GET RID OF THE CAUSE OF DISEASE**

An explanation on the correlation of modern fast-paced life conveniences and modern day diseases and epidemics. Discussion on the role of a wholesome diet with organic foods and our well being.

*With a master in iridology, nutrition, herbology, Dr. Salha is a natural medicine graduate and has appeared on national/international television..*



**Saturday 3:00pm** **Gettysburg 1**

**LIVING SAFELY & SPIRITUALLY IN A HIGH-TECH WORLD**

Learn how electromagnetic fields from computers, cell phones, microwaves, satellites, wireless internet, impact your physical body and your spiritual well-being. Discover ways you can protect and heal yourself from exposure to such life-damaging energies. Group healing included.

*Phyllis Light, Ph.D. is a teacher, counselor, author, and expert in "Telepathic Healing." She clears negative subconscious programming and helps people rise to their true spiritual potential.*



**Saturday 1:00pm** **Main Floor 2**

**THE OUT-OF-BODY EXPERIENCE**

The out-of-body experience (OBE) is not a dream, but a real event and natural phenomena. A powerful tool for self-knowledge and psychic awareness, it can help us to understand our life purpose, life after death, our psychic nature and more..

*Gabriel Sereni has given lectures worldwide for years on topics related to consciousness studies, human potential, personal growth and psychic awareness.*



**Saturday 3:00pm** **Main Floor 1**

*Diane Carty Stratos*

# MIND BODY SPIRIT EXPO Free Lectures October 24-26 Valley Forge Convention Center



**Saturday 3:00pm Gettysburg 2**

### THE BENEFITS OF COLON THERAPY

You've seen on the news, MTV. Used by stars to maintain their youthful appearance, colon therapy can help improve your weight, skin, and overall health. So if you're feeling tired, bloated and irritable, come in and learn about this Hollywood secret.

*Frank Bucolo, MD is a geriatrics specialist who practices holistic medicine out of the Health Connections Center in Philadelphia, PA.*



**Saturday 3:00pm Main Floor 2**

### HEALING WITH STONES AND CRYSTAL SKULLS

Learn to use the intrinsic human gift, intuition, and how to listen to your inner self. You will also learn about the healing qualities of different stones crystals and how to use them in energy work. Use your intuition to pick your chakra stones.

*Steven owns Rosley's Rocks Gems in Chicago. He has lectured all over the world and is the founder of INFINITE the Healer's Stone.*



**Saturday 4:00pm Gettysburg 2**

### 8 POWERFUL SECRETS TO ANTI-AGING

Prof. Dr. Paul Ling Tai reveals the latest technologies in Anti-Aging on why you wake up tired and feel tired, gain weight uncontrollably, have more wrinkles on your face, and worst of all, are sick all the time! Prof. Dr. Tai will show you step by step how to look younger, live longer, and stay healthier.

*A world renowned physician, Prof. Dr. Tai is also a researcher, author, teacher, inventor, & formulator of Natural Health supplements, Anti Aging Hypo-Allergenic Skin care and Proprietary Bio- Hormone Liposome products.*



**Saturday 5:00pm Gettysburg 1**

### BATHING IN THE HEALING LIGHT OF FAR INFRARED ENERGY

Far Infrared Ray light that has been proven to be very beneficial for balancing and cleansing human energy. One of the most effective methods for us to assimilate this light is in a Far Infrared Sauna.

*Phillip Wilson, owner of www.momentum98.com, will talk about the relationship between spiritual purification & detoxification using the Relax Far-infrared Sauna.*



**Saturday 5:00pm Mail Floor 2**

### SPIRITUAL GEMOLOGY

Learn about the self healing aspects of using, choosing, and wearing gemstones consciously. How the Mineral Kingdom and Gem Queendom relate to the chakras, and the subtle medicinal properties of specific gemstones, minerals and metals.

*Donnareyna Sessler is a minister, teacher, spiritual gemologist, oracular consultant, artist, jewelry designer and socially responsible business woman.*



**Sunday 11:00am Gettysburg 2**

### GETTING THE LIFE YOU WANT

This interactive presentation teaches how to apply the philosophy of Neuro Emotional Technique and Muscle Testing in you own life to achieve the health and happiness you desire. You are destined for success--let me help you achieve it.

*Anna Tobia PhD is a clinical psychologist who practices at the Thomas Jefferson Myrna Brind Center for Integrative Medicine. She brings together traditional psychological principles with the best of mind-body medicine.*



**Sunday 11:00am Main Floor 2**

### THE MIRACLE OF CHI ENERGY HEALING

Master Park provides acupressure treatments utilizing his own powerful force of Chi energy to unblock obstructions which can cause the body to become ill and unable to heal itself. Learn the theory behind this ancient practice passed on from one generation to the next and how it can benefit your health.

*Master Seok Seo Park, a truly gifted Chi Energy Healer with over 25 years experience, is on a special visit to the U.S. from Korea. Booth C610*



**Sunday 11:00am Park Ballroom**

### THE ROOT CAUSE: SELF-DIAGNOSIS AND TRUE HEALING

Dr. Wyatt will cover a wide range of self-diagnosis techniques and methods that allow us to make informed decisions and achieve true health and wellness. By learning to read our own bodies, we can determine the real causes of illness and break free from the cycle of drugs and harmful side effects.

*Dr. Frank Wyatt Dr. Frank E. Wyatt is a doctor of naturopathic medicine, author, jazz musician, expert in Ving Tsun Kung Fu and founder of the Delaware Valley Naturopathic Medical Association (DVNMA).*



**Sunday 12:00pm Gettysburg 2**

### UNDERSTANDING ENERGY & YOUR POWER IN RELATIONSHIPS

Dr. Light reveals how your energy deeply affects your friends and loved ones. Learn how you use your energy unconsciously to manipulate others and how to overcome your subconscious patterns. Discover the fourth dimension and your true spiritual power to create harmonious relationships. Group healing included.

*Phyllis Light, Ph.D. is a teacher, counselor, author, and expert in "Telepathic Healing." She clears negative subconscious programming and helps people rise to their true spiritual potential.*



**Sunday 12:00pm Main Floor 1**

### ENERGY LEADERSHIP: TRANSFORMING YOUR LIFE FROM THE CORE

"Leading your energy" - is there any more important topic in today's fast paced, distraction-filled world? In this session you'll learn how to engage fully in your life, prevent negative influences from impacting you, and reveal the abundance of opportunities presented to you every day to live a more fulfilling and joyful life.

*A life coach helping hundreds to achieve success in their lives, Evie DiPiazza is the admin. director for the Institute for Professional Excellence in Coaching (IPEC).*



**Sunday 1:00pm Main Floor 2**

### CHELATION AND HEART MATTERS

An alternative to heart bypass? Chelation is a safe, non-surgical procedure used to cleanse the entire arterial system. More and more physicians are using this method to help patients suffering from heart disease, hypertension and cholesterol.

*Frank Bucolo, MD is a geriatrics specialist who practices holistic medicine out of the Health Connections Center in Philadelphia, PA.*



**Sunday 12:00pm Park Ballroom**

### THE 4 RESISTANCES TO LOSING WEIGHT

2/3rds of adult Americans are overweight and obese, and yet there is no one magic pill for weight loss. Prof. Dr. Tai will show you a Scientific Comprehensive approach on Overweight and Obesity targeting the 4 Essential problems of weight gain. This is the first, proven effective Weight Control Program that is natural and powerful.

*A world renowned physician, Prof. Dr. Tai is also a researcher, author, teacher, inventor, & formulator of Natural Health supplements, Anti Aging Hypo-Allergenic Skin care and Proprietary Bio- Hormone Liposome products.*



**Sunday 1:00pm** **Gettysburg 1**

**HEALING THROUGH CHAKRAS**

Chakras, the energy centers, are affected by mental and emotional state. Daily stress can result in Chakra imbalances and physical, physiological and emotional disorders. Dr. Ratan explains how to attain health & vitality by balancing Chakras with essential oils, crystals & other modalities

*Dr. Ravi Ratan is renowned healer & clinical aromatherapist and author of Handbook of Aromatherapy and Journey Through Chakras.*



**Sunday 1:00am** **Gettysburg 2**

**VEETRAG YOGA AND SHANTI MEDITATION**

Veetrag means transcending unconsciousness, Ignorance and falsehood that awakens to a consciousness guided by Love, Energy, Awareness and Peace. To awaken and to live, move and act into Love, Energy, Awareness and Peace, is innate aspiration of man is what Veetrag Yoga

and Shanti Meditation offers to it

*Acharya Girish Jha is a Master Teacher of Authentic Yoga in original Himalayan Tradition mentored by 50 Himalayan Masters. He combines the wisdom of Yoga, Science and Spirituality for solving problems of Modern man. Over 60,000 people taught worldwide.*



**Sunday 1:00pm** **Main Floor 2**

**AYURVEDA--SCIENCE OF LIFE**

Ayurveda is a 5000 year old, time-tested and scientifically proven health care system—still practiced in India. Learn how Ayurvedic principles can help promote physical, mental and spiritual health even in modern times.

*Harpinder Kaur is the founding member of Komal Herbs, Inc. She is an avid student and educator of Ayurvedic products .*



**Sunday 2:00pm** **Gettysburg 2**

**ALL ABOUT REIKI ATTUNEMENTS**

This time is devoted to learning about and experiencing Usui Reiki. Reiki is spiritually guided life force energy. There will be a short talk. Reiki Healing Attunements will be given. All are welcome, join us!

*Myra Reichel is a third Phase Magnified Healer and a Master-Teacher of Magnified Healing® and experienced in organizing celebration ceremonies.*



**Sunday 2:00pm** **Main Floor 1**

**BUDDHA MAITREYA AWAKEN THE SOUL GROUP MEDITATION**

Come join us for this wonderful meditation using beautiful sacred geometric meditation healing tools. They transmit the healing spiritual blessings of the Living Buddha Maitreya to uplift your mind and bring peace to the heart.

*Buddha Maitreya Shambhala Nuns will present this opportunity to experience these sacred tools for self-healing, healing others and practitioner work.*



**Sunday 2:00pm** **Main Floor 2**

**AMACHI**

# ORDER FORM