2022 EXPO PROGRAM GUIDE

KEEP THIS SECTION: IT IS THE ONLY PRINTED GUIDE THAT WILL BE AVAILABLE FOR THE 2022 EVENT

15th Annual
NATURAL LIVING
expo

Saturday, November 12 • 9am-6pm
Sunday, November 13 • 9:30am-4:30pm
Best Western Royal Plaza Trade Center & Hotel
181 Boston Post Road West Marlborough, MA

ALL-ACCESS WEEKEND ADMISSION
$21 ADVANCE ADMISSION | $25 DAY OF ADMISSION
Free! EXPO TOTE BAG WITH ADVANCE TICKET PURCHASE ONLY

New England’s Largest Holistic Health Event!

200 Exhibits to Explore + 50 Workshops to Attend

Intuitive Readings
Healing & Bodywork Sessions
Natural Health Products & Services

Unique Gift Shopping
Healthy Food Vendors
Trusted Wellness Consultants

www.NaturalExpo.org

For help planning your expo weekend:
info@naturalexpo.org
(508) 278-9640 x2
WEEKEND ADMISSION > $21 Online plus FREE Expo Tote! $25 at the Door

Best Western Royal Plaza Hotel
All workshop events take place in the hotel, a 4-minute walk or quick free shuttle ride from the trade center. Shuttles run continuously between the trade center and hotel throughout the event.

Map & Floor Plan
Royal Plaza Trade Center Exhibit Hall

Visit 200 exhibits in the trade center and enjoy a delicious meal from the healthy food vendors.

Visit healthy food truck vendors outside the trade center!
Fengyang Qi Gong and Tai Chi
International Instructor ONLINE Training Program

Fengyang Qi Gong and Tai Chi are developed by Dr. Ming Wu, based on his 40 years of experience practicing various Qi Gong and Tai Chi movements. It is an easy-to-learn exercise system and practice routine that is suitable for the purpose of improving one's health and wellness, and spiritual alignment of the body and mind. Practicing Fengyang Qi Gong and Tai Chi can help one realize the truth of “who am I”. It is also beneficial to cancer patients and patients with difficult-to-cure or chronic diseases for stimulating the body's self-healing potential, so the body can regain physical health. It helps practitioners reach the goal of healthy body, longevity, Wu Wei, living in the present, and wishes coming true!

Level 1: Associate Instructor (online course)
Level 2: Instructor (online course)
Level 3: Senior Instructor (online + in person learning with Dr. Wu)
Level 4: Fengyang Wellness Coach (online + in person learning with Dr. Wu)

To learn more about this program, go to: https://wuhealing.com/classes

Wu Healing Center  Tel: 860-310-5438
45 S Main St, Suite 100, West Hartford, CT • 75 Nason St, Maynard, MA
Access to all workshops is included with your weekend pass. Workshop seating is limited capacity and is available on a first come basis. Please respect the expo staff’s room capacity instructions. Thank you!

### SATURDAY WORKSHOP SCHEDULE
**SATURDAY HOURS 9AM-6PM**

<table>
<thead>
<tr>
<th>SALON A &amp; B</th>
<th>SALON C</th>
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<th>PRINCESS</th>
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<tr>
<td>Create Stable Boundaries and Prevent Burnout</td>
<td>Past Lives, Dreams and Soul Travel</td>
<td>Welcome to Rune Reiki</td>
<td>How You Show Up In One Relationship Is How You Show Up Everywhere</td>
<td>Our Astrological Crossroads: Where Do We Go From Here?</td>
<td>Best Nutrients for Improved Cardiac Health</td>
<td>Wireless Technology Risks and Safer Ways to Connect</td>
</tr>
<tr>
<td>Judith A. Swack</td>
<td>Ellie Malick and Mark Lopatonsky</td>
<td>Jeff Nelson</td>
<td>Carolyn McGee</td>
<td>Eric Linter</td>
<td>Cara Joseph</td>
<td>Cecé Doucette</td>
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<tr>
<td>Awaken Your Inner Power To Heal with a Crystal Bowls Healing Experience</td>
<td>The Microbiome’s Role In Our Mental Health</td>
<td>The Magdalene Speaks</td>
<td>Are Your Past Lives Living in Your Present Life?</td>
<td>Eliminate Cancer, Vascular Disease and Inflammation Scientifically</td>
<td>A Masterclass in Transformative Healing for Trauma-Based Imprints</td>
<td>The Mysteries of Water — and You!</td>
</tr>
<tr>
<td>Rhys Thomas</td>
<td>Tamara Luck</td>
<td>Christine Alexandria</td>
<td>Donna Hartley</td>
<td>Dr. Adi Tal-Oren</td>
<td>Michael Lydon</td>
<td>Halsey Snow</td>
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<tr>
<td>Katie Malloy Ramirez</td>
<td>Kyle Russell</td>
<td>Bonnie Page</td>
<td>Ming Wu</td>
<td>Eva Goulette</td>
<td>Marie Frohlich</td>
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<tr>
<td>Quantum Healing Hypnosis Technique Group Demonstration</td>
<td>New/Old Tool — The Labyrinth</td>
<td>Your Multidimensional Self and Abundance Soul Codes with The Golden Light</td>
<td>From Grief To Gratitude: The Signs Are All Around Us</td>
<td>Scalar Light, the Technology of the Future</td>
<td>Discover How Your Health and Emotions Are Revealed in Your Eyes</td>
<td>Discover How Your Health and Emotions Are Revealed in Your Eyes</td>
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<tr>
<td>Elizabeth Peters</td>
<td>Sandra Isgro</td>
<td>Bhavna Swivastava</td>
<td>Kelly Wahl</td>
<td>Tom Paladino</td>
<td>Sunshine Beeson</td>
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### SUNDAY WORKSHOP SCHEDULE
**SUNDAY HOURS 9:30AM-4:30PM**

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<th>SALON A</th>
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<tr>
<td>Habit Reset: Change Your Habits, Change Your Life</td>
<td>Messages Through Spirit Art</td>
<td>The Twelve Instructions</td>
<td>Astro-Insights for 2023: A Look at the Year Ahead</td>
<td>Wu Way Qigong</td>
<td>Reach Optimal Health Through Self-Guided Healing</td>
<td>Allow Your Kids to Grow up Loving Their Bodies</td>
<td>How to Make 100% Natural Sugar and Flower Petal Body Scrub at Home</td>
</tr>
<tr>
<td>Pam Marshall</td>
<td>Nancy Smith</td>
<td>Rosanne Romiglio-Ashley</td>
<td>Tam Veilleux</td>
<td>Ming Wu</td>
<td>Julia Dahl</td>
<td>Lisa Dahl</td>
<td>Sam Morris</td>
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<tr>
<td>Discover the Next Step in Crystal Healing</td>
<td>Soul &amp; Spirit: Messages From Heaven</td>
<td>Death &amp; Beyond: The Mystic Meditation Experience</td>
<td>Design Your Destiny</td>
<td>Experience Transformation Art and Song</td>
<td>Nutrition Response Testing</td>
<td>Your Cell Phone May Be Harming You: Protect Yourself in the 5G World</td>
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<tr>
<td>Isabelle Morton</td>
<td>Lori Sheridan and Laura Wooster</td>
<td>Alan Post</td>
<td>Dev Lingadevaru</td>
<td>Edward Anthony</td>
<td>Charlene McCallough</td>
<td>Ilene Cohn Reichman</td>
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<tr>
<td>Quantum Healing Hypnosis Technique Group Demonstration</td>
<td>Community Sing and Closing Circle Celebration</td>
<td>Wild Food and Medicine Are All Around</td>
<td>Pathway to Healing the Heart Through Divine Touch Healing</td>
<td>Movement &amp; Meditation</td>
<td>Stress, Love, Healing and Remission</td>
<td>Energy Secrets for Staying Healthy and Youthful</td>
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<tr>
<td>Elizabeth Peters</td>
<td>Heather Pierson &amp; Bernice Martin</td>
<td>Bear Crevier</td>
<td>Joanna Spano</td>
<td>Janine Agoglia</td>
<td>Gail Lachs</td>
<td>John Thompson</td>
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<td>Drum Circle: Spirit of the Drum</td>
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<td>TRADE CENTER EXHIBIT HALL</td>
<td>Hosted by Dave Curry</td>
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**Spirit of Change**

**Program Guide 2022 Natural Living**

www.naturalexpo.org

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**awellthyyou™**

Breakthrough to a new you!

**ARE YOU READY TO HEAL?**

**ARE YOU TIRED OF HEALING THAT DOESN’T WORK?**

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- Quickly identify the root cause of your struggles
- Let go of your fears, anxieties, and phobias
- Relinquish the burdens of your traumas

**FREE**

Guided Energy Release Session

Fyonna creates Guided Energy Release MP3 Sessions available for purchase. These have become invaluable tools in helping her clients get quick results.

**Meet Fyonna**

Fyonna is a Master Level HBLU practitioner and has trained in NLP, as well as other healing modalities. She blends the principles of all her trainings along with her keen ability to sense and connect to her client’s emotions, enabling her to quickly guide each client to the root of their struggles. This approach has enabled her to guide her clients quickly, effectively, and repeatedly to profound emotional breakthroughs, helping them to rapidly process years of emotional turmoil in a short period of time.

**Visit Booth #811**

Scan me!

Call now for a FREE 15 minute consultation: 1-877-Wellthy (935-5849)

www.awellthyyou.com | fyonna@awellthyyou.com | Facebook/awellthyyou

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2022 NATURAL LIVING expo PROGRAM GUIDE

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### 2022 EXHIBITOR LIST

Organized by booth number. See booth location map on page 34.

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<thead>
<tr>
<th>Booth</th>
<th>Name and Description</th>
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<tbody>
<tr>
<td>1</td>
<td>Worry Deck Collection</td>
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<td>2</td>
<td>Bonnie Lee's Creations</td>
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<td>3</td>
<td>Blu-Eden</td>
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<td>4</td>
<td>Sri Chinnay Centre</td>
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<td>5</td>
<td>Hartley International</td>
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<td>6</td>
<td>National Health Freedom Action</td>
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<td>7</td>
<td>Heart Songs &amp; Circle Songs</td>
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<td>8</td>
<td>Cheryl Bradley ~ Spiritual Medium</td>
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<td>9</td>
<td>Ann Wigmore Natural Health Institute</td>
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<td>NEEECO</td>
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<td>11</td>
<td>Juliana Kallas</td>
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<td>Illuminating Light Healing Center</td>
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<td>13</td>
<td>Quantum Healing Hypnosis Technique</td>
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<td>14</td>
<td>Vital Bioenergetics</td>
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<td>15</td>
<td>Nature's Mysteries Apothecary</td>
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<td>16</td>
<td>Greater Hartford Herbalists Without Borders</td>
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<td>17</td>
<td>Eucellus &quot;Tailored Nutrient Therapy&quot;</td>
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<td>18</td>
<td>Angel Healing with Melissa</td>
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<td>Inspired Being, LLC</td>
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<td>20</td>
<td>Boston School of Herbal Studies</td>
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<td>21</td>
<td>Vardankar</td>
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<td>22</td>
<td>Adidam New England</td>
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<td>23</td>
<td>Made Simple Skin Care</td>
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<td>24</td>
<td>Human Tuning</td>
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<td>25</td>
<td>Lisha Nutrition Coaching</td>
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<td>26</td>
<td>Dianne Bischoff James</td>
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<td>27</td>
<td>Garden of One</td>
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<td>28</td>
<td>Ecopolitan Community, Dr. Tel-Oren (Dr. T)</td>
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<td>29</td>
<td>Journey with Janet/Floating Lotus Jewelry</td>
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<td>30</td>
<td>Rebalance Your Routine</td>
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<td>31</td>
<td>American Society of Dowzers, Inc</td>
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<td>32</td>
<td>Trees of Light</td>
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<td>ECKANKAR</td>
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<td>LaMens</td>
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<td>Taproot Herbals</td>
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<td>36</td>
<td>Nancy's Nutrition Inc</td>
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<td>37</td>
<td>Lisa Dahl Wellness</td>
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<td>38</td>
<td>The Multifaceted Shaman</td>
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<td>Angelscapes</td>
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<td>Science of Spirituality</td>
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<td>41</td>
<td>Medicine My Way</td>
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<td>OCI Healing Research Foundation Tong Ren</td>
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<td>43</td>
<td>Kelly Wahl Healing Arts</td>
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<td>44</td>
<td>Marshall Mindset Coaching</td>
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<td>45</td>
<td>HPs Psychic Ellen &amp; Kelly Lavish</td>
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<td>46</td>
<td>Realization Consulting</td>
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<td>47</td>
<td>Amare, The Mental Wellness Company</td>
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48 The Health Medium
www.thehealthmedium.com
Medical intuitive readings. Know your body health now.

49 Energy Almanac
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Book of 2023 astrology predictions and expectations.

50 October’s Angel
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526 Dayempur Herbals
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528 TotumVos Multi-Collagen Chews
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TotumVos multi-collagen chews in flavors mocha, chai-beet, and lemon turmeric.

530 Hedge & Heather
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Hedge & Heather makes hand-crafted soy manifestation candles.

532 Medium Bonnie Page
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A MASTERCLASS
IN TRANSFORMATIVE HEALING FOR
TRAUMA BASED IMPRINTS

with
MICHAEL LYDON
MSW, Realization Process Senior Practitioner

Saturday, Nov. 12
12:00-1:00pm, in the Duchess Room at the NATURAL LIVING expo

Consultations available at Booth #46.

to learn more, download a free workshop here:
www.realizationconsulting.com

Feng Shui + Homeology
Anne Kulakowski
www.amkula.com
Central Massachusetts and remote
617.539.6891 / anne@annekulakowski.com

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Spiritual Medium & Reader

CHERYL BRADLEY
www.cherylbradley.com

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Medium Bonnie Page: readings, signed books, Oracle cards.

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1017 Mystech
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1018 Maureen St Germain Ascension School
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1021 Scalar Light Quantum Healing
www.scalarlighit.com
Scalar Light Quantum Healing by way of a photograph.

1022 Cosmic Artillery Crystals
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Highest quality crystals and gems handmade pendants and bracelets.

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Hemp oil products: oils, tinctures, salves, tested pure and potent.

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1109 Release Well Being Center
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Holistic approach to practice self-care for sustainable and optimal well-being!

1111 Metrowest Thermal Imaging — Mishnoah Retreat
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Medical thermal imaging of breast and body, 15 locations.

1112 Love Energy Wellness LLC
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Finally discover the root causes and rebalance your energy naturally!

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Scalar Light Quantum Healing by way of a photograph.

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1107 CBDPlease Tested Pure and Potent
www.CBDplease.com
Hemp oil products: oils, tinctures, salves, tested pure and potent.

1108 Whole Harmony Plant Base Wellness
www.wholeharmony.com
Plant base wellness botanical teas + tonics.

1109 Release Well Being Center
www.ReleaseWellBeingCenter.com
Holistic approach to practice self-care for sustainable and optimal well-being!

1111 Metrowest Thermal Imaging — Mishnoah Retreat
www.mythermography.com
Medical thermal imaging of breast and body, 15 locations.

1112 Love Energy Wellness LLC
www.loveenergwellness.com
Finally discover the root causes and rebalance your energy naturally!

1114 Volcanic Origins Face/Body Slimming Products
www.volcanicorigins.com
Finally discover the root causes and rebalance your energy naturally!

1012 Hawaiian Moon
www.aloecream.biz
Say goodbye to dry skin with Hawaiian Moon Aloe!

1013 Wire Wrapping Creations
www.facebook.com/wirecreations2012
Wire wrapped jewelry.

1016 Wu Healing Center
www.wuhealing.com SEE AD PAGE 33
Qi Gong and Tai Chi Instructor certification online.

1017 Mystech
www.mystech.net
Shuman resonance technology for EMF protection.

1018 Maureen St Germain Ascension School
www.MaureenStGermain.com SEE AD PAGE 61
Learn more about your spiritual opportunities with Maureen St Germain.

1021 Scalar Light Quantum Healing
www.scalarlighit.com
Scalar Light Quantum Healing by way of a photograph.

1022 Cosmic Artillery Crystals
www.CosmicArtillery.com
Highest quality crystals and gems handmade pendants and bracelets.

1106 Diamonds And Dinosaurs
1205 www.facebook.com/DiamondsAndDinosaurs1
Crystals, fossils, tumbled stones, sterling gemstone jewelry and unique gifts.

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Highest quality crystals and gems handmade pendants and bracelets.

1106 Diamonds And Dinosaurs
1205 www.facebook.com/DiamondsAndDinosaurs1
Crystals, fossils, tumbled stones, sterling gemstone jewelry and unique gifts.

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Finally discover the root causes and rebalance your energy naturally!
INNER SPACE
Meditation

Sponsored by The Brahma Kumaris World Spiritual Organization

Learn basic techniques and take-home tools that will help you harness the benefits of meditation — a calm and clear mind, improved concentration and focus, and increased sense of peace and well-being.

Raja Yoga meditation gives you back control over your mind. Learn to replace unhealthy thought patterns with positive reflections that lead you into the limitless through this unique, fun and creative meditation practice that you can do anywhere.

The Brahma Kumaris World Spiritual Organization (U.S.) operates the Meditation Center in Watertown, MA. All events are free of charge and open to the public.

Visit bknewengland.org or Booth 1311.

Experience a 30-minute GUIDED MEDITATION beginning at SAT: 11:00, 12:00, 1:00, 2:00, 3:00, 4:00
SUN: 11:00, 12:00, 1:00, 2:00
EXECUTIVE ROOM AT THE HOTEL

The Benefits of the Harmonic Egg:

Come Experience the benefits of the First HARMONIC EGG (for client use) in New England!

PLUS FOOD TRUCKS OUTSIDE!

Fired Up!
Crispy wood fired pizza.

The Grub Guru
Asian fusion and Mediterranean street food.

HEALTHY FOOD VENDORS (partial listing)

Seating is available inside to dine, however we recommend planning your lunch before or after the traditional midday lunch-rush.

101 Shiskaberry
Chocolate covered fresh strawberries, bananas, & cheesecake!

103 Village of Lebanon
Delicious Lebanese food made with quality, fresh ingredients.

107 Lalajava
Hot and iced beverages, breakfast pastry, soups and salads.

117 Shabby Gourmet
Freshly squeezed juices, coconut water in the shell, ginger shots, fruit bowls and skewers.

www.naturalexpo.org
2022 NATURAL LIVING expo PROGRAM GUIDE
Spirit of Change 41
SATURDAY EVENTS

Saturday Expo Hours: 9am-6pm
All workshops are held in the hotel and are 60 minutes.
Workshop seating is available on a first come basis. Please respect the room capacity instructions of the staff.

8:00am
Ticket Sales Begin
REGISTRATION BOOTH IN THE EXHIBIT HALL
Pick up tickets ordered in advance with Natural Living Expo tote or purchase $25 weekend pass tickets at the door.

9:00am
Exhibit Hall Opens

10:00am
Oops! Here I Go Again: How You Show Up In One Relationship Is How You Show Up Everywhere
SALON E
Carolyn McGee
Are you stuck in a loop that doesn’t serve you, including your relationship with yourself? Are you noticing similar outcomes in many areas of your life that don’t bring you joy? Discover the three blocks to creating healthy and supportive relationships. Experience a tool for clearing the block to achieving clarity in your life and enter the flow of success in all of your relationships, including the one with yourself.

Carolyn McGee is an intuition guide, teacher, speaker, and author, whose core values are community, connection and collaboration. Her purpose is to help women break lifelong patterns of how they show up in relationships and understand the connection to themselves, others, money, and spirit. She specializes in combining angel wisdom and animal wisdom to help you to amplify your intuitive superpower. Visit Sacred Haven Living & AngelDawning booth #1117. See ads pages 19, 69

10:30am
Best Nutrients for Improved Cardiac Health
DUCHESS
Cara Joseph
Your heart is dependent on nutrients to repair and maintain itself. Learn which are the key nutrients for your heart, the best diet for cardiac health, and the most important steps to take Monday morning to get your diet on track. Witness how muscle testing can identify weak areas of the body contributing to reduced cardiac function, and how the sound of your heart can assist in selecting key nutrients for optimal cardiac health. Stop depending on pharmaceuticals that only manage symptoms and learn how to start supporting your body to work at its best.

Cara Joseph is a registered nurse, exercise physiologist, Advanced Nutrition Response Testing practitioner, and certified in whole food nutrition through the International Foundation for Nutrition and Health. She believes in the wisdom of Mother Nature and the innate power of our bodies to heal themselves. See ad page 73

11:00am
Create Stable Boundaries and Prevent Burnout
SALON A
Judith A. Swack, Ph.D
Have you ever had an unpleasant interaction with someone and walked away feeling upset even though you know it’s not personal? What happened is that they overstepped your boundaries. To really be effective, boundaries need to be 100% intact at the conscious, unconscious, body, and soul levels of your being. Learn what a boundary is, the most common contexts where people need boundaries, and the Boundary Tap technique for sealing energetic boundaries and clearing out unwanted negative energy.

Best-selling author and award-winning mind/body therapist Judith A. Swack, Ph.D, originator of Healing From the Body Level Up™ (HBLU) methodology, is a biochemist/immunologist, Master NLP practitioner, certified hypnotherapist, visionary and leader in the field of energy psychology. Dr. Swack has presented her dramatic results live on television and at international conferences. She has a private practice in Needham, MA. Visit Healing From the Body Level Up booth #1000. See Back Cover ad.

12:00pm
Past Lives, Dreams and Soul Travel
SALON C
Ellie Malick and Mark Lapatosky
Is there more to life than what you see? Have you ever wondered if you have lived before, how dreams help you or what soul travel is? We invite you to explore how past lives, dreams and soul travel influence who you are now. This workshop will share spiritual techniques and exercises that can help you experience an inner peace and understand more about yourself as a spiritual being.

Ellie Malick and Mark Lapatosky have extensive experience giving workshops on techniques to help people become more aware of spirituality in daily life. Both are long time members of the Eckankar clergy. Visit Eckankar booth #33. See ads pages 7, 55

1:00pm
Our Astrological Crossroads: Where Do We Go From Here?
PRINCESS
Eric Linter
Astrologically we are at a crossroads now. The past few years have challenged the sensibilities and safety of millions of people worldwide. No surprise. The stars overhead mirror the chaotic but transformational forces in play here on our home planet Earth. This talk will review the influences of the past two years and explain how to make the best of current and upcoming trends.

Eric Linter authors Spirit of Change’s daily astrology and seasonal forecasts. He has an active consulting practice near Boston, working with clients worldwide. Eric began his studies under the tutelage of Isabel M. Hickey, and has read charts professionally since 1982. See ad page 68
Welcome to Rune Reiki

SALON D

Jeff Nelson
All energy and matter is vibrational in nature and can be harnessed for healing through desire and emotion. Rune Reiki is the use of the Elder Futhark Runes in practices such as Galdr (singing/intoning/speaking of the Rune) and drawing of the language to heal, help and support those in need. During this presentation, attendees can volunteer to receive this Reiki modality, and a demonstration of group Reiki through Gladr will be provided at the end to those wishing to receive it.

Jeff Nelson is an ordained psychic and Rune Reiki Grand Master. He reads the Elder Futhark Runes and uses them with Reiki and Galdr to provide amazing distance healing of physical, emotional and spiritual natures. Visit “It’s Magickal!” booths #620 & 721. See ad page 53

Wireless Technology Risks and Safer Ways to Connect

SEMINAR

Cece Doucette
The U.S. Toxicology Program has found cell phone radiation causes cancer and DNA damage. Additional studies link wireless radiation to insomnia, headaches, anxiety and more. This radiation pulses from our Wi-fi devices, routers, “smart” meters, cell towers and 4G/5G small cells unless we learn the risks and develop safe technology strategies. Come discover simple strategies to greatly reduce your exposure, and insights for opening this critical conversation with your town.

Cecelia (Cece) Doucette, Director of Massachusetts for Safe Technology, works with schools, communities, municipalities, and legislatures to address wireless radiation and public health. She helped her schools become the first in the nation to take precautions, and has worked on legislation in MA and NH.

11:00pm

Guided Meditation
EXECUTIVE ROOM
Brahma Kumaris
30-minute guided meditation experience.

12:00pm

The Microbiome’s Role In Our Mental Health

SALON C

Tamara Luck
Learn how gut health directly and indirectly affects our neurotransmitters, mood, mental health and nervous system. We will discuss how food, probiotics and lifestyle factors influence the bidirectional conversation between the gut and brain from a functional nutrition perspective. Learn about how different testing options can actually help to identify these gut imbalances and what to do about it.

Tamara Luck is an integrative and functional dietician who works to uncover imbalances that are driving unwanted symptoms by diving into how nutrition, lifestyle and all the body’s systems are interconnected. A natural approach utilizing food, natural supplements as remedies and customized support for lifestyle changes allows her to educate and facilitate long-lasting health changes with her clients. Visit Johnson Compounding & Wellness booth #906.

Are Your Past Lives Living in Your Present Life?

SALON E

Donna Hartley
Details from your previous lives can bleed into your present one. These often reveal the agreements you made before you were born, and lessons to learn about how to heal unhealthy patterns, live your purpose, raise your energetic vibration, and get unstuck and move forward on your path. Hear Donna’s story of crossing over six times and returning enlightened by the ascended masters with an understanding of past lives and the imprints they leave on your spirit.

Donna Hartley, a world-renowned past life reader, has been an inspirational speaker and intuitive mentor for three decades. Her compelling story has been on NBC, ABC, PBS, and in The New York Times. She is the author of several books and six stories in “Chocolate for a Women’s Soul” and two stories in the “Chicken Soup” series. Visit Hartley International booth #5.
12:00pm (continued)

**A Masterclass in Transformative Healing for Trauma-Based Imprints**

**DUCHESS**

**Michael Lydon**
Learn how psychological trauma is formed and organized in the mind-body-energy system, and the keys to permanently resolve it. Gain access to a fundamental level of your own being that has never been wounded and cannot be wounded, and provides access to resolving present pain-points and lifelong trauma-based holding patterns in your life. Discover how you can deepen your self-love and inner power, cultivate boundaries and intimacy with others, and deepen your relationship with the divine.

Michael Lydon, MSW, helps spiritually-oriented people heal and transform ongoing fears, isolation, hypervigilance, grief and other trauma-related symptoms so they can deepen their relationship to themselves, others and the divine. Drawing on over 15 years of work in the alternative healing arts space, he uses body-focused meditation, somatic-emotional release, and therapy-informed coaching to quickly help clients resolve major life problems. Visit Realization Consulting booth #46. See ad page 39

**Guided Meditation**
**EXECUTIVE ROOM**
**Brahma Kumaris**
30-minute guided meditation experience.

12:30pm

**Awaken Your Inner Power To Heal with a Crystal Bowls Healing Experience**

**SALON A**

**Rhys Thomas**
Learn a 4-dimensional approach to chakras and energy healing that will unlock your hidden potential and awaken your deepest inner knowing of who you were born to be and what you are here to do. Experience how to hear your soul’s calling through the playing of crystal bowls, and find “the missing piece” that is the gateway to the pure healing soul energy that not only heals you but others as well.

Rhys Thomas is a speaker, trainer and coach in the personal growth and energy medicine field, and the visionary author of the international best-selling book “Discover Your Purpose: How to Use the 5 Life Purpose Profiles to Unlock Your Hidden Potential and Live the Life You Were Meant to Live.” He is the founder of the Rhys Thomas Institute of Energy Medicine. Visit Rhys Thomas Institute booth #806.

**The Magdalene Speaks**

**SALON D**

**Christine Alexandria**
What does Mary Magdalene want you to know? Come lean into the energy of The Magdalene, a force to be reckoned with. She is loving, thought-provoking, humorous, and perseverance is her middle name. She is known to challenge you not only to raise your vibration, but to be ever fearless as you walk your talk of love. If time permits, there will be a Q&A portion.

Christine Alexandria, the founder of Angel Chatter, is internationally known for her loving sense of humor, while weaving in great wisdom to inspire and empower her audience. She channels the angelic realm, affectionately known as The Gang, The Magdalene, and a growing list of other energies. Christine is the author of three books and the creator of the exclusive sacred product line that includes two oracle decks, aromatherapy, and jewelry. Visit Angel Chatter booth #817.

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**Eliminate Cancer, Vascular Disease, Inflammation and Degeneration Scientifically — Without Guessing!**

**PRINCESS**

**Dr. Adiel Tel-Oren**
What do hemorrhoids, varicose and spider veins, tumors, heart disease, stroke, aging skin, and dementia have in common? What are the risks of biopsy for cancer diagnosis and what are some alternatives? What is oncolytic virotherapy, and why is it a game changer in the fight against cancer? Discover the unique science and nature-based concepts of Regenerative Antaging Med and Biochemical Optimization (R.A.M.B.O.) for anti-aging, health and beauty care without surgery, and experience freedom from fear, finally!

Dr. Adiel Tel-Oren, MD, DC, (aka “Dr. T”) is a board-certified licensed nutritionist, who lectures internationally to doctors about medical innovations, cancer, digestive disorders and skin health. His non-invasive, esthetic method to eliminate skin/mucous lesions is highly effective, with the proceeds supporting orphans to prevent child trafficking in Nepal. Visit R.A.M.B.O. — Ecopolitan Physicians booth #28.

**The Mysteries of Water — and You!**

**SEMINAR**

**Halsey Snow**
You are a water being, the quality of your water affects the quality of your health. Raise your water consciousness by learning how structured water (water in nature) is essential to health, how this is different from the waters you drink, and how processing results in the loss of water’s essential natural structure. Explore how sacred geometry and the golden ratio — found throughout nature — affect the vitality of food and water. View the amazing, pioneering work of Masaru Emoto on the crystalline structure of water, and water’s unfailing response to human intention.

Halsey Snow is a self-development educator and student of water. Together with his wife, Patricia Marston-Snow, he founded Golden Ratio Products for the purpose of bringing innovative new technologies that are in harmony with nature into everyday life, including glassware created by Berg and Kraft of Switzerland. Visit Golden Ratio Products booth #808.

1:00pm

**Guided Meditation**
**EXECUTIVE ROOM**
**Brahma Kumaris**
30-minute guided meditation experience.

2:00pm

**Powerful Transformation: Create Outrageous Abundance In Your Life**

**SALON C**

**Dianne Bischoff James**
Learn how to ignite your power, spirit and success! Discover the five secrets to bliss along with important practices that will upgrade your personal operating system and fuel your intentions so you can manifest what you truly love. Identify critical tools that already exist all around you, and daily rituals that will allow you to fulfill your deepest needs and desires.

Dianne Bischoff James, MS, is a transformational life coach, tapping healer, Akashic reader and author of The Real Brass Ring. She helps men and women reconstruct their future by utilizing the world’s best coaching techniques blended with EFT, intuitive guidance and results-driven exercises. Having found herself completely off track at 40, she lost 60 pounds, left an exhausting executive career, conquered depression, navigated a healthy divorce and is now a leading authority on empowered life transformation. Visit Dianne Bischoff James booth #26. See ad page 45

**Guided Meditation**
**EXECUTIVE ROOM**
**Brahma Kumaris**
30-minute guided meditation experience.
Who Are You Missing In Heaven?

SALON E

Bonnie Page

Bonnie Page, known as the Demonstrating Medium, is an internationally trained psychic medium and healer. She is a fourth generation natural born medium on her mother’s side of the family. Bonnie is the author of “Ask the Psychic,” a bestseller on Amazon, as well as her new book, “The Medium Next Door.” She is the owner of Mystical Magical Marketplace and Messages From Heaven in Winchendon, MA. Visit Medium Bonnie Page booth #306. See ad page 35

Bonnie Page

Welcome with an open heart and watch the miracle of life and love as messages from heaven are delivered to audience members with compassion and sensitivity. These readings offer evidential proof that life goes on, and your loved ones are never far away, always safe and happy on the other side. The session will end with a brief meditation, where each person has a chance to meet their loved one. See ad page

Helping Children Identify Their Inner Critics and Inner Champions

DUCHESS

Eva Goulette

Our inner voices are very powerful and have a profound effect on our self-esteem and the decisions we make. Experience a guided meditation to help you identify your inner critics and inner champions, giving you insight on how to lead your children through the same meditation. Learn how to help children develop positive self-talk so they thrive and blossom into confident teens with self-awareness and high self-esteem. A meditation script will be provided.

Eva Goulette

Eva Goulette is the founder of Dancing Jaguar’s Spirit Camp, a program filled with self-help and metaphysical tools designed to teach children how to balance mind, body and spirit. Eva shares her Spirit Camp curriculum with adults through her Teacher Training Program. Her mission is to empower and inspire the children of today so they can create the world of tomorrow. Visit Dancing Jaguar Inspirations booth #1306.

2:30pm

Past Life Regression

SALON A

Katie Malloy Ramaci

Discover the benefits from knowing where you’ve been, how you lived and what you are here to learn by experiencing a past life regression. Utilizing hypnosis, we will take a guided journey to reconnect to latent talents, uncover patterns, heal issues, gain perspective about relationships, and find insights into your present life’s path. Explore your past to better understand your present. See ads pages

Katie Malloy Ramaci

Katie Malloy Ramaci, CHT, is an advanced hypnotherapist and certified master instructor with the IACT. She is a powerful healing professional with 25+ years of experience in many healing modalities including Usui, Holy Fire and Karuna Reikis, IET, Magnified Healing, shamanism and more. Katie is the owner of Women of Wisdom store and holistic Center in Easton, MA. Visit Women of Wisdom booth #706. See ads pages 9, 68

Crystals: Decoding Their Language to Impact Your Life

SALON D

Kyle Russell

There are many languages for decoding crystals, depending upon who is doing the speaking. Explore a logical and unique paradigm for understanding and grouping all crystals and stones based upon over three decades of study, experience, and direct supernatural inspiration. Allow this extensive knowledge of crystals help you apply their energies more effectively in your life.

Kyle Russell

Kyle Russell has been working with crystals for over three decades as an educator via social media and his recently published book “Crystal Energy: Understanding and Working with Crystals for Clarity and Flow.” Kyle has been a vendor at metaphysical expos and gem shows (including the legendary Tucson Gem Show), at his Portal Gallery storefront in Arlington, MA, and online where he showcases his international CrystalConcentrics.com brand. Kyle leads monthly crystal meditations in person and online. Visit Portal Crystal Gallery booths #607 & 609. See ad page 69

“What if crystals were in clothing?”

Keep the power of your crystal healing ritual going all day long and night by wearing it.

Prism Wheel® makes handmade crystal wheels, aka grids, that snap in and out of clothing and accessories. Born from a combined love of crystals, spiritual wellness, and helping people use crystals for metaphysical benefit, mother-daughter co-founders Heidi and Holly Miller, Prism Wheel is here to help you experience harmony within body, mind and soul.

Visit Expo Booth #922

Schedule some clarity, relaxation and balance in your life with one of our classes!

Yoga • Meditation • Group Reiki

11 Chestnut Street, Suite 1, Andover, MA, 01810
prismwheeldesigns@gmail.com / www.prismwheeldesigns.com

Come back FREE!
on Sunday with your wristband from Saturday.
Sunday Hours: 9:30am-4:30pm.
Instant Pain Elimination

**PRINCESS**

**Ming Wu**

Experience how tui na and qigong healing are effective for headaches, neck pain, bursitis, fibromyalgia, back pain, herniated disc, knee problems, bone spurs and more. Demonstrations on individual volunteers included.

**Dr. Ming Wu, Ph.D.**, is a doctor of Chinese Medicine and a 20th generation practitioner of Fengyang Taoist Chinese Medicine — the only one teaching in the United States. He is also a Master practitioner of tai chi and qigong, having studied in China and the US for over 40 years. Dr. Wu has studied Fengyang Chinese Medicine his whole life, beginning training with his father Mu Qing Wu (19th generation Fengyang Medicine practitioner) when he was 7 years old. He is the director of Wu Healing Centers in W. Hartford, CT and Maynard, MA. Visit Wu Healing Center booth #1016 & 1115. See ad page 35.

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Adaptogenic Herbs, Roots, Leaves, Berries and Bark: Which One Is Right For You?

**SEMINAR**

**Marie Frohlich**

Come learn about adaptogens — plant partners for peace in changing times. Learn what adaptogens are, where they come from, how you can grow them, and the wide-ranging and specific benefits they offer for building resilience and lowering stress. Samples will be available to try, and handouts provided.

Marie Frohlich is an author, herbalist and principal of Taproot Herbals, LLC, where she formulates botanical products to help reduce stress and support resilience for her clients and customers. She is also a holistic health coach and vitality champion for the Coaching Center of Vermont. Visit Taproot Herbals booth #35.

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Guided Meditation

**EXECUTIVE ROOM**

**Brahma Kumaris**

30-minute guided meditation experience.

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Elevating into Mastery of Your 5D Self

**SALON C**

**Maureen St. Germain**

Learn an ancient secret understanding of your chakras through the Spiral Chakra Meditation, a divine feminine activation. For centuries, many spiritual traditions have encouraged the activation of these power centers in a masculine way, robbing us of the true heritage of our chakra power. Explore amazing discoveries around the use of sacred geometry, the spiral, and manifestation.

Maureen J. St. Germain is an internationally acclaimed ascension teacher. She has been granted access to a dimension that has been closed to most of humanity for eons, and is a direct channel to Source. Maureen’s latest book, “Mastering Your 5D Self,” follows on the heels of the award-winning, best-selling books “Waking Up in 5D” and “Beyond the Flower of Life.” Her She has appeared on TV and hundreds of radio shows, and her books have been translated into 12 languages. Visit the Maureen St Germain Ascension School booth #1018. See ad page 61.

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Your Multidimensional Self and Abundance Soul Codes with The Golden Light

**SALON E**

**Bhavna Srivastava**

We all have a multidimensional self. Connect to that core level of yourself and align with the abundance soul codes of The Golden Light through an energetic channeling of this vibration of unconditional love light. Take the journey to let go of beliefs which do not serve you, and allow a new concept to come into your life to heal and align with. See ads pages 30-31.

Bhavna Srivastava awakened on December 21, 2012 at 11:30pm into The Golden Light, her unique energetic signature of unconditional love that flows through her and shifts people to love in their hearts and lives. The Golden Light spreads love, peace and protection in the hearts of all beings. Her mission is to create a Golden Age ripple effect of peace and love around the world. Visit Bhavna’s Wellness Group booth #1301.

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Scalar Light, the Technology of the Future

**DUCHESS**

**Tom Paladino**

Participants will gain an understanding of the emerging technology of scalar light and how it will change the world. The presentation will demonstrate how scalar light instruments can improve the quantum health of people and animals.

Tom Paladino is a scalar energy researcher who studied physics at San Diego State. He was inspired by the work of various scientists, especially Nikola Tesla, to learn more about the existence of an energy that was not of the electromagnetic spectrum. Pursuing an independent course of study for over 30 years, he has developed a technique to harness scalar energy for healing purposes. See Scalar Light booth #107.

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Guided Meditation

**EXECUTIVE ROOM**

**Brahma Kumaris**

30-minute guided meditation experience.

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New/Old Tool — The Labyrinth

**SALON D**

**Sandra Isgro**

A labyrinth is a very simple pattern, yet this ancient symbol of unknown origins can put you back in control of yourself in minutes, and out of fear-based emotions and actions. During this interactive presentation, participants will work with finger labyrinths and dowsing to experience these unique qualities. Discussion will focus on how you can use them in your daily life and practice to make life go more smoothly for you. Join us on the path… no experience necessary!

Sandra Isgro is an artist, teacher and dowser. As the current Vice President, and a member of the American Society of Dowsers for over 25 years, she has become very familiar with many energy modalities over that time. She is the co-author of Runic Labyrinths with Joe Ann Van Gelder and Nancy Bradley, and co-creator of the Runic Labyrinth, Visit American Society of Dowsers booth #31.

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From Grief To Gratitude: The Signs Are All Around Us

**PRINCESS**

**Kelly Wahl**

Discover how energy and love never die; they are simply transformed. Our loved ones, as well as the universe, are always in constant communication with us. Learn breathing techniques to “edge ego out” and easily connect to your intution. Explore the more common signs of communication between the two planes such as feathers, coins, music, colors and more.

Kelly Wahl is a practicing psychic medium, healer, speaker, and host of “Connected with K Wahl” Kelly discovered her gifts at a young age through her own experiences with loss and grief, the biggest loss being of her father, and grew up in a family that encouraged the exploration of her intuitive abilities. She went on to become a member of the Lily Dale community where she developed those gifts even further. Visit K Wahl Healing Arts booth #43.

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Make it a weekend retreat!

Book a room at the Best Western Royal Plaza Hotel with the Natural Living Expo Group rate of $119/night.

Details at: www.naturalexpo.org/attend.html
Discover How Your Health and Emotions Are Revealed in Your Eyes

**SEMINAR**

**Sunshine Beeson**

Viewing live iris slides, attendees will gain an understanding of the vast amount of pertinent information that the iris of the eye holds. Every physiological system as well as emotional patterns are linked from the limbic system onto the iris. Iridology can detect inflammation, stress, allergies, low self-esteem, and more. Uncover your own personal story in your eyes.

Sunshine Beeson is an iridologist and holistic health coach in Carlisle, MA, who has studied many healing modalities including nutrition, herbs, aromatherapy, alchemical hypnotherapy, emotional release work and counseling, just to name a few. She also leads spiritual retreats for women. Visit InSpiral Iridology booth #809.

▶ 5:00pm

**Sound Bath Experience: Chi Reactivation Meditation with Acoustic Carpet Ride**

**Salon A**

**Holly Eden Morrow**

Experience a Chi Reactivation Meditation with an acoustic carpet ride to realign your body from cell to soul through the power of sound. This full body immersion allows you to access a trance meditative state as each note strikes a chord that resonates, resounds and releases resistance. Clear your chakras with a healing sound bath of gongs, frame and ocean drums, djembes, tingas, koshi, chimes, singing bowls, rain and thunder sticks, didgeridoos and more.

Holly Eden Morrow has been sharing her gifts by facilitating workshops on intuition and meditation worldwide for many years. In 2000, she became a Reiki master in Paris, which catapulted her natural psychic and medium abilities, and continued her metaphysical studies under some of the greatest tutors in Europe. In 2021, Holly published her book, "The Bridge," with 24 original meditations. Visit Blu-Eden booth #3. See ad below.
**SUNDAY EVENTS**

**Sunday Expo Hours: 9:30am-4:30pm**

*All workshops are held in the hotel and are 60 minutes.*

*Workshop seating is available on a first come basis. Please respect the room capacity instructions of the staff.*

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**9:00am**

**Ticket Sales Begin**

REGISTRATION BOOTH IN THE EXHIBIT HALL

Pick up tickets ordered in advance with Natural Living Expo tote or purchase $25 weekend pass tickets at the door.

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**Live Music**

TRADE CENTER ENTRANCE

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**9:30am**

**Exhibit Hall Opens**

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**10:00am**

**Habit Reset: Change Your Habits, Change Your Life**

**SALON A**

*Pam Marshall*

It is normal to get stuck, but you don't have to stay stuck. Build awareness around how your brain works and discover actionable tools to get unstuck and moving. Learn how to actually do what you keep saying you want to do and create habits that last, so you can be the best version of yourself. Explore a habit change system based on how human psychology really works, and create a simple, realistic plan for positive change that you can implement immediately.

Pam Marshall received her training and certification as a Professional Coach and Energy Leadership Master Practitioner through The Institute for Professional Education in Coaching, and earned her Neuro-Linguistic Practitioner Certification through Transform Destiny. She is also a Certified Coach for the Fogg Behavior Model. Pam holds a bachelor's degree in Counseling Psychology. Visit Marshall Mindset Coaching booth #44.

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**The Twelve Instructions**

**SALON C**

*Rosanne Romiglio-Ashley*

25 years ago, my Native soul-sister Kathy Leone Eagle Mother asked of Creator, “What message could I bring to women, each a different healer, to help support us in our journey?” She was given “The Twelve Instructions,” and asked me to share them with anyone, man or woman, who was drawn to listen. This talk presents the Twelve Instructions, guiding tools for all who wish to follow a path of healing for themselves and those they assist.

Rosanne Romiglio-Ashley’s ancestral heritage melds Mik’maq, Wolastoqiyik (Maliseet), and Blackfoot descent, as well as French Canadian and Italian. She bridges cultures and artistic mediums, as well as the tangible and intangible. A versatile artist, Rosanne creates paintings, sculptures, jewelry and clothing designs. The messages from her ancestors speak through her and her work. She is the owner and artist of Four Winds One Breath. Visit Four Winds One Breath booth #807.

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**Wu Way Qigong**

**SALON E**

*Ming Wu*

Enjoy a morning pick-up with a healthy dose of qigong energy to carry you through the day. The simple movement and breath exercises of qigong are easy to learn and fun to do. No experience necessary.

Dr. Ming Wu, Ph.D., is a doctor of Chinese Medicine and a 20th generation practitioner of Fengyeng Taoist Chinese Medicine. He is also a Master practitioner of tai chi and qigong. Dr. Wu has been carefully instructing students in qigong and tai chi in the US for over 26 years and is the director of Wu Healing Centers in W. Hartford, CT and Maynard, MA. Visit Wu Healing Center booth #1016 & 1115. See ad page 35.

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**Your Children Are Listening — Allow Your Kids to Grow Up Loving Their Bodies**

**DUCHESS**

*Lisa Dahl*

Do you remember the first time you felt uncomfortable with your body and who gave you the message that your body wasn't accepted? Fast forward to today. Shh…your children are listening. Your battle with food and body now directly impacts your children and their developing relationship with food and their body. Explore how your actions/words directly impact your children's trust within their bodies, and tools to help you heal.

Lisa Dahl is an Intuitive Eating and Body Image Health Coach. Her signature program, "Body Peace & Food Freedom," supports women on their journey to break free from dieting and diet culture. Lisa's hallmark emphasis on intuitive eating and self-compassion helps women find a successful pathway to whole-body wellness. Lisa has certifications in Intuitive Eating, Mindful Eating, health, and wellness coaching. Visit Lisa Dahl Wellness booth #37.

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**Messages Through Spirit Art**

**SALON B**

*Nancy Smith*

Join this mediumship and spirit art demonstration to witness messages from loved ones in spirit delivered to attendees in verbal description, as well as through drawing the faces of spirit.

*Reverend Nancy Smith of Angelscapes is a Spiritualist minister, Akashic practitioner and certified spiritual medium in the New England area. As a spirit artist and medium, Nancy delivers the message of love from spirit through her artwork by drawing the likeness of the communicating spirit. She was awarded an honorary doctorate in humanitarianism for her spiritual work and community service from the Global International Alliance of Atlanta, Georgia. Nancy is the author and illustrator of the Nautilus award winner, "Divine Love Affair: An Akashic Journey," and teaches the course The Akashic Journey to Soul Mastery. Visit Angelscapes booth #39. See ads pages 56, 73*
Astro-Insights for 2023: A Look at the Year Ahead

Tam Veilleux
Learn what the planets have in mind for 2023. Full of spirituality and societal change, this workshop will share the decoded mysteries of what Pluto, Neptune, and Uranus will do to us spiritually, mentally, and socially as well as emotionally. Saturn and Jupiter have words with sharing, too. This dynamic presentation will leave you hopeful about 2023.

Tam Veilleux is an experienced creator and coach leading clients of all ages through personal and professional change. Tam combines traditional coaching with applied astrology and energy psychology for results that return a person to their power quickly. Tam’s life work is “The Energy Almanac,” a publication of weekly astrology predictions. Visit The Energy Almanac booth #49.

Reach Optimal Health Through Self-Guided Healing

Julia Sun
Discover why fatigue, pain, anxiety attack, autoimmune disorders and many more health problems are on the rise, and how to overcome these naturally in your daily activities without relying on others and commercial products. Learn how common solutions for illnesses may have damaged your body, as well as how to eliminate that risk of damage.

Julia Sun, an energy master, researcher, author and health coach specializes in detecting energy deficiencies and coaching in self-healing methods. She is the founder of the Total Life Energy Plan, a five-star selfcare healing system that helps people energize their bodies and reach optimal health through everyday actions and activities. Visit Total Life Energy Plan booths #1221 & 1223.

How to Make Natural Sugar and Flower Petal Body Scrub at Home

Seminar
Sam Morris
Discover the importance of using plant-based products in skincare and beauty regimes, and how you can make DIY plant-based skin and beauty care products in your home! All ingredients and supplies necessary will be provided for attendees to make and take home an organic, plant-based, vegan/gluten-free sugar and flower petal body scrub, including an all-natural loofah.

Sam Morris moved to the United States from England in 2016. After 10 years of making his own products, Sam jumped full-fledge into launching his unique, plant-based skin and beauty care company, Sam’s Soulutions, which has grown to a line of over 50 products in just three years. Sam’s Soulutions products were chosen to be the Official Sponsor for Team USA Bobsled/Skeleton Team. Visit Sam’s Soulution’s booth #917.

Guided Meditation

11:00am
EXECUTIVE ROOM
Brahma Kumaris
30-minute guided meditation experience.

Visit Booth #912 for a FREE SESSION!


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Visit Booth #912 for a FREE SESSION!

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Discover the Next Step in Crystal Healing

**Isabelle Morton**

Healing gemstones are an ideal way to address the energetic aspects of health and wellness. Find out what’s new in crystal healing, why gemstone spheres have superior therapeutic value, and how they can enhance the health, harmony, and wholeness of your body and being. Experience the energies of three different healing gemstones, our gift to you. Learn how to open awareness, improve your Earth connection, open channels to receive and release, and overcome specific challenges in your life right now.

Isabelle Morton began studying therapeutic diamonds and gemstones in the 1980s and has since become a leader in the world of crystal healing. As the founder of the Gemstone Therapy Institute, she’s taken the field to new heights, developing effective diamond and gemstone remedies and sophisticated techniques for applying them, as well as educational programs for students of all levels. Visit Gemstone Therapy Institute booth #501. See ad page 69

Death & Beyond: The Mystic Meditation Experience

**Alan Post**

We seek to understand our life experience. Why am I here? What is the purpose of my life? Mystics, saints, and masters have told us that the answers to these questions are within ourselves, and that all efforts to seek them in the outer world are useless. This engaging program will help you understand the mystic journey and your divine purpose, and includes an introductory meditation practice that anyone can use on a daily basis.

Alan R. Post, DC, holds a doctoral degree in chiropractic medicine, and post-graduate certification in acupuncture. He is actively involved in health care reform, both serving and presenting to numerous departments affiliated with governmental health agencies. Meditating for over 40 years, he is a contributing author to the book “Meditation as Medication for the Soul” by Rajinder Singh. Visit Science of Spirituality booth #40. See ad page 57

Experience Transformative Art and Song

**Edward Anthony**

Experience the full body tracing of Tao Calligraphy, and bask in the source light frequency and vibration. Learn how to clear negative information energy and matter with simple sacred phrases and tai ji movement. Learn about the effects of emotions and mindsets that affect the five yin yang organs related to the five elements in traditional Chinese medicine.

Edward is a certified Master Teacher at the Tao Academy in Canada. He is a Master Practitioner of Tao Song Tao Dance, an advanced Tao Healing Hands practitioner, and a Master practitioner of Tao Calligraphy. For 25 years, Edward has studied Tibetan Buddhism, Taoism, Vipassana, Raja meditation, and Transcendental Meditation. He practices Tai Ji, Qigong, yoga, and meditation daily as a means to cultivate an open heart and soul for service. Visit Smiley Wellness Center booth #919.

Your Cell Phone May Be Harming You: Protect Yourself in the 5G World

**Ilene Cohn Reichman**

Worldwide scientific studies show that 5G causes mental health issues, cancer, vision loss, hearing degeneration, ADHD, fertility issues, the destruction of plant life, and interference with airplane navigation. Even if you abstain from cell phones and computers, and live in a rain forest, you are impacted by 5G! This workshop will provide you with at least 10 ways to protect yourself, your family (human and fur), and your planet from the harmful effects of 5G.

Ilene Cohn Reichman is an attorney, nutritionist, author, teacher, certified coach, speaker and trainer, an advanced energy medicine practitioner, and a doctoral candidate in natural medicine. Ilene teaches personal and business development to individuals and organizations, as well as lecturing on wellness issues such as stress reduction and surviving technological stress. Visit Magnitude booth #1312.

12:30pm

Soul & Spirit: Messages From Heaven

**Lori Sheridan and Laura Wooster**

Enjoy one hour of evidential messages of love, hope and comfort from friends and family in spirit delivered through a dedicated duo of New England spiritual mediums. Their message is simple: love and life are eternal.

Lori Sheridan is a professional medium and angel intuitive, who delivers evidential messages of love and comfort from the other side. She also teaches several classes and certifications throughout the year. Laura Wooster is a professional intuitive medium and teacher, who facilitates intuitive, psychic and mediumship development classes in New England. She also hosts The Intuitive Life program on Unity Radio.

Design Your Destiny

**Dev Lingadevaru**

The saying “as you sow, so shall you reap” usually refers to actions we perform. Taken a step further, thoughts are the seeds of actions, and the fruit of actions is destiny. Within the realm of personal control, what should be the quality of my thinking, doing and being that it would lead one to a beautiful destiny? In this talk we explore possible ways of doing this.

Dev Lingadevaru is a Rajayogi for the past 30 years. He started his spiritual path with the Brahma Kumaris during his young student life back in India. He has not only learned the art of meditation, but also makes it easy for others to learn and experience. He teaches and facilitates workshops in positive thinking, managing stress and many other self-development classes. Visit Brahma Kumaris booth #1311. See ad page 73

Nutrition Response Testing

**Charlene McCullough**

Nutrition Response Testing is a non-invasive system of analyzing the body, using the body’s reflexes to determine the underlying causes of ill or non-optimum health. The body can heal itself if we remove the toxins and give the right amount of nutrients the body needs to bring about healing and health changes naturally, exactly as nature intended. Learn about how the food you eat and the products you put on your body can affect your health, and what you can do to be healthy and stay healthy.

Charlene McCullough is the owner and practitioner of Natural Health Pathways located in Sudbury, MA. She is Certified and Advanced Clinically Trained, and teaches Nutrition Response Testing. She has a Masters in Human Nutrition from the University of Bridgeport. Charlene brings the most advanced training in natural healing. Visit Natural Health Pathways booth #514.

Medicinal Mushroom Allies

**Karen Wiseman**

Medicinal mushrooms can be a powerful ally in your arsenal of natural and balanced healing. Fungi are some of our closest relatives outside of the animal kingdom, and offer us an amazing host of medicines to help us boost our immunity, fight cancers, regenerate neural networks, protect our liver and aid our respiratory system, among countless other benefits. This workshop will explore various mushroom species, how they support our health, common mushroom preparations, identification, plus answer your questions.

Karen Wiseman and her family homestead and grow mushrooms on their small farm in Worcester, VT, where they strive to contribute to a strong and vibrant community of beautifully skilled human beings working together in balance with each other and the environment. Karen is a third year Clinical Herbalism student at Vermont Center for Integrated Herbalism. Visit Peaceful Harvest Mushrooms booth #516.
1:00pm

**Guided Meditation**
*EXECUTIVE ROOM*
*Brahma Kumaris*
30-minute guided meditation experience.

2:00pm

**Quantum Healing Hypnosis Technique Group Demonstration**
*SALON A*

*Elizabeth Peters*
Enjoy this fun and lighthearted way to experience the value of self-hypnosis and the wonder of your own expansive and limitless self with a Quantum Healing Hypnosis Technique group demonstration. Experience a centering intention meditation, a brief visualization exercise, and then a three-part guided meditation, which includes a past life regression, meeting your guide or guardian angel, and your future life. Enjoy your own unique journey to your quantum self.

Driven by a deep desire to help others, Elizabeth Peters became an RN, where she found she was able to connect with patients in a deeply intuitive way. After discovering Delores Cannon and Quantum Healing Hypnosis Technique to address her own health issues, Elizabeth began studying this remarkable technique to help others strengthen their natural ability to connect with their expanded self. Visit Quantum Healing Hypnosis Technique booth #13.

**Wild Food and Medicine Are All Around**
*SALON C*

*Bear Crevier*
Learn about the wild edible and medicinal plants and mushrooms that grow all around us here in New England. You will leave with a deeper sense of wonder and curiosity about the plant and mushroom worlds that we live in.

Bear Crevier is an educator, a plant and mushroom person, a nonprofit worker, a US military veteran, husband and father. Bear’s life was saved by plants on more than one occasion, and he is committed to teaching others about how important the wild world is around us. Bear is a practicing herbalist, and only uses medicine he makes from the wild to treat himself and his family. Visit Greater Hartford Herbalists without Borders booth #

**Movement and Meditation**
*SALON E*

*Janine Agoglia*
Enjoy a 30-minute all levels Vinyasa Yoga practice, followed by a 20-minute guided meditation. A 10-minute Q & A session will complete the experience.

Janine Agoglia has been teaching yoga and meditation since 1998. Her intention is to help her students stay strong, age gracefully, and be fully themselves in their practice. She owns Purple Room Yoga, an online yoga studio. Janine is also a licensed acupuncturist and Chinese herbalist, and has been practicing at Integrative Therapeutics in Natick since 2003. She helps her clients achieve their health goals to be pain free and feel vibrant in their daily lives.

**Energy Secrets for Staying Healthy and Youthful**
*DUCHESS*

*John Thompson*
In this entertaining and experiential presentation, you will learn important keys for maintaining your youth and vitality including foot and hand reflexology to energetically release bodily ailments and afflictions, how to utilize powerful breathing practices, and the amazing energy healing system Touch For Health. Learn how to use orgone energy for EMF protection, and how to practice the five rites from The Fountain of Youth.

John Thompson began his exploration of energy and healthy in 1976 with the first of 17 trips to the magical, mystical land of India, the same year he began practicing reflexology, Touch for Health and a powerful breathing practice known as Breath of Fire. Now, an amazingly healthy 78 years of age, he enjoys teaching others how to stay healthy and maximize their enjoyment of life. Visit Mother Earth Orgone booth #416.
Pathway to Healing the Heart Through Divine Touch Healing

2:00pm (continued)

Guided Meditation
EXECUTIVE ROOM
Brahma Kumari
30-minute guided meditation experience.

Pathway to Healing the Heart Through Divine Touch Healing

2:30pm

Joanna Spano

Joanna Spano, founder of Divine Touch Healing, is a spiritual teacher, counselor and healer. She has certifications and experience in Advanced DNA Theta Healing, Third Level Arcturian Healing Light, Galactic Ancestry Readings, Reiki II, Shamanism, Akashic records, and Awakening the Christ Consciousness intensive training in Sedona, AZ. For years she has held monthly group healings and teachings in Auburn, NH. Visit New Earth Healing booth #619.

Stress, Love, Healing and Remission

2:30pm

Gail Lachs

Gail Lachs
At age 49, Gail Lachs was diagnosed with a highly malignant and aggressive brain cancer. In an instant, her life transformed from healthy, active and promising to having the remainder of her existence defined in terms of months. Learn how stress reduction practices strengthen your immune system and gain simple daily techniques you can embrace to prevent and reverse serious illness, as Gail shares her amazing story and moving journey from diagnosis to remission, and the power of love, friendship, community and self-care that helped her to heal from a deadly, incurable condition.

Gail Lachs

Gail is a certified medical laboratory scientist who has worked in diagnostic microbiology, hematology and clinical chemistry. Her passion is teaching others to better understand the human body and to improve health and well-being through good nutrition, yoga meditation and energy healing. Gail is a master level Reiki healer, intuitive medium, a Kripalu-trained 500-hour Ayurvedic Yoga instructor and the founder of Windsoul Wellness Center. Visit Windsoul Wellness Center booths #820, 822 & 921.

3:00pm

A Spirit’s Journey

Cheryl Bradley

Cheryl Bradley was born a medium and feels most blessed when spirit channels messages of love, guidance, and above all, acknowledgment, that we do not walk alone in this lifetime. Her teachings are rooted deeply in spirit; she is simply the vessel that sees, hears, and feels their message. In addition to “A Spirit’s Journey,” she has also created a new curriculum with spirit titled, “Awaken to Your Dreams” which explores how and why we dream. Visit Cheryl Bradley Spiritual Medium booth #8. See ad page 39.

Community Sing and Closing Circle Celebration

3:30pm

Heather Pierson & Bernice Martin

Heather Pierson & Bernice Martin
Singing in community with others is an embodiment of the universal need to connect and share with one another, and a direct path to wellness and joy. Join this gently and joyfully guided expo closing celebration circle of singing for all ages and abilities — original songs, chants, and rounds of peace, empowerment, wonder, joy, and community.

Heather Pierson & Bernice Martin

Heather Pierson is a New Hampshire-based, nationally touring performer and singer/songwriter. Bernice Martin is a Maine-based singer/songwriter, licensed massage therapist and ordained community minister. Together they launched Heart Songs & Circle Songs in 2018 with the release of their first songbook and CD. Currently they lead bi-weekly community sings, song workshops, drumming circles and weekly meditations on Zoom. Their original songs have found their way into community and hospice choirs, churches, schools and hearts around the world. Visit Heart Songs & Circle Songs booth #7. See ad this page.

Drum Circle: Spirit of the Drum

4:00pm

Dave Curry

Dave Curry
Join us for this drum circle welcoming all ages and all skill levels. If you have your own drum, you’re welcome to bring it along, but there will be a pile of drums and shakers to share with participants. Learn the basics of how to get a good sound from several different kinds of drums, and some basic rhythms and chants that are common to spiritually-based drumming events. Feel the deep resonance of the powerful Mother Drum.

Dave Curry

Dave Curry is the creator of Drums For One & All, which includes facilitating public events, giving workshops, teaching private lessons, giving live performances, and doing drum repairs. Dave is co-creator and organizer for the Eastern Mass Rhythm Festival, which is entering its 18th season, and the author of two books on hand drumming. For the past 22 years, Dave has led well over a thousand drumming events at schools, churches, colleges, retreat centers, libraries and other institutions across New England.

Exhibit Hall Closes

4:30pm