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Psychic Song



Peace is love in action

Every reading and experience I have as a psychic, studio owner and events planner, teaches me priceless lessons about business, love, morality and life. The more open I am to signs, the more I recognize the miracles in my life. On my own personal journey, my goal has been to fully accept the abundance of good things in my life. It can be easy to fall into fear mode when running a business: "what if there's not enough business for me in such a huge market" or "I need to compete with my competition to prove I'm the best." When these thoughts pass through my mind, I am always quick to remind myself that "my gift is special and unique and so are the talents and skills of others" and that "we live in a world of abundance where there is enough for everyone" and finally that "I am unconditionally loved, accepted and respected for who I am."

Competition is created by ego; its purpose is to pit us against each other so that our egos can "prove" their value. Cooperation allows us to learn and grow from each other so that we can all benefit from the wide variety of knowledge and resources available. Peace is love in action and war is fear in action – which do you choose? I choose peace.

Next time you feel the urge to compete, ask yourself why you are feeling that way and where the feelings are coming from. Trust that the universe is taking care of you and that you can be the best of who you are without putting someone else down. Kindness gives you all of the answers you seek. Success comes with your commitment to put love in all things that you do – everything grows with love.

I have included one of my favourite meditations that came to me in a vision. This is a great way to train your mind to focus on creating abundance in your life. Use this as many times a day as you wish; it can be done anywhere that is quiet and only takes a few moments. Try it, the proof is in the pudding!



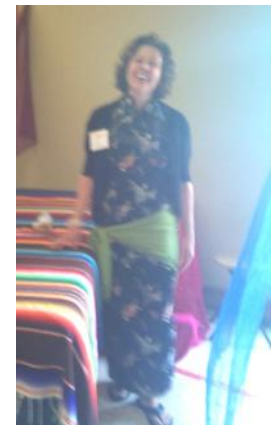
unteers. The vibe was positive and full of light with many connections and reconnections. Please email me your stories about Energy Expo, I would love to hear about your experiences. Thank you to everyone that came out and shared their love.

Special thanks to Wendy, Adam, Erin, Claire, Cassi, Isabella, Jon, Miho, Devon, Arunima, EJ, Dani, Andrea, Johanna, Fernwood NRG Staff, Times Colonist, Monday Magazine, Victoria News, Fernwood Vibe, True Blue Spirit, Full Circle, Dragon Horse, She Said Gallery and of course to my Angels.



Energy Expo Wrap Up

What a successful and fabulous weekend! All together we had over 50 exhibitors, 26 workshops, 350 participants and 12 Vol-



Abundance Meditation

Take a few deep breaths into your diaphragm and relax every part of your body. Imagine a ball of orange light. In this ball of light, put in the intention of ABUNDANCE, LOVE & PROSPERITY and hold it to your heart. Send the ball out in a big circle, as far as you want it to go and then have it come back to your heart. Now, with the power of the universe adding to your intention, send it out again so that you are in the middle of these beautiful circles of orange light each one being sent out and returned to you.

Meet the Healing Team at Red Gate



Erin Lee, Heavenlee Messenger
 Psychic, Reiki Master, *MetaphysicalLee* Handmade Gifts

Helping others has been a life long passion for Erin. It was not a surprise to her friends and family that she chose a career and life path that allowed her to constantly learn and grow, while teaching and empowering others. Intuition and healing are innate abilities that everyone possesses; Erin's desire to help others has lead her to strengthen her psychic and healing muscles. Over the last 15 years, she has explored her innate psychic abilities, spiritual development and healing with energy. She is a 4th generation reader, a graduate of an intensive 6 month Spiritual Development Program and a Master/Teacher in both the Usui and Karuna Reiki Energy Healing Systems. Erin's work empowers others to identify, release and heal physical, mental, emotional and spiritual blocks so that they can create the life they want for themselves. She is available for psychic readings (which are facilitated by Doreen Virtue's Angel Card Decks) and Reiki treatments. She taught the following classes one on one or upon request: Developing your intuition, Connecting with your Angels, Manifesting with Energy and all Usui Reiki and Karuna Reiki levels.

Randy Zonnís, Good Vibrations Energy Wellness
 E.F.T., Emotion Code, Quantum Touch, Wellness Coach

Randy was born in the United States and moved to Canada in 1970. He completed a Bachelor of Arts Degree from Simon Fraser University in 1973. By 1976, Randy had completed the educational and experiential requirements to become a Registered Social Worker. He participated in his first Energy Healing training in 1985, and furthered his knowledge by studying with a Doctor of Traditional Chinese Medicine in the 1990's. Randy received his Registered Rehabilitation Professional designation in 1994 and is a Certified Group Counsellor Facilitator. He has his Level One Educational Kinesiology Certificate, and is a candidate to become an 'Emotion Code' Certified Practitioner. Randy has practiced Meridian Tapping since 2005 and Quantum Touch since 2010. He meditates daily, does Yoga regularly and participates in energy healing teleseminars.



Stephanii Holmes, www.OneLoveWellness.net
 Shiatsu Therapy, Reiki, & Crystal Therapies

Stephanii has always had a strong sense of the inter-connectedness of spirit, body and mind. Her passion for this work took off when she discovered Reiki in 2005 at a local community centre. It was at this time that she began to explore the world of crystals and how they could amplify healing experiences. Stephanii believes that we can experience reconnection to our inner self through the environments we create; also, that artistic expression is our mode of communication which allows for such experiences to occur. While living in Vancouver, Stephanii studied Shiatsu at the Vancouver School of Bodywork and Massage. The services she offers include: Shiatsu Massage Treatment, Crystal Therapies, Reiki Attunements, and classes. Throughout the course of Stephanii's holistic path, she has profoundly realized that in providing care for others she increases her own growth with every new experience. Moreover, this beautiful work renews her enthusiasm to continuously seek out new information and practices that can be used for the purpose of health.

Adam Zonnís, Rockstar Shiatsu
 Registered Shiatsu Therapist and Sound Healer

Adam Zonnís was born and raised in the Okanagan Valley in British Columbia. In 2002, he completed the Registered Shiatsu Therapy program through the SourcePoint Shiatsu Center in Vancouver, BC. As well, he has Reiki Level 2 training and is an accomplished Sound Healer. Believing that healing begins with connection, trust and positive intention, Adam's treatments intuitively remove energy blocks, allowing one's life force to flow more easily through the body. He has successfully treated conditions such as muscle and joint pain, headaches and migraines, insomnia, anxiety, and a variety of other conditions. Each treatment is unique and always feels great!





Isabella Lacasse, Art of Love, Love of Art
Personal Yoga Therapy, Healer, Resident Artist

Isabella has experienced first hand the healing power of yoga and positive living, and uses her intuitive wisdom to see each person as the gem that they are. She has been studying and practicing yoga for the past 8 years. In 2009 she decided to go deeper on her yoga journey and expand her knowledge by getting her 200 hr Teacher Training Yoga Certification at Moksana Yoga Center in Victoria, B.C.. "Yoga has been my passion for many years, and during my training, I came to understand better the ancient wisdom and wonder of yoga!" Isabella's art speaks both to the esthetic eye and one's inner being, captivating the viewer with beauty and meaning. While she has always

been creative, using the language of images to communicate, she began to explore her artistic talent more intensely in 2006. Feeling the satisfaction and joy that comes from creating, she has been painting ever since. Isabella is a deeply spiritual woman, who has known god for a long time. Love is her religion. She has a way of making another person feel like they are the most special person in the world. She has a deep love for others, and supports them to experience their inner healer through yoga, and their inner creator through art.

Andrea Mattson, www.PsychicSong.com

Tarot, Clairvoyant, Clairaudient, Medium, Reiki, Soul Retrieval

Andrea has been giving readings for 8 years using her clairvoyant, clairaudient and mediumship skills and has been working as a professional psychic for over 3 years. She has been featured in the media on many occasions including a spot on the Shaw Daily Show, the Times Colonist, Monday Magazine and Victoria News. Through the power of intent Andrea believes that we all have the ability to create magic in our lives and carve our dreams into our destiny. Andrea's readings are fun and uplifting with the intention of love, light and peace for the greater good of all. Every reading is a personal experience and has relevance to what is going on in your life. Helpful people, family and friends will often come into the readings along with guardian angels, guides, spirits, and deceased loved ones. A reading with Andrea will give you clarity in situations, so that you can see the moment with better understanding. Messages will come through relating to the past, present and future bringing light to where healing is needed. An opening in your heart will be created to give you the opportunity to reflect and contemplate on the deeper issues of your life. Andrea's life purpose is to be in joyful service to humanity and to help others to recognize their true potential.



Community and Events



**International
Water Day**
CorUnum One

Sunday, July 25th

10:30am – 8pm

The Yurt

www.hawaiianhuna.com



Free Yoga Festival
www.sunlotus.ca



We would like to invite you to our

Garden Party

At Red Gate Healing Studio
2033 Belmont Ave, Victoria BC
778.433.7334, redgatehealingstudio@gmail.com

Saturday June 19th and Sunday June 20th
11:00am - 4:00pm

- ◆ View beautiful local art
- ◆ Meet our practitioners
- ◆ Taste delicious appetizers & refreshments
- ◆ Psychic readings & mini healing sessions

Admission by donation ~ Services starting from \$20
~ See reverse for full list of our services ~

Painting by Red
Gate Resident Artist
Isabella Lacasse

What's Happening at Red Gate this Summer

Sound Healing Circle Mondays with Adam 8pm

Come explore the healing powers of your voice. We use chakra tuning, chanting, laughter yoga and other neat things to expand your mind and heal your body.

Tarot Talk Tuesdays with Andrea 8pm – 9:30pm

Unleash your inner psychic! This interactive drop in class will teach you the basics of psychic development in a supportive, fun environment. Bring your Tarot deck or use the ones provided. No experience necessary. \$10.

Love, Joy and Letting Go Yoga Tuesdays with Isabella 6:15pm

Amazing things can happen when we open up to the healing energy that is always around us. Every breath is an opportunity to heal and to experience the joy of living. Students will gently move through postures to encourage release, and journey inward to find their own personal well of joy.

Lovolution – 28 Days to Positive Living and Self Love. Mondays, Wednesdays & Fridays 1pm (times vary depending on the group)

Together we grow . . . love is the fertilizer as we sprout the seeds of our dreams breaking new ground to reach for the sun. There is power in numbers. By the cycle of the moon we can set realistic goals and encourage each other to “be the change we wish to see in the world.” Positive intention is the key ingredient to healing and this 28 hour package will motivate, inspire and move you to learn self love, forgiveness, letting go, abundance and manifestation. Lovolution is your chance to give yourself love and make positive changes in a supportive, caring environment. Our teachers offer experiences from a diverse array of backgrounds and education. We will be exploring a wide variety of techniques, exercises, practices and teachings including sound healing, hands on healing, yoga, painting, art, intuitive arts, chanting, music and creative writing. Participants are encouraged to journal for the 28 day experience and take 1 personal hour per day to do art, writing, music and personal development. Lovolution includes access to all of Red Gate’s drop in workshops. \$300. Scholarships and payment plan available. Call, email or stop by to register. Class size will be limited to 12.

Quantum Touch Workshop With Randy Zonnis June 26th and 27th 10am – 5pm

Taking this introductory workshop is a prerequisite to becoming a certified QT practitioner. Please bring a lunch and snacks(if desired), a yoga type mat, and wear comfortable clothing.

Red Gate Garden Party June 19th and 20th 11am – 4pm

Come celebrate the creation of our roof top garden and the unveiling of Red Gate’s Resident healer/artist Isabella Lacasse’s mural. Stop by, meet our healers, enjoy the art show, or perhaps treat yourself to a psychic reading or healing session. Readings from \$25 and Healings from \$20. Admission by donation.

*** Wedding News—I am very pleased to announce that Adam and I are getting married August 1st 2010 in Metchosin. I will be taking from July 25th–August 15th off to prepare, celebrate and go on our honeymoon. ***



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Andrea’s Office Hours:
Tuesday through Friday
2pm–6pm

Appointments recommended, Drop ins Welcome
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