

The Barrows Z3 Retreat Center Presents:
The White Buffalo Seminar
Our line up for September 7th and 14th

September 7th at 1pm KEITH HORWITZ “Secrets of Energy Medicine”



Keith Horwitz is an international speaker and teacher on metaphysics and spiritual science, including Integrated Energy Therapy, Meditation, Yoga Nidra, Divine Energy Medicine, holistic healing and Affirmative Prayer. Keith believes the key to success is personal empowerment from the vantage point of your Soul. **\$25**

September 7th at 3:30pm LORI BURRI. “Positive thoughts, Brain, and Peak Performance”



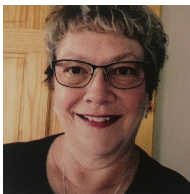
Lori Burri, Ph.D., SEP: What happens to our brain when we introduce positive thoughts? Every thought has an electromagnetic signature or "frequency" and through conscious effort we can change the programming of our brain by switching to a more positive state of mind which changes the electromagnetic flow in the brain. This is a key to great focus, creativity and peak performance! We can optimize brain function both by renewing our mind (prayer, gratitude) and through technology assisted neurofeedback. **\$25**

September 14th at 1pm LINDA THOMAS. “Crystal Magik”



Linda Thomas has been a student of crystals and minerals for over thirty years. Linda's topic is “Crystal Magik” . - Her best-selling book “Crystals and Dragons” has won national acclaim as it was awarded Visionary Award Silver Medal by COVR. Linda will be talking about how to make simple crystal layouts for self-healing and more. Her fun and high vibrational presentation will be a great way to get an introduction to what rocks can do for us! **\$25**

September 14th at 3:30pm RONDA McLean “Harmonic Balancing of the Soul”



Ronda McLean is a beloved artist, master gardener and Reiki master. Her talk is about Harmonic Balancing of the Soul. She believes that elimination of stress is critical to the improvement and maintenance of overall well-being. Ronda works to improve quality of her client's life through physical, mental, emotional and spiritual rejuvenation. As an artist and a catalyst to selfcare and healing, she has created beautiful objects of art that are both pleasing to the eye and have a function of balancing negative energies into positive-balanced energy and to help against daily exposure. Her art is available for purchase. **\$25**

"If you want to find the secrets of the universe, think in terms of energy, frequency and vibration." - Nikola Tesla

PLEASE COME TO HEAR THESE WONDERFUL SPEAKERS AT THE **BARROWS Z3 RETREAT.**
700 MAIN STREET, RALSTON

******* PRE-REGISTRATION IS A MUST AS SPACE IS LIMITED! *******

PLEASE EMAIL NIINA@PACBELL.NET

OR

CALL (949) 887 8935