

[<Back](#)

 [Print](#)

Listen To Thyself a holistic collaborative Nourishing Newsbites

Whole Soul Nutrition
September 2008

in this issue

- :: Dallying with Dinah
- :: Katharine's Korner
- :: Workshops & Classes ~ Offered Here
- :: Workshops & Classes ~ Offered There



The month of September has flown by just as swiftly as the life of our beloved canine companion, Simone.

Simone (black dog, black dog) was our 'special needs' rescue 'mutt' (although she really was quite a dame)... who stole our hearts and enriched our lives with her unassuming, gentle manner, her graceful spirit and puppy-like personality.

Our corgi, Buddy, fell head over heels in love with her eight years ago and they had been constant companions ever since. Their love for one

another deepened with each passing year. Never before have we witnessed two very opposite energies blend so beautifully and balance out so effortlessly. Theirs truly was a "love story".

While Simone's physical presence is sorely missed, her loving spirit lives on deep within our hearts.

"There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are messengers of overwhelming grief...and unspeakable love." Washington Irving

This month's issue of Nourishing Newsbites is a bit lean on content and plump with possibility.

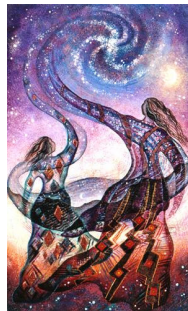
Thank you for joining us and for allowing us to reach out to you!

Dallying with Dinah

Yes My Dear, We Can Talk To The Dead....Allow Me To Bring Your Loved Ones Through.

Calling All Souls, our group spirit reading circle, continues to serve as a sacred healing circle.

There is a real sense of nurturing taking place as participants reach out in comfort to one another while souls convey messages from above.



Katharine's Korner

Bring Your Voices & Your Hands!

September's Sound and Reiki Healing Circle proved to be extremely powerful. We used our voices in a very primal, simple fashion along with our musical instruments, together with hands on Reiki and created a multi-dimensional space for healing.



Using sound as a means of moving energy through your body is unparalleled. Combine that with hands on healing and the results are phenomenal.

If you are thinking about connecting with someone (person or animal) who has crossed over, and seek a safe and loving space in which to do so, this circle is for you! Give me a call and count yourself in.

Seating is limited to ten.

Our next circle will take place on Tuesday, October 14th from 7:00 - 9:00 PM

Location: Listen To Thyself ~ 48 Pearl Street ~ Middleborough.

Cost per person is \$30.

Connecting Souls and co-creating healing is my passion.

If you have any questions or would simply like to talk, please give me (Diane) a call. 508.947.5348.

Workshops & Classes ~ Offered Here

Classes being offered [here](#):

Listen To Thyself
48 Pearl Street
Middleborough

Sound & Reiki Healing Circle

No experience necessary!



Bring yourself, your friends, your voice, your hands, musical instruments and your healing intentions.

Wednesday, October 8th 7:00 - 9:00 PM

\$15 per person. Please call to register.

Calling All Souls ~ Group Spirit Readings ~

October 14th 7:00 - 9:00 PM

Ten participants per circle.

Everyone receives a reading!

\$30 per person.

Each member of the circle contributes to the healing of one another simply by being present and exchanging thoughts and energy.

Bearing witness, feeling compassion, and holding the space for others is powerful.

Coming together in circle and raising voices in unison is ancient yet familiar - like returning home.

This circle is open to everyone. No previous experience or exposure to Reiki or sound healing is required or necessary.

We welcome you and all of your musical instruments. Perhaps this feedback from other participants will embolden you to step into a new space and boldly go forward as you move towards healing....

"I am familiar with using my voice in singing and chanting mantras for healing, but this circle taught me how to take my voice to new heights. I found this to be a very novel, extremely cleansing experience."

"I never knew my voice could emote like this, so powerfully."

"I felt very supported and energized and felt the shifts taking place in my body."

Workshops & Classes ~ Offered There

Classes being offered [there](#):

Bristol-Plymouth
Regional Technical
School
940 County Road
Taunton



Road to Wellness

This 6-week course begins Wednesday, October 8th 6:30 - 8:00 PM

Learn the basics of healthy living, which include foods to fuel and enhance your body's performance, lifestyle tips and practices to increase your mileage and simple suggestions to tune you up and assist you in successfully navigating your way to optimal health and vibrant well-being.

Tuition: \$75

Facilitated by Diane Marie Ford, Certified Holistic Health Counselor.

Reiki Level I Monday, October 20th and 27th
6:00 - 9:00 PM

You will need to complete both classes in order to receive certification.

Tuition: \$60 (\$5 material fee due at class.)

We are graced with healing for the highest and best of all participants!

Please call **508.947.5348** to register for either circle. Thank You!

Facilitated by Katharine Gilpin, LMT, Reiki Master

To register please go directly to: [Bristol- Plymouth](#) or call 508.823.5151 extension 123.

Perhaps you have found this newsletter to be slightly different from those of the past. Our focus over this last month had been centered on Simone, whose illness and ultimate passing took us by surprise.

As with losing any member of the family, the emptiness from the void they leave behind soothes over time and yes, life does go on.

We are grateful for the people in our lives who help to soften the blow and are comforted by the knowing that animal as well as human spirits do live on.

This poem, **Rainbow Bridge**, was shared with me years ago. I now share it with you.

When an animal dies that has been especially close to someone here, that pet goes to Rainbow Bridge.

There are meadows and hills for all of our special friends so they can run and play together. There is plenty of food, water and sunshine, and our friends are warm and comfortable.

All the animals who had been ill and old are restored to health and vigor; those who were hurt or maimed are made whole and strong again, just as we remember them in our dreams of days and times gone by.

The animals are happy and content, except for one small thing; they each miss someone very special to them, who had to be left behind.

They all run and play together, but the day comes when one suddenly stops and looks into the distance.

His bright eyes are intent; His eager body quivers. Suddenly he begins to run from the group, flying over the green grass, his legs carrying him faster and faster.

You have been spotted, and when you and your special friend finally meet, you cling together in joyous reunion, never to be parted again. The happy kisses rain upon your face; your hands again caress the beloved head, and you look once more into the trusting eyes of your pet, so long gone from your life but never absent from your heart.

Then you cross Rainbow Bridge together.... The sacred circle is now complete.

Author unknown

We will return in a few weeks with some exciting announcements, so please stay tuned! Thank You!

Healthy Blessings from me & Katharine,



Diane Marie Ford, CHHC, AADP, Spirit Medium
Whole Soul Nutrition at Listen To Thyself a holistic collaborative

email: weare@listentothymself.com

phone: 508.947.5348

web: <http://www.listentothymself.com>

[Forward email](#)

✉ **SafeUnsubscribe®**

This email was sent to weare@listentothymself.com by weare@listentothymself.com.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Listen To Thyself a holistic collaborative | 48 Pearl Street | Middleborough | MA | 02346