

HEALTHY LIVING HEALTHY PLANET

# natural awakenings

feel good • live simply • laugh more

FREE

## Natural Skin Care

Tips to Protect  
on Sunny Days



THE TRUTH –  
GMOs  
Revealing the  
Risks

SIMPLE  
SUMMER  
with Simple  
Pleasures

LET'S EAT  
OUTSIDE!  
Easy Backyard  
Favorites



GREEN

July 2012 | Broward Co., FL | [FtL.NaturalAwakeningsMag.com](http://FtL.NaturalAwakeningsMag.com)

## Access Consciousness

The Bars Technique is a dynamic stress relief treatment based on a proven scientific principle of energy and consciousness. The "Bars" are akin to the various aspects of a computer hard drive or a processor, like the brain. There are 32 points on the head that correspond to different areas of a person's life. Running Bars or gently touching these points on the head begins a flow of energy and erases the electromagnetic disturbance that is affecting the body, thereby affecting how people approach their lives. Releasing stuck energy is like deleting unnecessary files from the computer.

This incredibly dynamic treatment has been called the short cut to clearing the mind, healing the body and achieving the inner peace people are all searching for. People may begin to experience profound changes in their life, such as relief from stress and an ability to let go of long-standing issues and mental blocks that formed invisible barriers in their life. Calmness and joyfulness occur immediately after a session. "Running Your Bars" is unlike anything you have ever experienced!

Alex-Anne Kennedy is a Certified Bars Facilitator. To schedule an appointment, call 954.793.3542. See ad this page.

## The Great Awakening: Ascension Healing, Port St. Lucie

The purpose and content of the Ascension Healing workshop is to walk participants through the 8-step Ascension process on day 1. That higher frequency and vibration will then be blended with new healing initiations, attunements and meditations to free oneself from the 3rd dimension on day 2.

The focus of The Great Awakening: Ascension Healing is on one's sweet self, Gaia, as well as providing practical tools to help humanity through the Ascension portal. The work is individualized, involving the inner journey. For those who are Ascension gatekeepers, this is a must. This will be acceleration, a flight; one will never again be the same - that is the blessing and gift.

This workshop will be conducted by Linda Dillon, author and world-class channel of the new spiritual primer, *The Great Awakening*. The Ascension Healing workshop is anchored upon her 25 years of experience with the higher realms. Registration is limited;

go within to the heart and decide.

Workshop takes place over two days, July 14 to 15. For more information, contact Dillon at CouncilOfLove.com or 772.621.9631. To register, go to [http://mycouncilstore.com/index.php?main\\_page=product\\_info&cPath=3&products\\_id=44](http://mycouncilstore.com/index.php?main_page=product_info&cPath=3&products_id=44).

## The Alternative Medicine Center Fort Lauderdale Adds Massage Therapy

Dr. Gary Snyder has added massage therapy to the services at his new location of The Alternative Medicine Center, 2640 East Oakland Park Boulevard. Amy Mills, LMT, offers her "Butterfly Hands Massage" as another alternative healing art to treating muscular pain and stress. New clients receive \$20 off on their first massage. Mills also points out that massage can be a preventative measure by promoting increased circulation, release of toxins and flexibility. She offers a variety of massages from Swedish, Hot Stone and Pre-Natal to Stretching and Craniosacral Therapy.

Pairing an Infrared Sauna treatment with massage is a recommended method of enhancing the relaxation and detoxifying benefits of massage therapy and is available as a package. The infrared sauna is offered at The Alternative Medicine Center by appointment and can be used to treat a variety of ailments.

Mills calls her approach to massage "outcome-based" as she strives for therapeutic results from each visit, whether relaxing or healing. Prices range from \$60-120 for one to two hour treatments. Chair massages and in-home services are also available at variable rates. For appointments, call 954.486.4000. See ad page 9.

## Set it Right with Ho'oponopono

The power of Ho'oponopono comes from its meaning: to set things in proper order. People that yearn to correct the brokenness and pain in their lives find that incorporating Ho'oponopono radically changes their reality going forward. People have a tendency to continually make the same mistakes over and over again. It can painlessly end right here and now.

In this practice, they teach a system of employing a simple statement that releases the data that constantly projects and makes a troublesome reality for finances, relationships, friendships, employment and many other facets of life. The reward people will gain is to find a life that flows with greater ease and increased rewards.

**RELIEVE TENSION & STRESS WITH A BARS TREATMENT!**

Live With Ease, Joy and Glory!  
Feel relaxed, invigorated & incredibly nurtured.  
Reduces Fears, Phobias, Anxiety, Depression & Pain,  
Undoing limitations, Better Health, Sleep, Weight,  
Sex, Relationships, ADD, ADHD and much more.

Private BARS sessions available.  
\$150 for 1 1/2 hr. Buy 3, Get 1 FREE!

Alex-Anne Kennedy 954.793.3542  
[www.accessconsciousness.com](http://www.accessconsciousness.com)

ACCESS CONSCIOUSNESS

**Balance Body, Mind and Spirit**

Relaxing, Rejuvenating Massage  
Hot Stone - Shiatsu - Thai - Deep Tissue  
Fertility Massage - Pregnancy Massage  
Cranial Sacral - Reflexology  
Reiki - Chakra Balancing

**\$10.00 OFF ANY SERVICE WITH THIS AD**

Care Wellness Center  
5576 W. Sample Rd. Margate FL 33073  
**954-586-CARE (2273)**  
[www.carewellnesscenter.com](http://www.carewellnesscenter.com) Lic. # AM27495