

Walking the Labyrinth with Lindy

In Practice Since 1975



Water Element

In the winter, a seed incubates in the ground. This is the season of birth, or rest and preparation.



Wood Element

In the spring, the shoot pushes upward and outward, through the earth to the sun. This is the season of growth.



Fire Element

In the summer, the plant flowers and blossoms. This is the season of maturity.



Earth Element

In the late summer, the life in the flower fades and the seed ripens for picking. This is the season of decrease, or decay.



Metal Element

In the autumn, the harvest is gathered and the seed is buried. This is the season of death, or balance. The cycle repeats.

DNA Activation inspires sleeping DNA codes and structures that hold the divine blueprint of perfection within

September 2008

Greetings Clients, Friends and Colleagues,

Hope you have been enjoying summer. Its unofficial end came with the Labor Day weekend and the start of school. Soon, Equinox will be upon us – the fading of one phase and the birthing of a new one, a re-birthing, actually, as the seasons change once again.

Perhaps you, too, are feeling the urge to have something reborn in you, something that will bring a breath of fresh air, like the lovely days and pleasant nights of the coming autumn. It would be something that fits into your busy schedule, and yet offers you a break in the day, time for yourself. Well, I may have just the thing! During the month of October, you can spend a two-hour lunch, once a week, calming your mind and body while activating your DNA.

Many gentle blessings,

Lindy

DNA Activation inspires sleeping DNA codes and structures that hold the divine blueprint of perfection within us to wake up. Medical science says we use only about 10% of our brain's capacity. Activated DNA stimulates more brain cells and makes it easier for your body to receive and work with the amount of light and strength your soul brings. This allows more space in your body, more physical energy and drive, and you feel mentally and emotionally uplifted. [Some people believe we already use 100% of our brains, but if 100% of our brain operated all at once, we would constantly be aware of our interconnectedness with all things. Since that is not the case, it is easy to see that we only use a small percentage of our brain at any given time.] The power of the DNA, itself, is its ability to convey the intent of the divine blueprint on the soul's human form. The power of DNA Activation lies in our ability to convey this intent to our atoms and molecules. The course gives you the skills to perform the Activations that lead to a healthier, lighter and happier body and mind.

All this will happen on Wednesdays at The Women's Initiative, located around the corner from Martha Jefferson Hospital. The first Wednesday is **FREE**, and takes place on Oct. 1, from 12:00-1:30 (you can bring a brown bag lunch). There will be a presentation about the process of DNA Activation, followed by questions and answers. The following four Wednesdays are 2-hour classes, from 12:00-2:00 on Oct. 8, 15, 22 & 29. You will learn techniques that stimulate beta and theta brain wave

us to wake up.

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states, and receive two DNA Activations, as well as hand-outs to take home so that you can repeat the Activations as often as you like – all for **half the price** of one private DNA session. Please join us. I look forward to seeing you there.

I will also teach this course as a 1-day workshop in Portland, OR on Sept.20, and in Boulder, CO on Oct. 18 at full cost, but I make this half-price offer in Charlottesville to support the work of the Women's Initiative. It is a non-profit organization dedicated to women's emotional, physical and spiritual well-being through empowering them to discover new skills, new perspectives, and new beginnings .