Using “The Bars” to Access Consciousness  
**Tuesday, March 1st at 7pm**  
How much could you benefit from……… deep relaxation ….. having more energy…….improved mental clarity….. increased creativity….. less stress ……..calmer emotions…..decreased anxiety and feeling overwhelmed…..more restful sleep…..less tension in your body…..more joy….. increased feelings of peace and well being?  
All this, and more, is possible with the gentle body therapy called ACCESS BARS! 
There are 32 Bars of energy that run through your head, each corresponding to a different area of life, such as Money, Control, Sexuality, Body, Awareness and Aging just to name a few. Activating these Bars by gently touching them, called “running” the Bars, releases electromagnetic energy that has built up from all the considerations, thoughts, beliefs, decisions, emotions, or attitudes you have ever had about anything. This buildup of energy dynamically limits your capacity to be generative and have something different show up in that area your life. Having your Bars run can change all that, so you begin to more naturally receive and increase your awareness of what else is possible for you. 
**Anna A. Laba** has several years of experience as an Energy Healing Practitioner, which includes certifications as a Reiki Master/Teacher, Pranic Healer and Bars Certified Facilitator.

Natural Management & Treatment of Migraines  
**Tuesday, March 8th at 7pm**  
Even people who don’t suffer from migraines will acknowledge the grief they’ve observed in people who do get them. Tonight we will discuss the anatomy of the nervous system to understand what happens during a migraine, as well as what triggers them. We will learn both medical and non-medical options, particularly focusing on natural ways of treatment, such as acupuncture and stress management. Chiropractic options such as manual (hands-on) treatment, acupressure, cervical traction, soft tissue massage, muscle massage, and spinal manipulation will also be discussed. 
**Dr. Tony Buscaglia** obtained his Doctor of Chiropractic degree at New York Chiropractic College. His approach favors hands-on manipulation. Dr. Tony believes in fast, effective and affordable chiropractic health care for the entire family. He has offices at both King’s Acupuncture on Transit Road and Baase Family Chiropractic in North Tonawanda. His web site is: northtonawandachiropractor.com

Qigong  
**Tuesday, March 15th at 7PM**  
Qigong began in China at least five thousand years ago. This healing modality has the potential to manifest balance and harmony by cleansing, strengthening and circulating qi (energy) within the body and energetic field. Through this session an introduction will be given describing qigong and the foundations of our anatomy and energetic system. We will use physical movement, mindful breathing and the power of our minds to connect, cultivate and direct qi with intention. All those interested in learning and practicing are welcome! Chairs will be available as well. 
**Christopher Owen** has had the opportunity to practice and study qigong regularly here in Buffalo with John Davis of Song Mountain Martial Arts. Working at Omega Institute and traveling in Asia he continued to practice with various qigong guides, most notably Robert Peng (author of The Master Key). Chris is a certified Childhood Educator. He is a yogi, devoting years of service to Shakti Yoga in Buffalo, practicing and studying the subtleties of yoga with Michelle Gigante. He is a certified practitioner of Reiki, Magical Awakening and the Eternal One, studying these forms with Brett Bevell at Omega Institute. Chris is a certified Laughter Leader. A regular practitioner of meditation and mindfulness, he seeks to embody love and compassion.

What is an Emotional Cleanse and Why You May Need One  
**Tuesday, March 22 at 7pm**  
Emotional toxins keep you from self-love and inner-peace. They also keep you from reaching your full potential. You will learn what emotional toxins are, how to recognize and uncover them and exactly what an “Emotional Cleanse” is. 
**Paul Cartone** is a Licensed Psychotherapist, Life and Sports Performance Coach. He has been in the counseling arena for 17 years. His passion and goal is to help everyone feel inner-peace. He specializes in anxiety and anxiety related disorders because he knows firsthand what it is like to experience debilitating anxiety and panic attacks. “I am proof that you can manage your anxiety and panic attacks and take control of your life without medication!” Throughout his 17 years experience, he has developed a paradigm that will help you to a place of feeling inner-peace and self-love.

Sound Healing with Tibetan Singing Bowls  
**Tuesday, March 29th at 7pm**  
Sound Healing is an ancient technique, used to realign the vibrational frequencies within the body. It works at a cellular level to release toxins from every cell, promoting healing on a physical, emotional and spiritual level. Sound Healing is administered through various sets of Tibetan Singing Bowls whose individual frequencies and vibrational levels are specifically attuned for the purpose at hand – this may be the healing of specific physical ailments, deep relaxation or the release of emotional scars and traumas which remain embedded in your mind and body. During a treatment, the bowls are placed around and on your body. Your brainwaves and other cells become entrained with the...
vibration of the bowls, producing a deep state of relaxation, in the Delta range of frequency. This corrects the internal vibrational frequency of your cells, allowing healing on all levels.

Peg Crawford, M.S. is a Licensed Mental Health Counselor with 40+ years experience in counseling, healing, coaching and teaching. She is a graduate of SUNYAB Counselor Ed program and currently conducts a private practice in Amherst, N.Y. Over the last 14 years, she has learned and integrated a variety of energy healing techniques into her counseling practice, including Reiki, Sound Healing, LOA Coaching and Training and EFT. This unique blend of traditional counseling/therapy and energy techniques creates an accelerated process to produce change and healing in hundreds of clients while minimizing the physical, emotional and spiritual pain which often accompany life challenges.

**Two Night Earth Day Intensive:**

**Business As Usual in a Time of Growing Environmental Catastrophe**

**Tuesday, April 19th at 7pm**

The warming earth is causing polar ice to melt. Arctic warming is twice as fast as the rest of the planet, from loss of snow and ice reflecting the sun’s energy back to space. This is causing release of vast stores of frozen methane, a much more powerful greenhouse gas than carbon dioxide, in the seas and the permafrost. Oceans are acidifying, currents are slowing, providing less oxygen for marine life. The weakened jet stream causes longer-lasting extreme weather. El Niño events are more severe, affecting global weather. Sea storms are more violent. Levees are inadequate against sea rise and storm surges. Salt is intruding into farmland. Dry heat is coming, with lower snowmelt feed to key rivers. Productive land is changing into desert with dust storms. We will look at evidence from past periods of global warming. The sixth great extinction is in progress, while the industrial elite (and government & media leaders in their pocket) intentionally deny it. Profit now, mortgage the future.

**Hope for Future Survival with Local Restoration Communities**

**Wednesday, April 20th at 7pm**

Ecovillages are a work in progress. Huge human dieoffs are coming, millions will be desperate. We need to preserve and pass on the best of West’s heritage. Time is precious, as global warming evidence is grim and pervasive. 1 deg C average global temperature rise is dangerous – we are already at 0.85 deg. There will be a difficult adjustment; how will we foster growth above the individual, cooperation not competition, village vs urban industrial life; how do we accommodate multigenerational, racially and culturally diverse people – dealing with fanatics. How will we build the new communities: vision, plan, and infrastructure? Where to build them and lay them out? How do we deal with equipment & services, electricity, vehicles, shopping, water supply, farming, greenhouses, food and its storage, quarantine, waste management. How will we balance decision powers: funders vs sweat equity. How will pre-collapse vs post-collapse differ? What will education, conflict, defense, succession, health and wellness, and the handling of death work? Will we be resilient? How will we find and join existing villages? What will be the dos & don’ts, and the signs of health and distress?

David Whaley is a PhD in Biophysics, with experience in toxicology and workplace health and safety. Now retired, he has worked for government, environmental consulting deeply concerned about restoring the Earth and informing the public so that future generations can survive the progression of environmental disasters.

**Clutter Clearing with Feng Shui**

**Tuesday, April 26 at 7pm**

Fire up your spring cleaning in the Year of the Monkey! Learn how to use the wisdom of Feng Shui and the annual Chinese New Year energy to empower and jump start your clutter clearing this spring. Find out the best areas of the house to focus on to promote health, wealth and love and which to avoid!

Linda Elson, president and owner, of Feng Shui Your World is a Certified Classical Feng Shui Practitioner, a member of the International Feng Shui Guild and a Licensed Realtor. She is a graduate of the American School of Classical Feng Shui and has been a student of metaphysical and spiritual studies for 24 years. Having practiced Western and Classical Feng Shui, Linda helps clients achieve enhanced results with the classical approach. Experienced in residential and workplace Feng Shui, Linda consults with clients in a variety of settings and assists them with existing spaces and selecting new ones. Linda is a leading lecturer and workshop leader on various topics of Feng Shui. Providing comprehensive services throughout North America, Linda has appeared regionally on television, radio and in newsprint.

**IF YOU ARE INTERESTED IN ATTENDING ANY OF THESE PROGRAMS,**

**PLEASE REGISTER BY PHONE OR AT THE LIBRARIAN’S DESK**