

Nov 4: Mayan Calendar: Beginning 7th Day. Thurs, 7-9:30. Nov 3rd begins the 7th and final day of this next to top level of the Mayan Calendar. Learn the basics of the Mayan Calendar teachings, rejoice, and give thanks for this new period of Light for Humanity. **The Silberbergs. Donations.**

Nov 6: Mesa Open House and Spirit Fair. Sat only, noon-6. Visit our gift shop, try the Bio-mat, get an energy healing, psychic or seashell reading, chair massage, Henna tattoo, more. **Entry is free. Most readings/healings: \$20/20 min.**

Nov 7: 13 Clan Mothers Meeting. Sun, 11-1. **See Sept 5.**

Nov 7: Chakra Coloring Meditation. Sun, 2-4. Listen to chakra stimulating music while you color in the sacred symbols for the chakras with colored pencils to energize and balance your energy centers. Take 8-1/2" X 11" pages home to hang on your wall. **The Silberbergs. Fee: \$25.**

Nov 11: Time & Other Dimensions. Thurs, 7-9:30. We'll address our personal time dimension and find out how we might deal with it in a healthier way. We'll also take a look at as-yet un-measurable higher dimensions that come into play during healing, energy work, Spirit World encounters, and how time energy connects them. **The Silberbergs. Fee: \$30.**

Nov 12-14: Coyote Magic: A weekend of Healing, Storytelling, and Narrative Trancework with author Lewis Mehl-Madrona, MD, Ph D. Sessions: Fri evening, 7-9:30, Sat, 9-1 and 2-6, Sun, 9:30-12:30. **Fee: \$220 for the whole weekend if registered by 10/30, \$240 after. You may attend single sessions priced separately.** See our website for details and a full description.

Nov 14: Sweat Lodge Ceremony. Sun: prep at 1pm, fire to be lit 2pm, ceremony 4pm. Potluck dinner to follow ceremony. **Led by Dr. Lewis Mehl-Madrona. Donations. Must RSVP.** (Space in the Lodge will be first allotted to Coyote Magic workshop full weekend participants.)

Nov 18: Kinesiology (Muscle Testing). Thurs, 7-9:30. Learn what foods, supplements, etc. are good or bad for you, get spiritual guidance, or find out what your inner mind thinks by letting your body show you. Find out methods of testing and how to formulate questions. **The Silberbergs. Fee: \$30.**

Nov 19: Spiritual Awakening. Fri, 7-9:30. Experience ways to get in alignment with your innate spiritual nature and move toward enlightenment and Higher Wisdom. Each participant will get a brief psychic reading to help determine the level and direction of their personal spiritual development. **Paul Meidinger. Fee: \$30. Must RSVP.**

Nov 20: Heliosphere: Doorway to Higher Dimensions. Sat, 1-3:30. We'll work with the higher dimensional energies of two, 8ft. dia. sacred geometry spheres to attune our awareness to those unfamiliar realities. We'll see if meditating, doing healings, sending telepathic messages, and other activities are different when we connect with the higher dimensions and consciousness present in the Heliospheres and experience transformation and healing in the process. **The Silberbergs. Fee: \$30. RSVP.**

Nov 21: Paint Your Drum. Sun, 1-4. Painted symbols on the heads of drums add energy to their sound and can invoke the Spirits of the symbols depicted. We'll help you with the design and painting on the head of your drum using durable acrylic paints. **Kate Silberberg. Fee: \$45. RSVP.**

Nov 21: Beginning Blacksmithing. Sun, 10-4. Learn about the transformational art of blacksmithing and basics of hand forging metals with fire and anvil. Find out about tools, materials, techniques, then take a turn at hand forging simple projects. **Brad Silberberg. Fee: \$85. Must RSVP.**

Nov 27: Make a Drum Beater/Drum Birthing Ceremony. Sat, 1-5. Make a beater for your drum from a stick and sleek stitched leather head. Then join a sacred "birthing" ceremony to contact and activate the Spirit of your drum. **The Silberbergs. Beater: \$25. Birthing: \$10 donation.**

Nov 27: Despacho Ceremony. Sat, 7-9. **See 9/11 listing.**

Nov 28: Native American Cuff Bracelets. Sun, 1-4. Create your own lightweight and flexible Native American style cuff bracelet from memory wire and traditional bone hairpipe and glass beads. Personalize yours with your choice of colors and design. **Kate Silberberg. Fee: \$45.**

Your RSVP for all classes helps us to plan our time and order supplies. (Thank you!)

**White Light Group, Tuesdays, 7pm.
Hands-on Spiritual Healing. By donation.
You must RSVP before attending.**

**Meditation Circle Wednesday eves at 7pm
for relaxing, energizing, & healing.
(No Fee. *Your donations help us continue
our healing work.*)**

Mesa Gift Shop-- open before classes and:

**Friday, Noon-7pm
Saturday & Sunday, Noon-4pm**

© 2010 Mesa Creative Arts, Inc. All rights reserved.



The Mesa Creative Arts Center



Fall 2010 classes

**30 Miller Business Park Dr.
Burgettstown, PA 15021
(724) 947-3097**

bradandkate@mesacreativearts.com

For updates, expanded information, and directions, visit "The Mesa" on the Web!

www.mesacreativearts.com

Sept 2: Dealing with Negativity. Thurs, 7-9:30. Learn to deal with negativity; your own, and from others. Use intent, crystals, meditation, and other techniques to help you deal with it in a healthier way. **The Silberbergs. Fee: \$30.**

Sept 5: 13 Clan Mothers Meeting. (Men welcomed.) Sun, 11-1. Join this supportive circle in self discovery through Native American teachings. **Kate Silberberg. Donations.**

Sept 5: Making Prayer Malas. Sun, 2-5. Make your own personalized Mala (devotional beads) from special beads you bring or purchase from us. Learn how to use yours in your spiritual practice. **Kate Silberberg. Fee: \$45.**

Sept 5: Medicine Wheel Tour. Sun, 2-4. Take a guided tour of the Mesa Medicine Wheel, experience its healing and balancing energies. Learn the teachings of the stones, quadrants, and other elements. **Brad Silberberg. Fee: \$15.**

Sept 9: First Aid for Empaths. Thurs, 7-9:30. Learn what it means to be empathic and how to work with this spiritual gift of feeling people's energy and emotions. Learn ways of sensing without absorbing, energy system hygiene, and alternatives to "shielding". **The Silberbergs. Fee: \$30.**

Sept 10: Psychic Development. Fri, 7-9:30. Learn what your psychic abilities are, which ones are open, and how well they're working. Set up your own program to continue awakening and developing your gifts. Get a mini reading as part of the class. **Paul Meidinger. Fee: \$30. Must RSVP.**

Sept 11: Drumming as Energy Work. Sat, 2-4. Join us using Native American drums we've made at The Mesa to raise energy and vibration for healing and change. **Bring a drum or borrow one. The Silberbergs. Donations. RSVP.**

Sept 11: Despacho Ceremony. Sat, 7-9. When despachos are made, we re-create our universe using representative ingredients infused with intentions and thanks. We'll then burn them in ceremony, sending the offerings to be answered. **The Silberbergs. Donations. Please RSVP.**

Sept 12: Oneness Fest. Sun, 12:30-5:30. The Silberbergs do healings, readings, and offer Mesa gift shop items. **Beechwood Farms, Fox Chapel. (412) 963-6100. Free.**

Sept 16: Space Clearing & Sacred Space. Thurs, 7-9:30. Use smudging, sound, and intention to re-balance the energy of your home. Anchor the renewed energies, neutralize harmful Earth energy. **The Silberbergs. Fee: \$30. RSVP.**

Sept 17: Sacred Geometry. Fri, 7-9:30. Learn the basis of Sacred Geometry in a simple, non-mathematical way and experience how its tenants can be used to promote healing and generate energy you can use in your own life. **Brad Silberberg. Fee: \$30. Please RSVP.**

Sept 18-19: Native American Gathering. Sat & Sun. McDonald PA Info: 412-728-6626. Mesa CLOSED Sat.

Sept 19: Wire Wrapping Stones. Sun, 1-4. Learn the basics of wire wrapping and create a pendant or two from your own healing stones, or ones you purchase from us. **Kate Silberberg. Fee: \$45. Please RSVP.**

Sept 23: Fall Equinox Medicine Wheel Ceremony. Thurs, 6:30-9. Join us in a Native American based ceremony to connect with Nature, greet the coming of Fall, express gratitude, and ask for help. Bring a covered dish for pot luck dinner after the ceremony. **The Silberbergs. Donations.**

Sept 24: Nepalese Shaman Drums. Fri, 7-9:30. Connect with ancient shamans by playing their drums. Receive a mini reading about where you need healing the spirits of these extraordinary drums may provide. Get a drum healing from the whole group. **Paul Meidinger. Fee: \$30. Must RSVP.**

Sept 25: Three Rivers Pow Wow. Sat & Sun, noon-7. info: www.cotraic.org. Mesa CLOSED Sat only.

Sept 26: Making Fairy Cottages. Sun, 1-4. Make a gourd into a furnished Fairy Cottage ready for your resident fairies. We'll supply the gourds and paint, bark, moss, twigs, glitter, ribbon, beads, etc. **Kate Silberberg. Fee: \$45. RSVP.**

Oct 1: Experiencing Spiritual Awakening. Fri, 7-9:30. Having trouble finding your spirituality? Discover practical ways to jump-start your own spiritual awakening, open up to higher vibration, and start putting spiritual principles to work in your daily life. **Rev. Norma Edwards. Fee: \$35. RSVP.**

Oct 2: Re-Membering Who You Are. Sat, 10-4. Join in this experiential workshop and let Light and Sound therapist, Norma Edwards, help you put the pieces back together so you can recover the birthright of your Spiritual Nature. **Rev. Norma Edwards. Fee: \$80. RSVP.**

Oct 3: 13 Clan Mothers Meeting. Sun, 11-1. See Sept 5.

Oct 3: Make a Native American Flute. Sun, 2-5. Make a simple and good sounding Native American flute from PVC pipe. Learn how to play. **Brad Silberberg. Fee: \$45. RSVP.**

Oct 7: "Healer 101". Thurs, 7-9:30. Learn to assess your client's energy, emotions, issues, and likely causes of disease. Learn where to start, how to listen, ask questions, be confident, relax and really help. **The Silberbergs. Fee: \$30.**

Oct 8: Gong Healing. Fri, 7-9:30. Vibrations of gongs, tuning forks, bells, singing bowls and crystal bowls played live will carry you into harmony with your true self. Bring mat, pillow, blanket. **Mike & Gallina Tamburo. Fee: \$30. RSVP.**

Oct 9-10: Universal Light Expo. Sat & Sun, We're going to buy great stuff for the Mesa gift shop, and get new ideas for classes. **Veterans Memorial Hall, Columbus, OH. Admission: \$10. www.universeexpo.com. Mesa Closed.**

Oct 14: Playing Native American Flutes. Thurs, 7-9:30. Try beginner and advanced techniques for exercising your Spirit and making music from your heart. Bring your own flute or borrow one of ours. **Brad Silberberg. Fee: \$30. RSVP.**

Oct 15: Soul Retrieval: Higher Dimensions. Fri, 7-9:30. Contact and bring in the wisdom and energies of the parts of your Soul that reside on the higher dimensions for healing and integration. Receive a mini-reading to locate and align missing Soul energy and consciousness. Get help to actually recover it. **Paul Meidinger. Fee: \$30. Must RSVP.**

Oct 16: Udu Drumming. Sat, 1:30-3. Udus are jug-shaped, clay pot drums that are played by slapping and bopping with the palm of the hand. Create mesmerizing melodies, rapturous rhythms, and entrancing chanting. **Kevin Henry. Fee: \$20 (includes use of Udu.) RSVP.**

Oct 17: Celebrating Gaia Sun, 10-noon. Join us for a ceremony to connect with the living spirit of Mother Earth and give back to her. **The Silberbergs. Donations. RSVP.**

Oct 17: Intro to Wood Carving. Sun, 1-4. Experience working with a knife and/or chisels to carve a small project such as a heart or star ornament, wooden spoon, animal figure, or ??? **Brad Silberberg. Fee: \$45. Must RSVP.**

Oct 21: Crystals: Laying on of Stones. Thurs, 7-9:30. Learn about the healing power of rocks and crystals and the basics of how to use them in body layouts to improve health and wellbeing on all levels. Each participant will get a mini crystal healing session. **The Silberbergs. Fee: \$30. RSVP.**

Oct 22: Soul-to-Soul Connection. Fri, 7-9:30. Learn this simple, effective technique to connect on the Spirit Level with anyone, alive or not. Each participant will be helped to connect with a loved one they need to heal with in order to resolve unfinished business. **The Silberbergs. Fee: \$30.**

Oct 23: Make a Leather Keepsake Pouch: Sat, 1-4. Learn to cut, punch, stitch, lace, and fringe leather. Create a deer hide pouch and decorate it with beads and/or feathers. **Kate Silberberg. Fee: \$45. RSVP**

Oct 24: Spirit Fair at The Rex Theater, Southside. Sun, 11-5. Join us as we offer seashell readings, tuning fork sound healings on the Biomat and sell goodies from our gift shop. **Entry \$5. Info, Journeys of Life: (412) 681-8755.**

Oct 28: Intro to Astrology. Thurs, 7-9:30. Learn the importance of the study of astrology, lessons of each sign, and the positive and negative characteristics of all the signs of the Zodiac. **The Silberbergs. Fee: \$30. RSVP.**

Oct 29: Spirit Art. Fri, 7-9:30. Work with basic materials and methods to connect with your Higher Self, tap into Universal Wisdom, bring through messages and healing. Receive a brief reading of your creative abilities and blockages. **Paul Meidinger. Fee: \$30. Must RSVP.**

Oct 30: Fused Glass. Sat, 10-4. Create 2 small pieces of fused glass art that you can infuse with your intentions, prayers, or good energy to be turned into pendants or hand held objects. **The Silberbergs. Fee: \$90. Must RSVP.**

Oct 31: Drum Making. Sun, 1-5. Make your own Native American style hand drum from a maple hoop and Elk rawhide to use for ceremony, prayer, healing, or to reconnect with yourself. **(Birthing ceremony 11/27.) Brad and Kate Silberberg. Fee: \$90. Must register & prepay by 10/21.**

Nov 1: Mexican Day of the Dead Celebration. Mon, crafts at 6, dinner at 7. Honor and celebrate your ancestors, other loved ones who have crossed over. Bring their favorite foods for a pot luck dinner. **The Silberbergs. Donations. RSVP.**