

Wednesday, March 31, 2010 - at 7pm

**Psychic/Intuitive Development and Self-Protection
with Katherine Mayfield**

Have you ever wondered if you're psychic? Are you an "emotional sponge", picking up other people's negative energy? This workshop will offer participants the opportunity to learn how psychic ability and intuition work, how to find their own best method for working psychically, how to develop more trust in their own insights and perceptions, and how to protect themselves psychically in a chaotic world.

Psychic self-protection is essential in a world where so many people are stressed and living in denial of their emotional lives. This is an experiential workshop which includes presentation, exercises, and guided meditation. Come and expand your psychic horizons!

Katherine Mayfield has led psychic development workshops and taught classes at the Whole Health Expo in Northampton, MA, Green River Yoga in Greenfield, MA, Inspirit Common in Northampton, MA, The National Spiritual Alliance in Lake Pleasant, MA, and the Sober in the Sun Festival in Spencer, MA. She has studied psychic phenomena for over 20 years, and was co-leader of a weekly psychic development circle at The National Spiritual Alliance for seven years.