

Course
Catalog
2014

Circle of Intention

School of Intuitive Sciences

At

Inside/Out

Circle of Intention

School of Intuitive Sciences

Welcome!

Inside/Out, our retail shop, is the most obvious doorway through which you may enter into the Circle of Intention School of Intuitive Sciences. Inside/Out is about living from the heart, living your truth from the inside and bringing it into manifestation in the outer world. The Circle of Intention is also a worldwide community of seekers who have found us through the internet, through Christina's various speaking engagements, the media, and through word of mouth. The mission of the school is to offer courses and opportunities that will provide students of all ages with tools and skill sets that each can use for self-empowerment. We also offer classes that are a good deal of fun because joy makes everything more potent. And we offer continuing support and encouragement on each individual's journey through our church and individual counseling.

Just as life is in a constant state of flux, so is our course catalog. As we change and grow, what we offer reflects that process. According to interest and feedback, we will offer as many of the classes as possible during the course of our calendar year. Please feel free to reach out to us with your thoughts and ideas. We hope you will join us!

Course Catalog

Unless otherwise noted, all classes are given, or in the case of Field Trips, begin at the Circle of Intention, 76 Main Street, High Bridge, NJ 08829.

LECTURES are really introductions for those who are new to metaphysics and the paranormal and are about 1 to 1.5 hours in length. *page 4*

CLASSES are generally 2 hours in length and bring the attendees either specific skills or experiences, or both. *page 7*

FIELD TRIPS are held in the months of good weather and are generally 2 hours long, in addition to travel time. *page 12*

WORKSHOPS are 4 hour long classes with lots of hands-on experience. *page 13*

SPIRIT CRAFT: These classes are for those of you with a crafty nature who would like to make your own spiritual aids. Each class is a unique gift of Spirit in your life and is 2 hours long, often suitable for children, too. *page 14*

HOME PARTIES: This is a designation attached to various classes and lectures so that you know what is available as an event that can be brought to your home with a certain minimum number of attendees. *page 16*

BIOGRAPHY *page 17*

LECTURES

LECTURE: Paranormal Primer – An Introduction to All Things Intuitive

This is a lecture for those who have questions about other-worldly events in their lives, what it is like to be psychic, does everyone have past lives, how can a person learn to heal, etc. You have questions, I have answers, or I can get them.

LECTURE: Animal Mysticism

Animals have been a part of the human experience since the beginning of our time together on this planet. Learn how we have deified them, made them part of our myths, and spoken for them.

I will explain their spiritual path and companionship with people and give insights into the behavior patterns of your animals.

Bring photos of your pets and be prepared to ask lots of questions.

LECTURE: The Beginners Guide to Reincarnation

Most people think they have had one past life. In this lecture you will learn about the many possibilities inherent in the concept of reincarnation, the variables, and why we keep coming back. I will also discuss some past lives and how a particular path might play out in a series of related incarnations.

LECTURE: Photographic Anomalies: A Discussion of Orbs & More

Join me in a discussion of photographic anomalies, those bizarre images that show up after a photograph is taken. Sometimes you see them in advance, sometimes you don't.

Bring in photos of your own to share with the class, the ones where you thought that was your finger, but you know you didn't put it there. Are there flashes of light in some of your photos or odd color patterns showing up unexpectedly? Bring them along and see what we have to share with you.

LECTURE: Chat with a Channeler - Ask Me Anything

Did you ever wonder why you feel so good in some places and not in others? Why so many repetitive occurrences happen in your life? If you were famous in a past life? If your dog is really a person?

Ask me anything and Spirit, the animating force within everything, will supply the answer. As a professional channeler for over twenty years, I have answered questions from A to Z for people all around the world. Come with your most pressing questions and receive answers and confirmation from Spirit.

LECTURE: Ghosts and Haunted Houses

This class details the various types of discarnate Spirits who inhabit the Earth Plane with us; those who are helping and those who need help. You will be given some simple techniques to control the atmosphere in your home. Emotional imprints in homes and within the land will also be discussed, as well as other energetic anomalies. You will be guided as to when it is time to seek professional help as well.

LECTURE: Your Innate Intuitive Nature

We are all hard wired with the same intuitive equipment, some of us simply have more past life experience in this arena than others.

We will speak about the psychic gifts we all possess and discuss ways in which you can nurture and expand your own gifts and talents. It is really a matter of concentration, guidance, and experience.

Open yourself to the limitless possibilities that surround you constantly and begin to explore your innate intuitive nature!

LECTURE: Past Lives – Present Phobias

I believe that we have all lived many lifetimes – and not all of them were wonderful! We have experienced trauma and terror in many different ways.

The memory of these events is held within the cells, and your body will talk to you through unfounded fears and panic attacks among other sensations. Learn how to figure it out and then heal the memory and move forward through these fears.

LECTURE: My Personal Journey of Spiritual Awakening

So many people have asked how my spiritual journey began, where I learned how to do what I do, what kind of experiences I have had, and what does it feel like to have these gifts, that I have decided to chronicle it for you. Fasten your seatbelts!

LECTURE: Embracing the Transition – Understanding the Spiritual Experience of Death

I have met many people who are afraid of death – afraid of the unknown. As the old adage goes, “Everyone wants to go to heaven -- no one wants to die to get there.” As we grow closer to the completion of this life cycle, our fear of the unknown will often cause us a great deal of pain and uncertainty. I will explain what I have learned from many sources, including visions, to help eliminate fear and bring a sense of peace to the process of crossing over.

LECTURE: How Do I Know If I’m Psychic?

Christina will share some common experiences we all have, and offer you tips on strengthening your intuitive abilities. We are all psychic, we often just repress it.

LECTURE: Spirit Guides – A Cosmic Helping Hand

We all have Spirit Guides who are here to help us grow our intuitive senses every day. Learn how they are chosen, what they can do, and how they can help us. We will also answer questions and perhaps bring in some more spirit guides for those who need additional guidance.

LECTURE: Why are there so many Cleopatras? Aspects of Self Explained

We all wonder if there is anyone out there who is just like us. Why have other people had the same past life that we lay claim to? Just how can all this be happening and still make sense? I will do my best to explain the intricacies of various aspects of the soul, as they have been explained to me by Spirit.

CLASSES

ANGELS

CLASS: Meet Your Angels

Learn the role that the Angels play in our lives and our world. You will be introduced to the four Archangels, Michael, Gabriel, Raphael, and Uriel, and experience a profound connection to them through a Guided Meditation.

Next, we will meet your personal angels through another Guided Meditation. You will learn the names of the angels who work most closely with you and get to know them a bit better.

Bring a special notebook in which to record your Angelic Messages & experiences. A guided meditation CD is also available.

CLASS: Unfurl Your Angel Wings

Join Christina and Archangel Michael as we take you through the process of unveiling your Angelic name and, in a special ceremony in the Pyramid of Angels, unfurl your Angel Wings.

In the future you will be able to unfurl your wings whenever they are needed, during meditation, healing work, or general paranormal studies.

This is a very sacred experience and one you do not want to miss!

CLASS: Channeling Archangel Metatron

I have spoken for Metatron in the past, and he often comes through when his energy is what will really set the message for someone. He is a powerful presence and has a lot of potent information to impart.

CLASS: An Introduction to the Four Archangels

Archangels Michael, Gabriel, Ariel and Raphael each have special roles in this world. In this class we will meditate on each Archangel and get to know them and their energy, as well as when and how we can call upon them for help.

FORECASTING

CLASS: Reading Tea Leaves

In this delightful class we will explore the history of tea and tea drinking, dating back to ancient times.

Next, we will delve into the interpretation of images in the base of a tea cup when one uses loose tea or a mixture of herbs.

This class includes lots of hands on practice and interpretation of many different photographs of tea cups and saucers.

Also see the Numerology Workshops

CLASS: Angel Card Reading

Using Doreen Virtue's Angel Card deck, we will explore together the deep connection to the Angels that allows each of us to receive and interpret messages through the cards.

HEALING

CLASS: Healing Hands - Part I to VI – A Certification Course

This six part class covers the basics of aligning to the Universal Healing Force, becoming sensitive to the energy patterns in the aura, and then directing the Universal Force for the benefit of the client or loved one. It is imperative to remember that you are simply the facilitator and it is up to the one receiving the energy to decide how to use it.

We cover the chakras, emotional wounds, past life problems, holes in the aura, distance healing and more. It is an exciting hands-on class and each participant is worked on by the other students. Certificates are issued at the end of the six sessions.

CLASS: Refining Your Nutrition: Personal Kinesiology & Dowsing for Health

We ask that you create a log in advance of this workshop. Write down everything that goes into or on your body for at least three days, five is better.

Working with this log, we will fine-tune your life and especially your food! Also take into account any products that are applied to your body, including make-up and hair color.

Previous experience in Dowsing or Personal Kinesiology is a must!

CLASS: Rainbow Color Therapy

Each color in the spectrum has meaning and purpose. You will get a feel for each color, learn how to use it and when, and when to avoid it if necessary. Learn how to envelope yourself and others in unseen color, how to program your aura with color for specific occasions, and so much more.

CLASS: Crystal Grids for Healing

There are many combinations of crystals that can be used for healing purposes. We will go over a few of the classics and experience them during class. Bring a mat, a pillow, a light blanket, and a pendulum if you dows. All crystals used will be available after class.

INTENTION

CLASS: The Power of Words

You may not remember agreeing that you would create your experience here in Earth School through the power of your words and thoughts, but you did.

Learn how to take control of your experience and your life by monitoring and changing your words. Learn the power of each thought, of each spoken word, and then learn how to change life-long habits of speech.

This class will empower the rest of your life!

CLASS: The Power of Affirmations

This class is about the power of words in each of our lives. We will discuss how framing your affirmation will affect your life and the change you seek. Learn to be very 'word specific' in what you affirm, thereby drawing in precisely the level of energy you wish to attract.

We will talk about how the vibration of your affirmation resonates through the Quantum Field, or as Deepak Chopra calls it, the Field of All Possibilities. Bring your current affirmation(s) with you or a list of goals for the affirmation you wish to formulate.

INTUITIVE GROWTH

CLASS: The I.A.M. System

If you are dedicated to spiritual change and the manifestation of prosperity in your life, this is the class for you!

I = Intention A = Affirmation M = Manifestation

This system was channeled and developed with the aid of Archangel Metatron. It is an extremely POWERFUL tool to affect positive change in your life.

There is daily homework of 10 to 15 minutes, so be prepared to persevere or wait until you are truly ready to take the class.

CLASS: Meet Your Spirit Guides

Everyone has Spirit Guides, good ghosts who are meant to help you pilot your course through this lifetime. In this class you will have a personal experience with at least two of your Guides through the use of Guided Meditation.

It is relatively easy even for a beginner to meditation to connect with their Spiritual Guidance team in this way. They are always with you, to guide, encourage and stimulate you to follow appropriate pathways.

You might wish to take notes. A guided meditation CD is also available.

CLASS: Connecting Via the Bridge

In this class we will learn about the experience of Crossing Over, what the variations are, when to expect contact and how to recognize it if someone you care for has crossed over to the other side.

We will experience two guided meditations to meet with those who have crossed and talk with them. A guided meditation CD is also available.

CLASS: How to Develop Your Intuitive Senses

We will use every trick in the book to expand your awareness of your innate gifts. Be prepared to stretch and grow, to fearlessly embrace more than you can imagine.

CLASS: Psychometry – the Vibe in the Object

This is a classic technique that can be readily taught. Be sure to wear a lot of jewelry, something you wear often, or we can use your keys. You will literally get a ‘vibe’ from the object and then be able to talk about your sensations and feelings. After we experience the technique, we will read for each other.

CLASS: The Fairies & Elementals in Your Yard

We will dowsing to find the Fairy homes in your yard, the size of the population, and the various tasks they undertake for you. You will learn what they need in terms of love and support and will be able to set in place systems to honor them. Prior experience in dowsing or Personal Kinesiology is necessary.

PAST LIFE WORK

CLASS: Past Life Recall

During the course of the evening I will guide you through two detailed meditations to recall past lives which have had the most impact upon this lifetime. With insight from Higher Sources, I will be able to answer any questions you have about your experiences, so that you can develop a fuller understanding of the information that you retrieve.

You will learn how to eliminate blocks and receive information to explore on your own. This is one of the safest environments you will ever have to access and explore the information you have received. A guided meditation CD is also available.

CLASS: Emotional Self-Healing of Past Life Trauma

Using the technique Christina channeled from the Masters, she will guide each participant through a series of emotional recalls, aiding in the release of traumatic memories that could be influencing health, happiness, relationships, and prosperity.

With this experience, you will be able to easily use the release exercise on your own whenever residual trauma makes itself known. It is a wonderful way to get rid of kinks in the back, small pains throughout the body, and emotional angst from those who push your buttons. A guided meditation CD is also available.

CLASS: Past Life Dowsing

Previous experience with either dowsing or Personal Kinesiology is a must for this class. We will work with charts and learn how to pin down the details of a particular past life, based on a series of questions to prioritize which past life we should focus upon.

CLASS: Healing Past Life Trauma Through Re-Visioning

In this class we will go through one or more guided meditations to direct each participant to a past life in need of healing. We will then revise the outcome, go back into a meditative state and change our personal history.

FIELD TRIPS

FIELD TRIP: Falls Walk - Inter-Dimensional Photography Attunement

Every year we take about 5 photography field trips to a local inter-dimensional portal to photograph Orbs. Everyone who joins us becomes attuned to this amazing energy – this LOVE that is pouring into our world all around us!

We always get many other different types of phenomena in addition to the Orbs – colors, fairies, ships, and more. Just bring any type of camera with a flash and be prepared to expand your perception of reality.

We now begin the field trips with a one hour slide show of various photos from the Falls experiences and explanations of what the phenomena are. We then go to the Falls, take photos and return to the Church for a time of sharing and explanations.

WORKSHOPS

WORKSHOP: Talking to Spirit: Personal Kinesiology & Dowsing

Christina will combine these two techniques in one class. Dowsing, the use of a pendulum, is the way that she first developed her clair-audience and channeling abilities. Personal Kinesiology is an invaluable tool to be able to communicate effectively with your body and your High Self. Together they form a very powerful esoteric tool kit to enable the user to talk to Spirit.

Lots of different methods will be explored and there will be hands-on practice. If you already have a pendulum please bring it. We will also go over techniques for getting your ego out of the way of the question and answer process.

Christina also has books available, one on dowsing, one on Personal Kinesiology.

WORKSHOP: Numerology #101

During the courses of this evening's workshop you will learn the numerical value of letters of the alphabet, what they mean and the ways in which they affect your life. Be sure that you bring the correct spelling of your name from your birth certificate with you. In this introduction to numerology we will focus on your individual karma and destiny as revealed through the letters in your birth name. You will come away with a greater appreciation of the action of Divine Order in your life and in the lives of those around you.

WORKSHOP: Numerology #102

This second class in the series focuses on your birthdate and all that is revealed in its numeric matrix. We will discuss your Destiny Number, your Challenges, your Pinnacles and the various Cycles of your life. We will also look at the missing letters in your name and talk about how that might impact your life and your experience as you move toward balancing out all the vibrational numbers in your life experience.

If there is time, we will cover the same information for your loved ones.

SPIRIT CRAFT

SPIRIT CRAFT: Empower Your Intention Through Vision Boards

First we will connect to your true intention through a powerful guided meditation.

We will then take that vision and expand it, put it on paper in a collage format, while I guide each participant in the proper use of words to define their intention/goal. Not to be missed.

Paper, magazines, glue, and scissors are supplied, but feel free to bring your own. The more magazines we have the better it is for all.

SPIRIT CRAFT: Homes for the Fairies

Bring a wooden birdhouse and we will adapt it to make a home for one of the fey folk. If you wish to add old pieces of jewelry, crystals, moss, sticks, whatever you can find, bring it along!

SPIRIT CRAFT: Prayer Sticks

There is a Native American tradition of decorating arrows with special objects, stones, crystals, and feathers, then imbuing the whole with your prayer requests. The stick is then given to the nature spirits by throwing it in running water or a lake or pond. Some materials will be provided, but be sure to bring your own as well.

SPIRIT CRAFT: Rattles

The sound of a rattle is enough to break up stagnant energy in the aura, and it can be helpful in inducing meditative states, not to mention how great it sounds in a drumming circle. If you have a gourd, please bring it. Materials will be provided.

SPIRIT CRAFT: Handmade Journals

Journaling is a very effective way of communicating with your High Self, and a handmade paper journal is a wonderful way to honor that connection. If you would like some special paper for the cover, either inside or out, please bring it. Many materials will be provided.

SPIRIT CRAFT: Personal Point of Attunement – Personal Altar

A personal altar is an essential part of the process of spiritual growth. Bring a shelf or a box, painted in a color you like, as well as any objects you would like to incorporate. We will meditate to see what wants to manifest, create it, and then dedicate it during the course of the class. Many materials provided.

SPIRIT CRAFT: Crystal Boards

There are many crystals that will enhance the vibration of your home. In this class we will create a special combination of crystals just for your home or space. They will be glued to a board or plate and may be set wherever you would like in your home.

SPIRIT CRAFT: Mandalas

Mandalas are typically concentric circles of pattern and color, fanning out from a center point. The Hindu and Buddhist traditions are filled with superior examples of this sacred art form. We'll give it a try. Bring a compass if you can, we will have colored pencils and markers as well as special paper.

SPIRIT CRAFT: Crystal Mandalas

In this class we will create a mandala on a plate and glue crystals in a pleasing pattern. You may bring your own plate or one will be provided, as well as the crystals. If you have something that you would like to be the center focal point, please bring it along.

SPIRIT CRAFT: Make a Finger Labyrinth

Learn about the history and the workings of labyrinths as a meditation tool. Using a plate or a tray of your choice, we will use stones to mark the circuits of the labyrinth, enabling you to move your finger through the pattern as a means of calming and centering wherever you choose to use it.

SPIRIT CRAFT: Crystal Wands

Using a base of selenite for a wand, we will add various crystals to the wand to enhance and add to its existing properties. These wands are wonderful aids to energy work and are particularly useful for clearing and balancing the aura.

HOME PARTIES

HOME PARTY: Angel Card Readings

Have Angel Cards, will travel. Gather a group of friends, put on the pot of tea, and we will schedule 15 minutes of card readings for each to receive answers to burning questions.

HOME PARTY: Paranormal Primer – An Introduction to All Things Intuitive

This is a lecture for those who have questions about other-worldly events in their lives, what it is like to be psychic, does everyone have past lives, how can a person learn to heal, etc. You have questions, I have answers, or I can get them.

HOME PARTY: Tea Leaf Reading – Herbal and Black Teas

I bring the tea and the cups and you supply the people and the treats. This is a fun evening with lots of joy flowing as freely as the tea!

HOME PARTY: Numerology

I love to give an overview of what each of the numbers means and then move on to analyze each person's first name, revealing character traits and talents. It's a fun evening or afternoon.

HOME PARTY: Animal Mysticism

This is one for the animal lovers. Each person should bring a photo of their beloved pets, living or passed away, and they will get information about the heritage and character of the animal. A discussion of pathways and possibilities is also included.

HOME PARTY: Past Lives – Who Were You?

My ability to get answers from other dimensions, as well as to access the records of each soul's journey through time, makes it relatively easy to find out who each of the attendees were in a past life or two. I did this for a bridal shower and everyone had a great time!

HOME PARTY: Psychometry – the Vibe in the Object

This is a classic technique that can be taught in an hour or so. Make sure that all your friends wear a lot of jewelry, something they wear often, or we can use their keys. You

will literally get a ‘vibe’ from the object and then be able to talk about your sensations and feelings.

HOME PARTY: Messages from the Other Side

In this instance I will pass along messages from those who have crossed over. This is a very emotional evening if the loss is recent. Be prepared for anything.

BIO

Christina Lynn Whited



Over the last twenty years Christina Lynn Whited has been featured in *People Magazine*, on *CNN* and *Geraldo*, and in the *New York Post*, *The Los Angeles Times*, *The Chicago Tribune* and many other papers. As a channel and a healer, her work has been lauded by such notables as Dr. Wayne Dyer and Dr. Joe Vitale. She is a frequent speaker and radio guest.

Christina heads The Circle of Intention School of Intuitive Sciences and the Church of All Creation, both in High Bridge, New Jersey.