

October Classes & Happenings

October 3, Wed.

Spirit Message Circle

Description: In these interesting and uplifting group readings, spiritual intuitive Elizabeth Almann channels messages from spirit guides and angels and explains concepts of intuition and healing that are of interest to the group. Elizabeth offers these Circles every month. They are always well attended. Many find that the insightful messages for others have significant meaning for them as well.

Instructor: Elizabeth Almann, M.Ed.; Intuitive Guidance, Energy Healing, & Personal Development Classes.

Fee: \$22.00. **We recommend early registration by Monday, October 1 at 9:00pm. This class requires a minimum enrollment to be held.**

Supplies: Participants may want to bring pen & paper to take notes

6:30 - 8:30 pm

1 Session

October 4, Thurs.

Murder, Mayhem, Goblins & Ghosties Demystifying Your Nightmares

Description: October deepens into the death passage of the year; when the sun enters Scorpio we are in the time of the Dark Mother, ruler of death but also of rebirth. At Halloween we acknowledge the world of the dead and in so doing celebrate life. It's a good time to explore those scary goblins, demons, dragons and shadowy figures chasing us through the dark, threatening death and destruction in our dreams. Come spend an evening and learn many fascinating ways to understand your nightmares as meaningful messages from your inner nature, pointing to light, wisdom, encouragement, and even humor.

Instructor: Jaqui Thier, B.S. Ed, M.A. Art, M.A. in Jungian & Archetypal Psychology, Certified Body Energy Practitioner, Karuna & Usui Reiki Master Teacher. She has over 20 years experience working with dreams and symbols in counseling, astrology, and energy body healing. Jaqui founded Dreamweaver Lodge in 1995, a Retreat and Healing Center, north of Red Lodge MT.

Fee: \$18.00, including handouts.

We recommend early registration by Monday, October 1 at 9:00 pm. This class requires a minimum enrollment to be held.

Bring: Writing materials. Suggested reading: *Awakening the Heroes Within*, \$19.00; *Meeting the Shadow*, \$15.00. (10% discount on books purchased with class registration.)

6:30 - 8:30 pm

1 Session

October 5, Friday

Downtown Artwalk Two shows, One night - at Barjon's

In the South Room: A stunning Jewelry Show with new work by three Montana artists, including **Deb Dudley**, **Julie Karnos**, and **Dawn Norris**. These Montana beading artists will be exhibiting their most recent jewelry, including many one of a kind pieces. This is a one evening event. Its timing is perfect for holiday shopping.

In the Gallery: **D. Joseph Madl's** current Art Quilt Exhibit: **"Surfacing"** explores the show title's definition, "emerging to the surface and becoming apparent" through fabrics, threads, beads and color by presenting the viewers with vignettes that are open to interpretation, allowing the significance of each piece to become apparent to each viewer in its own manner. Madl's work has appeared in Galleries and Fine Art Shops in Billings, Chicago, Boston, New York, Seattle, Los Angeles, Ft. Lauderdale, Glasgow and London. **"Surfacing"** will be on exhibit exclusively at Barjon's Gallery during October and November, this year.

Fee: Free admission, everyone welcome!

5:00 - 9:00pm

October 8, Monday

Natural Weight Loss ©, and Maintenance, A workshop

Description: Have you been trying to lose weight for a long time? Tired of diets that create temporary weight loss? Would you like to be your ideal size, weight and shape over the long term of your life?

This workshop teaches positive thinking and self hypnosis to allow you to remove the obstacles and barriers to good health. Natural Weight Loss© combines the power of the conscious and subconscious mind to create increased metabolism, correct eating habits and untie emotional attachment to food. You can enjoy food, get to and maintain your ideal weight and feel renewed confidence without fighting it everyday.

Instructor: Dan Geiger, M.S., a native of Billings, has practiced psychology for the past 35 years and has studied and taught in 40 countries and 5 continents. He is currently an adjunct professor of psychology and counseling at MSU-B and has a private practice, specializing in hypnotherapy.

Fee: \$25.00 (No Pre-Registration Deadline)

7:00 - 8:30pm

1 Session

October 10, Wed.

Let Go of Tobacco ©, A workshop

Description: Tired of smoking or chewing? Have you tried to quit a dozen times? Have you quit and then started again? Would you like to return to ideal health again? Quitting cigarettes and chew tobacco is a process. This workshop teaches positive thinking and self hypnosis to allow you to remove obstacles and barriers and move away from tobacco permanently. Unlike cold turkey methods that are usually temporary, Let Go of Tobacco © will allow you to live tobacco free without fighting it by combining the power of the conscious and subconscious.

Instructor: Dan Geiger, M.S., a native of Billings, has practiced psychology for the past 35 years and has studied and taught in 40 countries and 5 continents. He is currently an adjunct professor of psychology and counseling at MSU-B and has a private practice, specializing in hypnotherapy.

Fee: \$25.00 (No Pre-Registration Deadline)

7:00 - 8:30 pm

1 Session

October 11, Thurs.

Henna For Dress-Up, Costume & Party Enhancements

Description: Dress-up is the best part of the fall and winter celebrations. Beginners and experienced students will learn and practice costume and dress-up enhancement ideas to make your Halloween or party costume pop! Using henna, body paints, bindi and watercolor pencils, we'll experiment with exciting and creative make-up and adornment techniques.

Instructor: Anna Nentwig, B.A. Art, with eight years professional experience in henna design and application.

Fee: \$39.00 which includes a Henna Mini-Kit, hand-outs, material idea lists, materials for in class and bindi to take home.

We recommend early registration by Monday, October 8 at 9:00 pm. This class requires a minimum enrollment to be held.

Bring: This is the time for your costuming ideas and pictures!

6:30 - 8:30 pm

1 Session

Instructors:

Barjon's is always keeping its eye open for those eager to share their knowledge and experience with others. If you are interested in teaching a class or workshop at Barjon's, contact Barbara Shenkel at (406)252-4398 or (800)788-4318 or email events@barjonsbooks.com.

October Classes & Happenings

October 12, Friday

A Woman's Journey Towards Financial Freedom

Description: Today's women are more financially independent than at any other time in history. Statistics show that women often out perform men when they decide to become investors. However, these same statistics show that women often lag behind men in their understanding of investments and participation in the investment world. This seminar will help give you the knowledge and confidence to begin your journey toward taking control of your financial future.

Instructors: Julia Murphy, Financial Consultant with RBC Dain Rauscher, and Theresa Danielle, Certified Financial Planner, Associate AP-Financial Consultant, with RBC Dain Rauscher.

Fee: Free Admission. A light lunch will be served at noon. Hot tea and cookies will be offered to attendees at 6:30 pm.

1 Session

12:00 - 1:00 pm, with a repeat 6:30 - 7:30pm + 1 Repeat Session

October 15, Mon.

The Art of Writing for Children: A Writing Group

Description: As a children's writer—or an adult writer—it can be a solitary journey, and at times difficult to be objective about one's own work. Creating, or being a part of, a writer's group can provide the opportunity for constructive feedback and encouragement when the going gets tough. Each session will discuss writing group guidelines and the best way to communicate feedback, receive feedback and provide encouragement.

Instructor: Carina Camamile is a published poet, a children's writer and avid children's book reader. She has been writing, reading and studying children's literature for over seven years. Her studies have included workshops with Newbery and Caldecott winning children's authors, including Mo Willems, Richard Peck, Paula Danzinger, and many others.

Fee: \$5.00 (No Pre-Registration Deadline)

Bring: Up to six manuscript pages, or your entire picture book manuscript for critique.

1 Session

6:30 - 8:30 pm

October 16, Tues.

The Art of Creative Living

(Start Date)

Description: You are invited for a two evening workshop to explore practical ways of making positive, self-directed changes in all areas of your life. You will learn natural stress relief techniques, how to recognize your own learning style, shift your perspective, free yourself from limiting beliefs, and how to access the energy to be in charge of your own life.

Instructor: Sally Keele, B.S.Ed, and co-creator of Harmony Gardens, is an Educational Resource Service for parents, teachers and childcare providers. She specializes in the development of the full human potential through the creative spirit.

Fee: \$44.00

We recommend early registration by October 12, 9:00pm. This class requires a minimum enrollment to be held.

Bring: notebook and pen.

2 Sessions

7:00 - 9:00 pm

Oct. 16 (Tues.) & Oct. 17 (Wed.)

Oct. 18, Thurs.
(Repeat on Oct. 19, Fri.)

Himalayan Chakra Healing Bowls Sound Healing From Tibet

Description: Experience the Tibetan way of sound healing with Suren Shrestha. In this hands-on workshop we will use the vibrational energy of the bowls to align physically and emotionally so we may live in harmony with the unseen forces of the universe. Suren uses Seven Bowls, forged from the seven sacred metals, which align with the seven chakras of our body. Each bowl is fine tuned to the specific note that affects each individual chakra. Reiki, Massage, and other practitioners of the Healing Arts are especially encouraged to attend.

Instructor: Suren Shrestha was born in Nepal, 45 miles SE of Mt. Everest. He grew up in a village where people were healed by herbalists, shamans' drums, gongs and mantras by monks, and mantras and herbs by medicine men. At age 15, he came to the United States; he received a B.S. in Civil Engineering. In 1999, he began his own business, Serenity Tibet, in Boulder, Colorado, where he lives with his wife and daughter. Suren has given workshops and assisted clients with healing bowl work in the Rocky Mountain region and beyond. Individualized healing sessions are available by appointment. Call 406-252-4398 for available times.

Fee: \$59.00, *Space is limited.* Early registration is recommended.

Bring: You will be lying on the floor to receive the healing treatment practice. Bring a mat or blanket and wear pants. If you have a Tibetan bowl 7" diameter or larger, you may wish to bring it. Bowls will also be available to buy at the workshop.

1 Session

+ 1 Repeat Session

Oct. 18 (Thurs.) & Oct. 19 (Fri.)

6:00 - 9:00 pm

October 20, Sat.
(Start Date)

Dances For Universal Peace

Description: The Dances of Universal Peace are inspired by the wisdom and sacred phrases of the many spiritual traditions of humankind. The Dances use simple music, lyrics, and movements to touch the spiritual essence within ourselves and others. "Peace Through the Arts," was the vision of founder Samuel Lewis. This celebration and meditation in sound and movement is practiced in Dances around the world. Young and old alike are invited; no experience is required.

Instructor: Constance Heidenreich is a certified Dance leader. She has been teaching and leading Dances in Montana for twelve years. She loves it!

Date(s): October 20, 27 and November 3, 10, 17 - All Saturdays
(5 Sessions) You may attend any or all sessions.

Fee: Free Admission, Both kids and adults are welcome!
(No Pre-Registration Required)

5 Sessions

You may attend any or all sessions.

2:00 - 3:00 pm

October 22, Monday

The Art of Writing for Children: Book Critique Group

Description: Polish your writing abilities by discovering what works and why in children's literature. One of the most significant ways in which to improve writing ability is to read, read, read. We will explore picture books, middle grade and young adult novels through a lively discussion of what makes a story great, focusing on elements such as character, voice, plot, setting, and dialog. In a group setting, we will analyze and critique pre-selected award-winning children's books. Come prepared to learn from masters in the art of writing for children.

Instructor: Carina Camamile is a published poet, a children's writer and avid children's book reader. (See class description to the right for more details.)

Fee: \$5.00 (No Pre-Registration Deadline)

1 Session

6:30 - 8:30 pm

For the most current listing of
upcoming classes & events please visit...
www.barjonsbooks.com

October Classes & Happenings

October 24, Wed.

Spirit Gifts Practice Group

Description: This fun, hands-on class is for all those who want to learn about or develop their innate psychic and intuitive gifts in order to bring deeper understanding and joy into their life experience. You will practice techniques for clearing and grounding your own energy, as well as intuitive modalities such as automatic writing, tarot & angel cards, energy reading, and dream interpretation.

All you need to bring is something to write with and a positive intent. No prior knowledge is required, just a willingness to connect with spiritual guidance of the highest love and light and share your own unique perspective and experiences with others.

Instructor: Elizabeth Almann, M.Ed

Fee: \$16.00

We recommend early registration by Monday, October 22 at 9:00pm. This class requires a minimum enrollment to be held.

Bring: Something to write on.

Recommended Reading: *The Psychic Pathway Workbook*, by Sonia Choquette \$18.95, *Divine Guidance*, by Doreen Virtue \$14.94, and *Opening to Channel*, by Sonya Roman \$12.95 (10% discount with class registration.)

6:30 - 8:30 pm

1 Session

October 25, Thurs.

Full Moon Drumming Circle

Description: Officially, 10:52 pm MST. More folks are finding out about this on-going drumming event. Bring a drum, or some other percussion instrument. Be inventive, free your mind...Even a string bass, wow! Drumming Circle = Community Fun. Do you have an extra drum to share for the evening? ALSO, watch for **Marta Quest's six-hour Drum Making Workshop, at Barjon's, November, Saturday 24th.**

Instructor: This is a shared leadership event. Everyone needs to gain strength and confidence, right? It happens only through practice. By just doing it we get better and have more fun. So we pass the lead around and learn from each other.

Fee: Free Admission (No Pre-Registration Required)

7:00 - 8:30 pm

1 Session

October 26, Fri.

Haunted Montana: Ghosts of the Treasure State

Description: Come for a talk and book signing full of Halloween inspiration! The Treasure State has a treasure trove of ghost stories. Author Karen Stevens will tell tales of phantoms that haunt many of Montana's historic sites and buildings, places you can actually visit and experience for yourself. If you have experiences to share, Karen will be eager to hear them. She is always hunting for more ghost stories!

Author: Karen Stevens, ghost-hunter, writer, and intrepid reference librarian at Parmley Billings Library, will give a noon hour talk on the many recorded sightings and hauntings in the Billings area. Karen has visited these sites and interviewed witnesses, in order to verify as much as possible. She will be signing her just released book, **Haunted Montana: A Ghost Hunter's Guide** (\$12.95). If you are unable to attend, reserve your specially signed copies by calling Barjon's books at 1-800-788-4318. We can mail your purchase. No charge for gift wrapping.

Date(s): October 26, Friday (1 Session)

Fee: Free Admission

Bring: Bring your lunch, hot tea will be available.

12 Noon - 1:00 pm

1 Session

Oct. 26, Friday

4th Friday Book Group

Book for Discussion: *Poems Across the Big Sky: An Anthology of Montana Poets*, edited by Lowell Jaeger.

Description: Each month Barjon's hosts a lively discussion of a book that has received a lot of attention from our staff and customers. Sharing thoughts and insights with other readers is always stimulating. You need not have read the book to attend, but obviously it helps. There is a 10% discount during the month for the book.

Moderator: Ruhyyih, staff member.

Fee: Free Admission (No Pre-Registration Required)

7:00 - 8:00 pm

1 Session

October 29, Mon.

The Art of Writing for Children: A Writing Group

Description: As a children's writer—or an adult writer—it can be a solitary journey, and at times difficult to be objective about one's own work. Creating, or being a part of, a writer's group can provide the opportunity for constructive feedback and encouragement when the going gets tough. Each session will discuss writing group guidelines and the best way to communicate feedback, receive feedback and provide encouragement.

Instructor: Carina Camamile is a published poet, a children's writer and avid children's book reader. She has been writing, reading and studying children's literature for over seven years. Her studies have included workshops with Newbery and Caldecott winning children's authors, including Mo Willems, Richard Peck, Paula Danzinger, and many others.

Fee: \$5.00 (No Pre-Registration Deadline)

Bring: Up to six manuscript pages, or your entire picture book manuscript for critique.

6:30 - 8:30 pm

1 Session

WEDNESDAY, OCTOBER 31...

Halloween & Samhain Celebration!

- TAROT READINGS & DREAM INTERPRETATIONS DURING THE DAY
- WE WILL BE A "TREAT" STOP FOR DOWNTOWN TRICK-OR-TREATERS

- IN THE EVENING JOIN US FOR A very special event TO CELEBRATE Samhain AND HONOR THE ANCESTORS.

Starts at 7:00 pm. Presented by the Mountain Moon Circle