



SUNRISE OVER THE HUDSON - PORT EWEN, NY 10/14/06

JANET STRAIGHTARROW OASIS FOR THE SOUL
NEWSLETTER Oct 15th 2006

Fall Medicine Wheel Teachings

Finding the Artist of Life in you

Your Life is an Adventure Story of your Own Creation

Be The Medicine Classes This Week!

Healing Sessions

Healers Business Class

Reiki Certificate Class

Fall in love with life and yourself this season.

AMAZING NATURE AWAKENS ALL OF US

Call for sessions and classes.

Listen to new radio show Straight Talk on the web each Tuesday afternoon and archived. Begins 10/24 at 4PM Eastern time www.contacttalkradio.com

Blessings to All!

Laughter, Joy and Love, JSA

FALL MEDICINE WHEEL TEACHINGS

Fall the time for reflection.

Water is the element reminding us to flow and swim in the inner container of ourselves.
The sun sets in the western section of the wheel taking us into the dreamtime.

Spring offered us new visions and the green of possibility.

Summer warmed us with the golden sun, running with ideas and creation of new opportunities.

Fall is the time to harvest the lessons and refine our visions for our lives.

Allow yourself the opportunity to deepen your commitment to yourself.

Slow down. What is important? What do you really want?

What can you do now? What do you need to do more work on? Do it!

FINDING THE ARTIST of LIFE IN YOU

Take a Vacation From Your Television.

Tell your own Visions by;

Going outside at night and looking at the stars.

Sit around an outdoor fireplace and tell stories.

Taking walks in nature, looking and listening.

Write stories, poems and journal.

Read books on possible new visions and interests.

Do one extra thing a day, just for you.

Plan how your life can be easier, freer and more enjoyable.

Smile more and introduce yourself to one new person each day.

Drive to work or anywhere by a new route.

Stand and sit straighter.

Enjoy a sunrise, sunset, moonrise or sit by a body of water.

Breathe more consciously in and out through your nose.

Laugh more

Cry more

Laugh again

Try something totally new.

When you move away from being in front of television and the computer you find wonderful ways to explore yourself and new worlds.

You are the creator of your own life. Enjoy!

YOUR LIFE IS AN ADVENTURE A STORY OF YOUR OWN CREATION
Discover ways to make your life and health the way you choose.

“Enjoy Life This Is Not a Dress Rehearsal”

\$15 off all individual sessions and full day classes prepaid and received at least one week in advance.

Be the Medicine is what I call the complete healing and teaching work that I do. Since my training has been very comprehensive in Mind, Body, Spirit medicine from around the world, sessions and classes are always unique to the individual need of the client and students to achieve their healing goals.

- Private Sessions allow you deep healing and to receive what you need when you are ready for transformation and healing.
- Classes beginning this month will offer the basics and depth of the work for all to immediately profit from.
- There are many important teachings and tools for you to use to free you and empower you to be all of who you can be without pain, fear, depression or disease.
- This is a spiritual path honoring all traditions.
- Students and clients find years worth of healing and awakening in a few sessions or classes
- Your life purpose and gifts evolve as you learn to bring all of your innate wisdom, knowledge and healing into your life.

I have healed lifetimes of energy and patterns in myself so I could truly be the medicine. You can be the medicine also. I have witnessed people from all walks of life healing themselves and saying-it works!

**Please feel free to call me anytime with questions on your own healing or learning.
845-679-7175 Janetoasis@aol.com, www.oasisforthesoul.com**



- **I am preparing a weekly free radio program Straight Talk on www.contacttalkradio.com beginning October 24 at 4PM EST**
- **Please call or write with questions or ideas that you would like to hear about on the show**

- **All of the circles, classes and sessions are focused on your deepest development and connection to your wisest clearest self, each one offers healing and new teachings.**
- **Life is a gift, we work together with love, compassion, joy and profound truth**
- **I am also developing a healer's community to network and share our work with each other offering support and teaching.**

- In September I began working with one of the co-founders of Omega Institute to format and develop the Be the Medicine work into a professional program.

NEW CLASSES FOR HEALERS AND EVERYONE

- **Join us at the introduction of Be the Medicine in Rhinebeck and Woodstock with a full day in Woodstock this week! See details below.**
- Our Spirit Lake class is from the Siberian tradition. This work goes straight to your deepest self and soul in profound real ways and is one the most important tools to develop and use in all areas of your life.
- Reiki is from our Oasis tradition and is a certificate Reiki 1 Usui class approved by ABMP for continuing education credits for massage therapists and Bodyworkers. Several other lineages and initiations are added.

- Healers Successful Business as a Spiritual Practice is to help healers get their work out there in powerful productive ways.
- The deeper Siberian work and Shamanic training will open your eyes and hearts to the amazing magic we all can live everyday healing ourselves, each other and the earth.

- Advanced Siberian work will take you deeper into healing than you can imagine.
- Individual work is progressive and meets your personal needs and issues immediately
- Books CD's and workbooks are in production to reach out to everyone.
- We can be Healthy Happy and Free!
- **All sessions and classes are experiential and co-creative**
- **Call today to see how this program can help you now**
- **I am available to travel speak or offer a class with your group**

I would love to speak with you or anyone I might be of assistance to 845-679-7175

LEARN HOW TO BE YOUR OWN BEST HEALTH INSURANCE

You are the healing force in your life.
It all begins with awareness and action.

From the book, "Path of the Human Being", by Zen Master Denis Genpo Menzel
We have to look to ourselves...
"I am the problem. The good news is that if we are the problem, we are also the cure."

Begin Now!

BE THE MEDICINE

Healing is possible;

- When you focus on solutions
- Know how to uncover hidden problems
- Learn new tools and practices that empower your healing
- Make necessary changes
- Continue to take action.
- Remember - Things are only impossible to those who have not discovered how to achieve positive results.

COME TO THESE WORKSHOPS BELOW or Call Janet today for a session

845-679-7175 or Email her at Janetoasis@aol.com

\$15 off ALL Individual Sessions and Day Classes

Prepaid and received at least ONE WEEK IN ADVANCE

BE THE MEDICINE Begin at the beginning

OCTOBER 17, Tuesday- in Rhinebeck 7-9PM

www.thesoulsanctuary.com

6052A Rt. 9 845-871-1794 to reserve \$20 for early reservations or \$25

OCTOBER 20, Friday – in Woodstock 7-9PM www.mirabai.com

23 Mill Hill Road 845-679-7175 to reserve \$15 early or \$20

OCTOBER 21, Saturday – Full Day class 11AM to 6PM

www.oasisforthesoul.com

25 Mill Hill Rd., Woodstock, NY, Over Mirabai 845-679-7175 to reserve \$150

Join writer, teacher, healer Janet StraightArrow on Tuesday night in Rhinebeck or Friday night in Woodstock for an intriguing introduction to her work about Healing Solutions. Saturday is an all day class giving you an opportunity to begin on a powerful path of renewal and positive tools that will redirect your life back into its natural alignment.

- Would you like to know how you can heal yourself and have a healthy, happy life - Simply, Clearly and Easily?
- Are you ready to eliminate pain, illness, depression, stress and get into the natural flow of your original blueprint?
- Are you ready to begin taking control of your own body?
- Are you ready to create a better life for yourself?

In this work Janet will share how we veer off our own track of perfect health and happiness and how we can use her Straight Arrow methods to reclaim our lives again.

We were meant to be happy, healthy and free
We can remember how

*Janet StraightArrow has studied healing solutions for thirty nine years.
She has taught and practiced many successful methods of healing for twenty four years.*

Learn how to navigate your own challenges and live the solutions today!

Please feel free to call Janet for more information about her classes and healing sessions
845-679-7175 www.OasisForTheSoul.com



INDIVIDUAL SESSIONS WITH JANET STRAIGHTARROW

Energy Healer, Medical Intuitive, Shaman

Holistic Phone Counseling, Healing & Training
\$100 – 60 minutes, \$350 for 4 sessions prepaid.

In Person Counseling, Healing & Training
\$120 - 60 minutes, \$400 for 4 sessions prepaid.

Bodywork with In Person Session
\$145-60 minutes

Intense Healing Sessions for Specific Concerns and Dis-eases
\$175 for 60 minutes, \$250 for 120 minutes - in person session
\$150 for 60 minutes, \$200 for 120 minutes – phone session

Healing Ceremonies
Individual Arrangements for Individuals and Families

Healing Retreats and Individual Work on Site
Individual Arrangements for Healing Work & Ceremonies
Private Carriage House Studio Apartment with Full Bath & Kitchen
On Sacred Land in Woodstock, NY \$100 a night

Barter or other arrangements made when appropriate.

- Free initial consult allow us to discover how we can work together.

Description:

- Release pain, fear, and anxiety
- Reverse dis-ease, depression and deterioration
- Bring body back into healing alignment.
- Clear and heal traumas past and present.
- Intense energy transmissions to create deeper healing and retrieve lost energy.
- Medical Intuitive reading on physical, mental, emotional and soul levels.
- Integrate, balance and reclaim your energy throughout body and all systems
- Energy Healing & Bodywork in person or on phone.
- Learn what you can do to improve health, happiness, career, relationships.
- Clear energy pathways to move you into action.
- Create new patterns and direction to facilitate changes in your health and life.
- Professional training for healing and teaching

Benefits:

- Relaxation, peace, clarity, hope and joy.
- Learn to take your healing and awareness to the next place.
- Longer sessions are for deeper energy clearing and healing of trauma,
- Exorcisms and Soul Retrievals
- Free yourself from your past – begin living in the now.
- Transformative energy healing and personal movement, release pain, disease, depression, get unstuck and begin forward movement in every area of your life.

Procedures:

- Speak to Janet to discuss & prepare for session. -the healing begins
- After all sessions - drink water, relax, reflect and integrate
- Homework and tools will be given continue the healing
- Ten minute phone session follow up within a week included for single sessions

Healing sessions are an important part of apprenticeship with Janet StraightArrow.



DEVELOP YOUR SUCCESSFUL HEALING BUSINESS AS A SPIRITUAL PRACTICE!

You have much to offer!

The world is ready to acknowledge your value!

Are you ready to gain the tools to make this happen?

SUNDAY, NOVEMBER 5: 11am TO 6pm \$150

FULL DAY CLASS above Mirabai 25 Mill Hill Road Woodstock, New York

Register with Janet StraightArrow 845-679-7175 or www.OasisForTheSoul.com

You can make money doing what you love and giving from your heart.

- Learn to work smart, clear and develop all aspects of your work from creation to marketing to delivery to serving your clients and your selves in the best way possible.
- Learn the many small details that make a big difference.
- We will address common fears and beliefs that prevent us from prospering and learn ways to clear them, allowing you to chart new territories in your work and life.
- You have gifts to share with the world if you do not get them out and support yourself well you do not have the energy to go further and continue to serve others.

What you will learn:

How to live and work consciously focused on service and success.

Find your best way to provide the service you want and also provide for yourself.

Learn to how to manifest your greatest gifts and offer them to others.

Bring in the correct cliental and serve them your best work and also be organized and paid so you can continue and grow with your work and spiritual life.

Learn “real world” business and marketing experience, personal psychological and spiritual strategies easily translate into any business.

Tools and systems easily that will help you manifest your prosperity.

Learn Universal and Natural Principals, honesty and integrity, strong determination, the ability to look at and work with the myriad dimensions of developing your gifts and business.

Please pass this on to someone who may be interested!

COME READY TO LEARN AND BUILD A SUCCESSFUL NEW LIFE WITH JOY!

\$50 Deposit, \$100 Balance Day of Class,

Includes ½ hr. Follow Up Private Consultation with Janet (a \$75 value)

Janet StraightArrow P O Box 1476 Woodstock, NY 12498



USUI REIKI I CERTIFICATE HEALERS TRAINING

EVERYONE CAN LEARN THIS ANCIENT HEALING ART

SATURDAY November 11, 10AM to 6PM

Location - 18 Orchard Lane, Woodstock, NY. \$150

\$50 deposit to Janet StraightArrow

P O Box 1476, Woodstock, NY 12498

Enjoy learning Ancient energetic healing art.

- Reiki empowers your own natural healing abilities.
- Reiki is used to speed up healing, relieve pain, aid sleep, relieve stress,
- Improve circulation, aid digestion, increase energy and stamina,
- Balance the body, clear negativity, and heighten psychic abilities,
- Aids connection to your higher power and much more!
- Healing can occur on all levels- physical, emotional, mental and spiritual.

You will learn how to help heal yourself and others in your life.

You are also trained to work with clients, if you choose to work professionally.

This bodywork modality is a perfect professional enhancement for massage therapists, medical and veterinary practitioners, ministers, psychologists and all who reach out to help people and animals heal.

In every class there are traditional Usui basics taught. Janet teaches a complete system giving you hands on practice and comprehensive teachings that will prepare you to use this healing method in your everyday life. The teaching focus of this class is geared towards the particular needs of the students.

Please come ready to learn and enjoy!

Each class includes attunements, a meditation, and lecture, with most of the teaching done while we are practicing the hands on work.

Reiki is a hands on method of bodywork. Hands are placed on the body or just above the body according to your comfort. Each student has an opportunity to receive healing And give it as we practice with each other in every class. You leave feeling relaxed, refreshed and energized.

This class is approved by the American Bodyworkers and Massage Professionals Students are able to join this professional association and receive insurance coverage. Janet taught Reiki for 10 years and offered a comprehensive Reiki Master Healer Teacher Program in New Jersey.

Recommended Book: Essential Reiki by Diane Stein
Tibetan, Karuna and Sai Baba Symbols also initiated in our lineage.

Janet StraightArrow Reiki Master

Good preliminary teaching for BE THE MEDICINE TRAINING. Usui Reiki Certificates Offered