

Arolo Tifar

Arolo Tifar is an energetic healing method that is focused on five fields of the body: physical, energetic, emotional, mental and spiritual. It consists of both analysis and treatment. Analysis is performed by utilizing a series of mudras that represent the five fields. The mudras placed at the patient's 6th chakra send a question regarding the condition of each field deep into the core of the body, where all is known. The purpose of the analysis is to determine the field in which the root cause of an illness is located and in which fields the symptoms are located. The energetic treatment is applied to the field where the root cause is located.

Arolo Tifar offers detailed information regarding the cause of an illness or personal crisis, releases deeply ingrained and/or inherited mental, emotional and behavioral patterns, utilizes one of the most elevated energetic vibrations available and balances mind, body and spirit.

Offered in Tucson by Pamela Field; contact at 520-990-6370 or arolotifar.com.

Soul Coaching with Diane Krebs Carhuff

We have all heard the saying, "Home is where the heart is!" We know that our homes are our sanctuaries, where we retreat, recharge and rejuvenate. Similarly, our hearts and bodies are homes and sanctuaries for our souls. Soul Coaching is a process that clears away both the external and internal clutter, allowing you to find your spiritual source and true self. This process brings joy and peace into your life.

Welcome to CREATE Sanctuary with Diane Krebs Carhuff. Diane is a certified Soul Coach, trained directly under the



Diane Krebs Carhuff



founder of the Soul Coaching International Training Institute. Working with Diane as your Soul Coach brings you the powerful experience of discovering your authentic self. Diane works with you individually or with a group using the 28-day

Soul Coaching program. She also hosts fun group "play dates" that take your mind away from the worries of every day life. Diane is available for presentations, workshops, and retreats.

Diane is also an architect who has added her Soul Coaching expertise to her work, discovering that our homes and bodies are connected through our soul. Contact at DianeCarhuff@msn.com, 520-603-5880 or create-sanctuary.com.

GEM SHOW SPECIAL

Bracelet w/ this quote

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*Center for
Spiritual Living™
Tucson*

... partnering with possibilities
... embracing consciousness
... compassion & connection
... offering spiritual tools
that improve lives




Rev. Donald Graves

Check out our calendar on the website for upcoming Special Holiday events.

www.TucsonCSL.org

Meditation starts 10:00 am
Celebration Service 10:30 am
The KIVA of the Junior League of Tucson
2099 E. River Road, Tucson, AZ 85712

520.319.1042



**Pay attention to your body.
The point is
everybody is different.
You have to figure out what
works for you.**

~ Andrew Weil