

Hello Spirit Quest Friends!

This Week August 26 - Access Bars with Selena Hodges!

Selena Hodges will be with us again this week to share information on Access Bars.

**About the Access Bars: The bars consist of 32 points on the head which hold the electrical energetic charge of the thoughts, ideas, beliefs, decisions, and emotions that you have stored all of your life.*

It's EASY to learn and it acts as a "Reset" button for your brain.

*Email or call Selena Hodges 713-838-5466
selena@wisdomfromtheheart.net*

Next Week September 2 - Open Discussion Circle!

Last Week August 19 - Drumming Therapy Led by Dr. Vicki Burford and Jean Posusta.

What an amazing experience. We loved it! Thanks Vicki and Jean!

Spirit Quest's Home -- Unity Church!

On the corner of 14th and Lynn (near 15th & [Central](#))

*****We would be grateful if our Spirit Quests Friends could help us pay for Unity's space by donating \$1 to help cover our \$25 per week cost.
(We want everyone to feel welcome and able to come, so this donation is still optional)

Thursday Nights from 6:30-8:00

Unity Church Google Map Link:

http://maps.google.com/maps?client=firefox-a&channel=s&hl=en&source=hp&ie=UTF8&q=unity+church+billings+mt&fb=1&split=1&gl=us&cid=0,0,3111432335651210317&ei=8-SbStKJMjngsAPKr_jzBq&ll=45.770711,-108.551252&spn=0.009055,0.01987&z=16&iwloc=A

Our Strengthlies in keeping an open mind and heart.
Our Honorlies in maintaining pure discussions

without judgment or prejudice.
Our Character lies in the kindness we demonstrate to others.
Our Happiness lies in finding our own pathway to joy.
We are both Student and Teacher on our spiritual quest...

Quote of the Week

"Life is either a daring adventure or nothing."
Helen Keller

Questions? Please email Rene' at rene_siler@yahoo.com, or call 855-1786

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