



INTUITIVE INSIGHTS SCHOOL OF INTUITION



MAY - JUNE - JULY 2024

What Does Your Aura Reveal about You?



THE AURA, AN ENERGY FIELD extending about two feet around the body, has been referred to as “the window to one’s soul.” All living things, including animals and plants, have an aura made of energy. This energy radiates from the cells and the chakras—which are referred to as “energy centers.” This energy produces color vibration. Sometimes you can actually see a glowing color around a person’s body. At a metaphysical church where I once worked, I often saw a golden light around the body of a teacher after she completed a meditation. The coloring, shape, and size of the aura can tell many things about a person’s personality, disposition, and thoughts. If there are multiple bright colors in the aura, then it shows that the individual has many interests. If there are only two colors in the aura, then often the person is focused on only two aspects in his life. If you are constantly thinking about the future, your aura will extend out in front of you, and become thinner behind you. If you are often thinking about the past, for example—recalling your high school or reflecting on your college days—your aura will extend behind you. There is a tendency for certain cultures to hold their aura in a particular position. Here in the United States, our auras tend to be mostly extended in front of us, showing that our focus is on the future and what’s going to happen next. In certain parts of Southern Europe, the aura of the older generation tends to extend behind them, as they remember a better time in the past. The aura reflects your spiritual health, so if you are stressed, angry, or influenced by other’s thoughts, this condition will be reflected in the aura as dark colors or bright white. If you are frequently tired, you might be extending your aura out to encompass the whole room. You then pick up energy from others, which lowers your stamina. If you become ill, your aura shrinks in size to assist in the healing process. Shrink-

ing the aura helps to ensure that you don’t pick up stray energies. Energy isn’t good or bad. It’s either yours or not yours. It is as if each person has his or her own brand of fuel or energy. If you put your energy and thoughts into others, it might make them feel good for a while, but eventually they will not feel good because they are not being themselves. Energy works best if you have your own energy in your own aura. Having your own energy in your aura is reflected by vivid or pastel colors. The positioning and size of the aura are not fixed and can change. An aura healing from a clairvoyant reader can release dark colors, holes and tears from the aura, allowing you, the spirit, to heal yourself. Once the spirit heals itself, the body starts to heal itself, hence the saying, “Heal the spirit and the spirit heals the body.” You can also learn to heal your own aura. One way of doing this is by learning to read the aura of someone else. When you learn to read someone else’s aura, you start to process your own similar experiences. You might become aware of shared experiences. This is called a “Matching Picture.” If you fell off a horse when you were 12 years old and the person you are reading also fell off a horse when she was young, then you have found a matching picture. If you feel you have a matching picture with this person, then you can use the psychic tools of grounding or exploding a rose, as practiced in the clairvoyant program, to release the matching picture or thought. You free up your energy from this thought and you feel better at the end of the aura reading. Learn these tools in the Practical Intuition 4-week class or by taking the Six-Month Intuitive Clairvoyant Training Program Wednesdays, April 2024 from 6:00-8:00 and is taught by Corey Davidson. -*Vessa Rinehart-Phillips, Director*

Intuitive Insights
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www.MyIntuition.Net

Clinics & Ongoing at a Glance

Mon. May 20-**Women’s Healing Clinic** 7:00pm Corey
 Mon. May 20-**Pet Healing Clinic-6-7 on Zoom** Yvonne
 Sunday, May 26 - **Crystal Bowl Concert** – 3:00-4:00pm - in person
 Monday, May 27- **Trance Medium Healing Clinic** 6:00pm phone
 Mon. June 3 - **Quantum Jumping** - Yvonne 6:00-7:30 Zoom
 Mon. June 10-**Psychic Self Defense** -Yvonne 6:00-7:30 Zoom
 Thurs. June 13-27- **Practical Intuit I** - Karla 6:00-7:30 Zoom (3-wks)
 Monday, June 17-**Women’s Healing Clinic** 7:00pm Corey
 Mon. June 17-**Pet Healing Clinic-6-7 on Zoom** Yvonne
 Monday, June 24- **Trance Medium Healing Clinic** 6:00pm phone
 Mon., July 1-**Past Lives** - Dawn 6:00-7:30pm Zoom
 Mon., July 8-**Meet Your Guardian Angels** - Dawn 6:00-7:30pm Zoom
 Thurs. July 11-25-**Practical Intuit II** -Karla 6:00-7:30 Zoom (3-wks)
 Monday, July 15-**Women’s Healing Clinic** 7:00pm Corey
 Mon. July 15-**Pet Healing Clinic-6-7 on Zoom** Yvonne
 Monday, July 22- **Trance Medium Healing Clinic** 6:00pm phone
 Mon., July 29- **Pets Across the Rainbow** -Dawn 6:00-7:30pm Zm
NEXT CLAIR I CLASS:
 Tuesday, Sept. 24 – **FREE Open House Demo for the Clairvoyant Program** Corey-6-7pm Zoom
 Tues. Oct. 1 - New **Clairvoyant Program I** Corey-6-7pm Zoom
 Wednesday, Oct. 2 – **New Clairvoyant Program Part II** begins 6-7:30 Zoom/Phone
 Wednesday, Oct. 2 – **New Spiritual Teachers & Leaders Apprentice Program** begins 7:45-8:45pm Zoom/Phone
 Go to www.MyIntuition.Net for more information, and the new zoom password is energy!



Clairvoyant Training Program—Tuesdays, Oct. 1, 2024



Intuitive Insights' philosophy is that everyone has intuition and psychic abilities. Mankind is now in a spiritual renaissance. People are opening up to their psychic and spiritual abilities with increasing acceptance and support more than ever before.

In this six-month program, you will learn to tap into your own special gifts, which will change your life and alter your perspective in a positive way. You will get more of your energy back and be able to hear your inner voice better than one could ever imagine.

The Clairvoyant Program

helps you heal from past issues or experiences and better equips you to deal with day-to-day events. Using the tools of this program will enable you to find more harmony and ease in creating your goals and life aspirations.

This Six-Month Program includes:

- 24 Lectures
- Additional Practice Clinics for you to receive & give readings and healings.

Class dates/times: Tuesdays, Oct.1-March 2025

Open House & Demonstration – Tues. Sept.24 2023 at 6-7pm. **Bring Your Questions!**

Examples of 24 Lectures:

- * **Reading the aura-- present, past & future**
- * **Reading past lives & how they affect you**
- * **Speaking to beings & spirit guides and how to have them help you**
- * **Answer any question asked of you using the answers within**
- * **Talking to dead people**
- * **How to de-energize life experiences that keep you stuck**
- * **Exploring the chakras**
- * **Out of body healing**
- * **Cords & communication**
- * **Repairing holes in the**

aura

- * **Access the Akashic records**
- * **How to give a Long-Distance Healing**
- * **Deprogramming yourself**
- * **Forgiveness & Karma**
- * **The Astral Body**
- * **House Healing**
- * **Reading Tarot Cards**
- * **Protection Tools**
- * **Learn ways to keep your energy and not give your energy away and more...**

This program is open to join for 3 weeks.

Taught in-person or over-the-telephone.

FREQUENTLY ASKED QUESTIONS ABOUT THE CLAIRVOYANT PROGRAM

Where do I start? Is there a prerequisite? The 4-week Practical Intuition I Class is recommended but not required. Many people jump right into the Clairvoyant I Program.

How much does the training cost? The program is \$1680- which can be paid monthly over the 6 months. You may also pay \$500 per month for first three months giving you a \$180 discount, Or \$1350 in full on first night—with the last month free(\$280 discount.)

How long and how many hours a week are required and what exactly will I be doing? It's a 6-month program with a weekly schedule: One lecture per week plus a monthly Lab: Clinic Participation. You are encouraged to attend the reading practice as often as you are able. If you take a vacation, you can listen to the recording of the lecture. We can email it to you.

What will I learn? You'll learn "to read." The focus of the curriculum is teaching how to read and work with spirit. You will be able to use the tools you learn in this program out in the "unreal" world.

When do I begin reading? Your participation in the reading practice begins immediately, usually as a "scribe" (the person who sits alongside another reader) and observes. Within the first few weeks you will be reading.

Are my friends going to think I'm crazy? Probably; until they have an issue and then they'll call and ask you to look at something for them—after which you won't be so crazy.

What if I can't see anything? Fine, this isn't uncommon & doesn't last very long. No one has ever flunked this program.

What if I am afraid that I will see and know too much by taking this program? You will learn to manage your psychic abilities--rather than having your abilities run you around. Greater awareness brings a more satisfying, fulfilling life.

What graduates of the Clairvoyant Program are saying:

"In my life I was looking for a deeper spiritual awareness of mankind. This powerful program helped me answer these questions and manifest more in my life." - D. Greenberg

"By taking this program, I realize that I can become a professional psychic or just give a reading to my sister at Thanksgiving." - S.B. Anderhart

"This program changed my life, more certainty, awareness and to finally begin to understand how life & the universe truly works and create the life I want." -M. Upshaw

Sign up for Phone Classes on www.MyIntuition.Net OR Call 858-509-7582. Sign up 2 days in advance.

On-Going Healing/Reading Clinics & Appointments

Go to website for more information www.MyIntuition.Net

PAST LIVES -

Dawn Trygstad on 
Monday, July 1st at 6:00 – 7:30pm

* Is it Deja Vu or have you done this before?

- Have you met these people before?

* Determine if your current life is being influenced by your past lives

- Discover your creative abilities.

- Putting your hidden talents to work in current time.

\$40

On Zoom.

Dawn has over 30 years teaching experience.

Psychic Self Defense with Yvonne K.

On Monday, June 10 at 6:00pm-7:30pm

Have you ever felt tired or drained after being in someone's company? Or have you felt heavy and nauseous after listening to somebody's problems? Has your body become ill after an angry person projected their anger and negativity towards you? These are all signs of energy contamination. You can eliminate and prevent this by practicing psychic self-defense. Learn to: Protect yourself from invasive salespeople trying to make you overbuy. Keep your head clear. Keep entities out of your head. Keep out people on drugs or alcohol from your field. Make sure you are not manipulated by others' energies. Become neutral to others' competition.

Contribution: \$40

Location: on Zoom.

Pets Across the Rainbow Bridge (check in w/pet who

died)- 6:00-7:30pm on Zoom

Monday, July 29th with Dawn Trygstad (check in with a pet who died) - What are your pets doing now? Have they tried to contact you? Dawn has over 30 years teaching experience.

Cost: \$40.

Thurs May 2, 2024 06:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/88688793751?pwd=a2xlNnJxNENrWXR6Qm5RNHJSSDFkdz09>

Meeting ID: 886 8879 3751

Passcode: energy

Or join by phone: 1 669 900 9128

Passcode Phone: 856564

Trance Medium Clinic by Telephone - 6:00pm

*Can't make it into a clinic in person?
Then sign up and call in*

run by Vessa Phillips & Steve -Fourth Monday 6:15pm by appt. 4th Mondays: May 27, June 24, July 22, Aug. 26, Sept. 23, Oct. 28

The TM healers heal from a vibration of white. Often the TM healers give healings from outside their bodies and will not speak while directing these silent, yet unique, and powerful healings. The readers in this program have been reading for a number of years. They live across the country and bring their gifts to seekers. Call the Dial-in number. When you are on the call with the healers, you will be asked your name, as well as your healing request. The healing will last 10 minutes. It will begin with a silent healing, thereafter, the healers will give 2 minutes of communication about the healing. Email Vessa or mokitup@san.rr.com or call 858-509-7582 to set up your appt.

A contribution for a TM healing is \$20 for 10 minutes for first timers, or \$20 for repeaters.

Women's Healing Clinic

Mondays, 7:00 - 8:00 pm -
Every Third Monday Night!
Corey - 5/20, 6/17, 7/15...

No appointment necessary.

Ladies, come in and get a healing on your female energy and issues.

Receive a psychic reading on any female related topic...

* Self Image

* Female Creativity

* Relationships

* Women in

Careers

* Male/Female Communication

* Clear out stuck energy in the life changes (getting your cycle, puberty, pregnancy, divorce, etc.)

* Clean out your ability to nurture yourself

* Receive a healing on your wellness energy.

Location: on Zoom or by phone.

Call 858-509-7582.

Contribution: \$20.00

No appointment necessary!



Pet Healing Clinic

Bring your **pet or photo** of your pet to the Pet Healing Clinic at 6:00 pm.

Dr. Yvonne K. will energetically "look" at your pet and any issues that you have with your pet, and give your pet a healing.

With some pets, we ask that you come check in, and leave your pet in the car for a few minutes until it's your turn—to keep all animals calm.

Dates are **Every Third Monday Night! On 5/20, 6/17, 7/15...**

\$20 per pet.



Psychic Tools Classes, Women's Intuition, Life Coaching

Psychic Tools or Women's Intuition are a good way to start learning to develop your intuition.

Practical Intuition-Part I (Psychic Tools Class)

4-week Thursdays, June 13-27

We are made of three parts - spirit, mind & body, but most forms of healing deal only with the body. In this course, you will learn techniques to: **Release the energy causing "disease" in the first place.** * Replenish your energy when drained. * Protect yourself. * Find lost items. * Ground others. * Strengthen your own clairvoyant abilities by tapping into your intuition. * Stop giving your own life force energy away unconsciously. * Use psychic tools which allow you to "read" people. * Create prosperity for yourself & others.

Contribution: \$160 or \$150
2 days prior.

Location: on zoom
RSVP 858-509-7582



Women's Intuition I

4-week class 11:00-12:30pm
Sundays, TBA

Yvonne K. in-person

In this 4 week course, learn to:

- * Distinguish the difference between Male & Female Energies.
- * Strengthen your own Natural Female Intuition & Healing Ability.
- * See how Competition affects you and what to do about it.
- * Attract Others to You Using Your Female Energy-the most powerful energy on the planet!
- * Make separation from your Mother's energy so both of you have your own energies.
- * Work with a Female Healing Spirit Guide to heal yourself.



Contribution: \$160. Can be paid on
\$150 4455 Morena Blvd. Suite 108 SD

Psychic Tools /Practical Intuition- Part II

Thursdays, July 11-25, 2024 at 6:00-7:30pm

Prerequisite: Practical Intuition I
Learn how to heal yourself and give more effective healings to others **without giving your energy away!**

In this course, you will learn techniques to:

- * Direct advanced healings with a healing master guide.
- * Learn to communicate and direct them.
- * Use psychic tools to "read" people.
- * Repair holes and tears in the aura.
- * Create and destroy to make space for the new.
- * Clear your meridians and energy channels.
- * Heal & repair the chakras.
- * Practice the art of non-resistance.



Contribution: \$160.

Only \$150 if paid on the first night.)

Bonus: Students can receive a 1/2 hour reading free from the instructor.

Location: on zoom
858-509-7582.

Women's Intuition II

Sundays, TBA with Yvonne at 6pm

Prerequisite: Women's Intuition I
In this course, you will learn to:

- * **Work with Your Power to Create Emotional Health.**
- * **Strengthen your Natural Female Intuition & Healing Ability.**
- * **Heal and Cleanse the Female Organs with energy.**
- * **Experience Pampering of the Senses.**
- * **Heal Your Sexual Energy Connection within Yourself.**
- * **Have Your Awareness Move from the Second to Sixth Chakra.**

Crystal Bowl Healing Concerts— last Sundays at 3:00pm-4:00pm March 31, Apr 28 May 26, June 30,...

Each person will receive a vibrational healing during the concert. \$40. (Please pay in advance online at www.MyIntuition.Net prior as to not interrupt the concert.)

Meet Your Guardian ANGELS

**With Dawn Trygstad
Monday, July 8th at
6:00 – 7:30pm**

Who are the Angels? How do you contact/communicate and work with them on a daily basis? Which one to call for specific needs? Learn how to make space for them in your daily life. Explore how they support, heal and guide us on our paths. \$40

Quantum Jumping

Monday, June 3 at
6:00pm-7:30pm Dr.

Yvonne - Stretch the limits of your mind and energy in this dynamic workshop. We will practice techniques that will introduce you to your twin self in another reality who has the talents and abilities you would like to emulate. \$40.

Products-Books/CDs

Vessa Rinehart-Phillips' books are available. *The Spiritual Coloring Book for Children* \$20. And also: *Journey of the Awakened Psychic—Joe The Only Lesson—Bill McKenna* Vessa's CDs \$20:

1. The Energy of Completing Relationships
2. The 7 Secrets of Attraction-
3. Winning Your Court Case with Spiritual Tools
4. Removing the Veil: Talking to Other Side
5. Abundance & Prosperity-Vessa
6. Spiritual Tools to End Depression-Vessa
6. Famous Poetry
7. Spiritual Tools for a Successful Operation or Surgery

Graduate Programs

(Go to www.MyIntuition.Net for more information)



Clairvoyant Program-Part II Weds.Oct. 2 2024
6:00pm-7:30pm with Corey. This advanced program helps you further attain personal growth and increase clairvoyance. Examples of 6-month Lectures: Creative Rings, Genetic Entity, Supreme Being, Report Stations, Improving Memory Banks, Remote Viewing, Aliens/ UFOs, 8th Chakra, Parent/Child/Adult and more! Includes: 24 classes - Discounted One-to-One (First Session \$99.), Participation in clinics & more. Cost: \$1195 or \$1100 if paid in full on first night. You can also pay monthly with post-dated checks or credit card slip at \$199 per month. Call 858-509-7582 to RSVP. (pre-requisite Clair I - Part I)



Spiritual Leaders & Teachers Apprentices Program

7:45-8:45pm Weds., Oct.2, 2024 - Corey Learn to Own Your Crown Chakra on a new level that is only reached through looking at being a leader. Get over Fear, Invalidation & Competition. Explore Your Shadow Side. Set the energy for miracles. Handle the attention of strangers. Have your space when buttons get pushed. Whether you plan to teach or not, this program is life-changing. (*pre-requisite: Clair II or concurrently taking Clair II*) (24 classes including practice labs & plus Apprenticeship in Classes. This six-month program covers the following: Being Psychic w/ your eyes open. Answering questions on the spot, Setting Energy in a Room, Choosing a Healing Master Guide, Lead House healings, Marketing a Class. How to Run a Fair Lecture and lecture in public, How to Teach Over-the-Telephone. Being a student and learning while you teach, & much more! - 24 Classes with practice labs—which include a monthly clinic for you to practice what you've learned, plus apprenticing in classes. \$150/month for 6 months for \$900; \$800 in advance, or \$150/month for 6 months.



Beginning Trance Medium Program-Part I by phone

How to safely be at a Trance Medium vibration and control whether or not you allow a being into your body. Do you do things that are not in your own essence? Includes: Two lectures per month 2nd & 4th Mondays plus the Trance Medium clinics over-the-telephone. \$200/month This is a 24 month program (48 lectures). Pre-requisite: Clair I program + enrollment in Clair II. Call for dial in 858-509-7582 for the TM Open House link. (Part II is a 3-year program for a total of 5 years.) Can join anytime. Free TM Open House-TBA by phone. 6:00 - 7:00pm (For new Students only) or Call for dial in number. 858-509-7582.



Advanced Ascension Mastery Program (formerly called One-to-One Program)-Part I Andree, Yvonne, & Steve

Consists of Sessions #1-#16 One-Hour Sessions (includes a 10-minute energy check + a question with each session.) These advanced and amazing psychic energy tools were created by Lewis S. Bostwick to help you accelerate on your spiritual path. Prerequisite: Clairvoyant Programs I & II; Topics include: Your higher & lower self. Advanced healing with the Akashic Records. The Threshold (between this life and last lifetime). Exploring your goals before you took this body. Discover what controls your path. Sessions are \$175 by Yvonne, or Steve; Discount if all sessions are paid in advance. Call 858-509-7582 to schedule.

Ascension Mastery Program (formerly called One-to-One Program)-Part I with

Yvonne - Consists of Sessions #1-#16 One-Hour Sessions (includes a 10-minute energy check + a question with each session.) These advanced and amazing psychic energy tools were created by Lewis S. Bostwick to help you accelerate on your spiritual path. Prerequisite: Clairvoyant Programs I & II; Topics include: Your higher & lower self. Advanced healing with the Akashic Records. The Threshold (between this life and last lifetime). Exploring your goals before you took this body. Discover what controls your path. Sessions are \$175 by Yvonne, Joe Discount if all sessions are paid in advance. Call 858-509-7582 to schedule.

Advanced Ascension Mastery Program - Part II -

consists of Sessions #17-#34 covering topics such as: TranceMediumship, Personal Power, Competition, Destructive Beings, Love, Fear, Life Purpose, Ascension,

Avatar Ascension Program - Part III - An additional 16 sessions (#35-#50) to complete the series as mentioned above. Call 858-509-7582 to schedule. The first session is \$100 for all graduates of the Clairvoyant Program Part II. Yvonne offers sessions in-person and over the telephone.

