

# 5th Annual

## BODY • MIND • SPIRIT • EXPO •

*A Metaphysical  
& Holistic Experience*



August 27, 2022

9:00 am - 5:00 pm

Riverfront Event Center  
516 S 2nd St, Clinton, IA

## **Welcome!**

**Peaceful River Creations and Peaceful River Promotions are so happy to welcome you to the 5th Annual Body, Mind and Spirit Expo!**

**We love the opportunity to help people learn about more holistic and natural ways of living. Spiritual growth makes for a more peaceful and loving world. We want you to live your best life ever and we hope we can help you achieve that.**

**We have some of the best vendors around participating today. Be sure and check out our website, [BodyMindandSpirit.info](http://BodyMindandSpirit.info) for more information about each one. Their information will be on there for the next year.**

**Our store is located at 246 5th Ave S. Our Body, Mind and Spirit section has the biggest selection in town. We also carry local made, USA made and Fair Trade products for your home. And don't forget Iowa Wines! We have weekly meditation every Friday at 5:15pm, We have a monthly support group called Journeys of the Soul on the first Tuesday of each month at 5:30. Smudge Saturday is the first Saturday of every month all day long. We have monthly events such as psychics, mediums, classes, make and takes and more. Stop in to our peaceful environment.**

***Enjoy the day and Thank You for Coming!!***

# CLASS SCHEDULE

Time	Classroom A	Classroom B
9:30 - 10:15	<b>Sound Healing Self-Care</b>	
10:30 - 11:15	<b>Getting Unstuck</b>	<b>Making Symbolism Personal</b>
11:30 - 12:15	<b>Personal Energy Protection</b>	<b>Awakening Your Intuition</b>
12:30 - 1:15	<b>Naturally Psychic: An Orientation to Your 4 Psychic Gifts &amp; Experience Aura Vision</b>	<b>The Biology of BioEnergy</b>
1:30 - 2:15	<b>VibesUP Earth Energy Meditation</b>	<b>Crystals and Chakras</b>
2:30 - 3:15	<b>Learn to Apply <math>E=mc^2</math> to Improve Your Health</b>	<b>Hidden Toxins in Your Home</b>
3:30 - 4:15	<b>Manifest Your Destiny</b>	



Thank You to D'lectible D'Lites for  
providing lunch options today!

# CLASS DESCRIPTIONS

## **Sound Healing Self Care - Karla Duff**

Using intention and sound as a pathway for energy healing is a powerful way to shift the direction of your life. Our body, mind and spirit always want to be moving in a direction toward balance, yet we often have too much outer stimulus and noise preventing us from achieving a better state of harmony. The energy of sound helps us get to the source of this inner peace we all desire. Karla Duff, Sound Healing and Mindfulness Practitioner will share techniques to help you calm the mind, relax the body and activate the body's natural healing systems. Come and experience the power of sound energy.

## **Awakening Your Intuition - Marge Banse**

Join Marge as she discusses strategies to connect with your Angels, Spirit Guides and Love ones, while raising your own vibrations and increasing and protecting your energy field.

## **Making Symbolism Personal - Stephen Ulrich**

Find out what everyday symbols are at the most basic level. Learn how a symbol is made of various parts that come together to create an idea far greater than the sum of those parts. There are various ways of receiving symbols, which can be connected to the theory of consciousness as well as how they can be connected to the "clairs." Symbols can have many and varied meanings which can sometimes conflict with each other. The language of symbolism is deeply personal. Understanding and translations of any symbol should always and ever be what resonates with you and you alone.

# CLASS DESCRIPTIONS

## **Personal Energy Protection - Kathleen Caruso**

Learn how to utilize your own self-energy to reserve personal energy, remove unwanted negative energy and increase personal frequencies on a daily basis.

## **Getting Unstuck - Odille Remmert**

### **Self-Empowerment using Fast, Simple Memory Reconsolidation Techniques**

If you've not yet experienced the results you want, in any area of your life, your negative implicit childhood memories may be holding you back. Learn how to change your own brain chemistry (emotional, psychological state), and the implicit negative childhood memories that are keeping you stuck.

## **The Biology of BioEnergy - Arthur Cronkhite**

The average human body and it's 75 trillion cells operate as a unified and integrated electrical system. An incredible bio-machine, capable of total self-repair and renewal at every level. This is why cellular voltage is critical to your health.

Learn how you can live in an energized and pain-free life, by keeping your cells charged to their full potential, through technology offered by BioElectra.

# CLASS DESCRIPTIONS

## **Naturally Psychic - Tom Schantz**

This class offers an orientation to the reality of you as energy along with a few simple techniques to activate your awareness. We will focus on the natural psychic abilities inherent in us all. We will discuss how to recognize each gift, as well as personality traits and talents associated with each.

Next, we will facilitate experiencing the aura. Learn an aura cleansing technique. It's simple enough for you to use in everyday situations. Then we will demonstrate and practice an "Aura Vision" technique. Find out how to recognize colors and their meanings. Discover how discerning energy and positively magnetizing yourself can better navigate your environment to meet your challenges.

## **VibesUP Earth Energy Meditation - Theresa Brown**

Theresa Brown has been a license massage therapist and Reiki Practitioner in Oelwein, IA for 21 years. She has been utilizing VibesUP Vibrational energy products for the past 3 years in her practice and created CONNECT healing circles. Join her as she takes you on a short inner journey, connecting to the balancing Earth Energy of VibesUP products. Learn how you can become centered, relaxed, balanced and focused on your intentions in a short time. Everyone will receive a VibesUP gift to take home with you.

# CLASS DESCRIPTIONS

## **Crystals & Chakras - PrismsScape**

Crystals & Chakras will discuss the variety of stones that work well with the different chakras with explanation of the chakra system, rather than a single stone for each chakra.

## **Hidden Toxins in Your Home - Cassie Edwardson**

Cassie Edwardson will be talking on the effects of ingredients you use everyday. What are GMOs, toxins, and free radicals? Learn how they enter and move in your bodies, and how they can be extracted. We will also talk about lung, heart & gut health. She will have studies and demonstrations

## **Learn to Apply $E=mc^2$ to Improve How You Feel and Function - Omar**

We're full of holes, like Swiss Cheese! The holes are Energy Transaction Portals that are there so we can release "m" (stagnant ice-like Energy). Life Stressors cause us to feel inflexible and locked up. "m" causes the pre-medical conditions we self-diagnose, and soon after, physicians confirm that we have a medically diagnosable condition.

"E" (Vital Life Force Energy) derives from "c" (Light Photon Particles from our Sun Star), flows into cells in a partial vacuum state. Learn to convert "me" to "E", Einstein exercises to activate Conscious Conversion Strategies in our Higher Brains!

# CLASS DESCRIPTIONS

## **Manifest Your Destiny - Rochel Rittgers**

Learn about an intuitive unfolding from Source that takes you through the process for dialing into the frequency that allows you to manifest the full, abundant, dynamic life you know are you are here for.

*Questions* *Notes* *Doodles*  
**Inspirations**



# WE APPRECIATE OUR VENDORS!!

## Services

Awaken 2 Healing – Kathleen Carusso

BioElectra – Arthur Chronkhit

Esoteric Echoes – Stephen Ulrich

Harmony of Spirit - Bonnie Potter

Infinite Living – Rochel Rittgers

Institute of Therapeutic Massage

Intuitive Counselor – Selina Witt

Lisa's Healing Energy – Lisa Reining

North Gate Healing Arts Center – Marge Banse

Marilyn Elliot - Clairvoyant, Reader, Medium

Omar's Touch Therapy – Omar

QC Aura Analysis – Ed Mueller

Renew Your Day Spa - Elizabeth Vogel

Sacred Designs by Spirit – Shimen Averhoff

Shekinah Life Purpose Center – Anita Shekinah

Teresa Mary - Intuitive Psychic

The Remmert Method – Odille & Steve Remmert

The Unity Center of Clinton

TNT SpiritWorks – Teresa & Tom Shantz

Transqualia – Amy Hunt



Thank You to D-lectable D-Lites  
for providing lunch options today!

# WE APPRECIATE OUR VENDORS!!

## Merchandise

Callie-Co Geodes – Callie Peterson

Dragon Dancer Designs – Katrina Hobein

Jewelry with T.D. - Teddi Dominigue

Lunar Soul – Ashleigh Jewell

Love Lingo - David Anderson

Peaceful River Creations – Sheila, Kit & Marie

PrismsScape Gems – Gina Croshek & staff

Strega Luna's Apothecary – Donna Lancianese

The Wellness Store – Cassie Edwardson

VibesUp Heartland – Theresa Brown

Windy Ridge Handcrafted – Angela Scanlan

Wonderful Wiccan World - Christina Rose



\$1 from each ticket will be  
donated to Midwest Pets for life  
for the Spay and Neuter  
Program. All of us here at PRC  
have rescued pets and  
appreciate programs to help pet  
owners!



Questions Notes Doodles  
**Inspirations**

# Thank You to Our Sponsors



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