

2010 EXPO MINI-LECTURES

Free with admission to the EXPO



Robert Lewanski “The Secrets Behind Perfect Eyesight” Saturday, April 24 – 11 to 11:30am

The art and science of improving your vision naturally. Co-author Perfect Eyesight, Robert Zuraw, went from legally blind without glasses to 20-20 vision. Perfect Eyesight contains the latest and most important vision improvement discoveries of the 21st Century! Find out, at the Journey's Expo, from co-author, Robert Lewanski, the real eye health and healing secrets passed down from master eye health teachers; how you can attain Perfect Eyesight without glasses or surgery! Robert studied Chi Kung with Master Mantak Chia, Master Suinum, Dr. Shen Wong. He also studied herbal healing and nutrition with Dr. John Christopher, Dr. Bernard Jensen, and Dr. Herbert M. Shelton. He is a Chi Kung Practitioner and Consultant, noted Palmist, Chinese Five Element Nutritional Body Typing Consultant, and Personal Fitness Trainer, Perfect Eyesight Improvement Trainer, and Tai Yoga DeepTissue Chi Kung Massage Therapist from Troy, Michigan. He is also a Organic Food Gardner.



Debbie Mast “Walking a Warrior’s Path with Heart” Saturday, April 24 – 11:30am to noon

A Warrior is someone who is Willing, Able and Ready to be part of the solution to the challenges on our planet. This lecture examines how a Warrior can find a path with heart that provides the knowledge, ceremonies and practices needed to complete karmic lessons, move into dharma, and be of service to oneself, life and others. Debbie Mast RN MSN is the sponsor and senior faculty for Red Lodge, an international shamanic training program that shares teachings and ceremonies from the Sweet Medicine SunDance tradition. She has extensive experience working with individuals and groups, and is the founder of the Women's Hoop, a ceremonial group for women now in its 19th year.



Carrie Luke “Horizontal Revitalization” Saturday, April 24 – 3:30pm to 4

Attend Carrie's class for an explanation of how the BioMat's quantum energetics; **Amethyst, Far Infrared & Negative Ions**, affect our bodies health and our daily lifestyle for a healthier future, allowing us to live a more comfortable and productive Senior life. Listen as Carrie discusses the detoxifying benefits of “whole body vibration” triggered by a bed of Amethyst crystals which then bring balance to your meridians. Carrie Luke has been working with the BioMat for 5 years. She has been instrumental in helping Consumers and Health Practitioners integrate the BioMat into their Practices and daily regimes. www.CarrieLuke.TheBioMatCompany.com

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Laura Ginn
“Best Psychics In Town”
Saturday April 24 – 4 to 4:30pm

Co-Creating & Manifesting For Dummies

A simple step-by-step workshop on how to put the Law of Attraction and co-create your dreams into reality. Taught by Laura Ginn, learn how emotions, thought, words and actions all have an important part in the creation process in our lives. Laura a clairvoyant psychic medium, has been working with these principles for many years and offers basic techniques for co-creating. A native Detroiter, Laura has been working as a professional psychic for over twelve years. Don't miss this chance to co-create with Laura!



Ilka Handshaw
“Young Living Essential Oils/Holistic Health”
Sunday, April 25 11–11:30am

Come and learn what “therapeutic essential oils” mean (what they are and the difference between recreational fragancing and Therapeutic Grade oils), how they benefit us on every level - physical, emotional and spiritual; how to use them in our daily lives. Ilka Handshaw had been studying Holistic medicine for over 20years. She was introduced to the world of essential oils 10 years ago and studied them since then. She learned thru Young Living and CARE the essential oils classes of: Raindrop Technique, Emotional release and Healing oils of the Bible and is teaching them in Michigan.



Merri Walters
“Gifts From Nature: Using Flower Essences”
Sunday, April 25 – 11:30am to noon

Flower essences help balance emotions that can create negative experiences for us and, sometimes, lead to illness. They can help us center, focus and live with a sense of peace. Furthermore, they are natural, nontoxic and without harmful side effects. During this mini lecture, you will be introduced to the flower essences of Great Lakes Sacred Essences, an essence-making company from southeastern Michigan. And you will gain practical ways to integrate flower essences into your healing practice and daily living. Merri Walters, a holistic health practitioner in the Ann Arbor area for 30 years, is co-owner of Great Lakes Sacred Essences. She is committed to educating people about flower essences and taking the mystery out of their use. To learn more: www.sacredessences.com and info@sacredessences.com.

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Anton Simper
“Balancing the Healer Warrior Within”
Sunday, April 25 Noon to 12:30pm

We are all hard wired first for survival, then for success and finally many of us go deeper in life to experience our spiritual powers, yet sometimes we are not sure how to balance these yin and yang forces to have true integrative wellness in our lives. Let Anton show you how a more powerful stance in your life and fitness/yoga practice, a more confident gate on your sacred path will help you discover what a real *self* Health Care system could be! Fusion

Core Training offers a comprehensive approach to powerful intention building fused from ancient teachings of the Healer Warrior ways from Asia to America. Be ready to listen and to move to your next level of your life's powerful success story! Anton Simper is the founder of Fusion Core Training and Thai Vinyasa. He is a workshop presenter, Bodywork Healer, Yoga trainer, Martial Arts and Wellness coach. You can find more information on Anton at www.fusioncoreyoga.com



Dan Welch
“Air, the Invisible Space”
Sunday, April 25 3:30–4pm

Explore the hidden truths about the air we breathe and this invisible space that contains all of life's hidden essentials. From the spirit world to microscopic organisms, air is the space where all of life occurs, begins, and continues. Air is the most important component of our life. Learn about ancient air techniques to new scientific information. Air experts of Michigan will provide an informative talk about the air within your home and building. Learn how to improve your health and the quality of your life. Dan Welch is the owner of Air experts of Michigan, CEO of the GREEN FOUNDATION, and owner of DANWAY INSPECTION GROUP LLC, all Michigan based companies. A member of Environment Solutions Associations, Indoor Air Quality Association, licensed Michigan Builder, Host of the Green Hour radio program, former Heath Food Store owner, Buddhist Tantric practitioner, and metaphysical student. Dan Welch has over 40 years of air quality research and development of air and its influence within homes and buildings.



Marian Schulte
“Holistic is What Happens When
You're Centered and Joyful!”
Sunday, April 25 4–4:30pm

Holistic health is not in itself a method of treatment, but rather an approach to how treatment should be applied. Holistic concepts of health and fitness view achieving and maintaining good health as requiring more than just taking care of the various singular components that make up the physical body. By incorporating aspects such as emotional and spiritual well-being, a wellness that encompasses the entire person is gained, rather than just achieving a lack of physical pain or disease. Marian Schulte is a Reiki Master, Holistic Nurse, and practitioner of complementary healing methods. She has over 30 years combined experience in hospital, clinic, nursing home, and assisted living settings, as well as in the health education field. Ms. Schulte also holds a degree in Gerontology (study of aging) and Health Services, and trains her company's staff in the most current and effective holistic healing methods.