

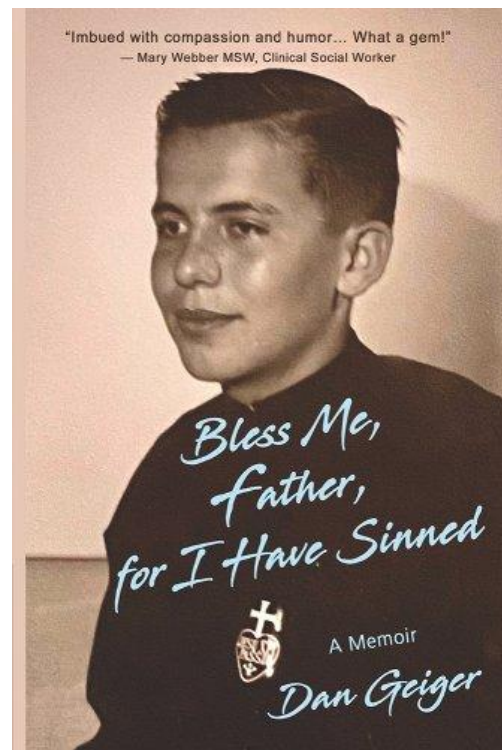
### Meet Author Dan Geiger

author of *Bless Me, Father, for I Have Sinned*

Saturday, Nov. 16, 12:00 pm - 4:00 pm

Meet Billings author Dan Geiger and pick up your own autographed copy of his new memoir *Bless Me, Father, for I Have Sinned*. Geiger tells the kind of story most of us have lived in our hearts but seldom shared. In turn, he gives us permission to embrace our own shortcomings. In *Bless Me, Father, for I Have Sinned*, he paints a picture of a young man coming of age in remote Montana while buffeted by the Cold War, religion, family, the tumultuous 60s and the Vietnam War. He shows us how to laugh at our own susceptibilities, confess our outrageous behaviors, suffer the loss of dear friends and heal our hearts of all that life throws at us. Read and enjoy the adventures of youth, first loves, road trips, religious guilt and, hopefully, enlightenment learned the hard way.

Dan Geiger MS, a Billings, resident has lectured and practiced psychology for the past forty-five years in fifty countries on six continents. Specializing in hypnotherapy he enjoys an international private practice. Growing up in the small rural town of Bridger, Montana he became fascinated in exploring the world after taking a ride in a small plane at age ten and seeing the unending horizon. He continues to explore the back roads of the planet enjoying culture, people and food. After writing a series of travel vignettes, he completed his personal memoir.



### Ritual Herbs & Oils

with Stephanie Nymeyer

Saturday, Nov. 20

1:00 pm - 3:00 pm

\$35



Herbs and essential oils have been used as tools in rituals for thousands of years. Most cultures, both historically and modern, have used plants in some fashion for religious, spiritual, or medicinal purposes. Join Stephanie Nymeyer for this two hour class on the ritual uses of herbs and essential oils. Stephanie will be going over twelve of the most common ritual herbs and eight of the most common ritual essential oils to help you enhance your rituals into fruition.

Stephanie Nymeyer has an AAS in Complementary Alternative Medicine from the American College of Healthcare Sciences. In addition to her training as an herbalist, Stephanie has been utilizing and teaching various energetic and shamanic healing systems for over 15 years.

TO REGISTER, purchase your tickets online at <https://barjonsbooks.com>, or in person at Barjon's Books. Due to very limited seating and materials prep, workshop purchases are non-refundable. If a cancellation must occur, your ticket will be fully refunded. Space is limited to 9 attendees. Masks are not required, yet recommended, especially for those who are unvaccinated.



### Call to our Community

Now through February,  
Barjon's Books is collecting  
gently used winter coats,  
scarves, gloves, hats and boots  
for those in need.  
Simply drop off your items  
anytime during open hours.



# ~ SELF-CARE & HEALING ~

## Wintering: The Power of Rest and Retreat in Difficult Times

by Katherine May



An intimate, revelatory book exploring the ways we can care for and repair ourselves when life knocks us down.

A moving personal narrative shot through with lessons from literature, mythology, and the natural world, May's story offers instruction on the transformative power of rest and retreat. Illumination emerges from many sources: solstice celebrations and dormice hibernation, C.S. Lewis and Sylvia Plath, swimming in icy waters and sailing arctic seas.

Ultimately Wintering invites us to change how we relate to our own fallow times. May models an active acceptance of sadness and finds nourishment in deep retreat, joy in the hushed beauty of winter, and encouragement in understanding life as cyclical, not linear. A secular mystic, May forms a guiding philosophy for transforming the hardships that arise before the ushering in of a new season.

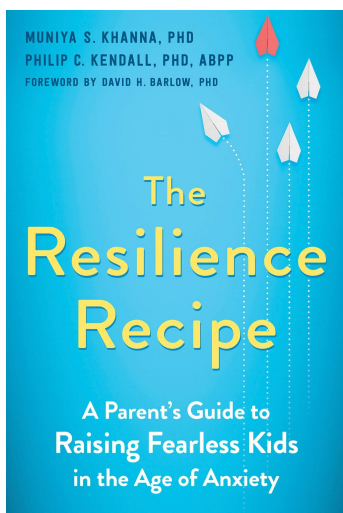
*"We have seasons when we flourish and seasons when the leaves fall from us, revealing our bare bones. Given time, they grow again."*

## Witchcraft Therapy

by Mandi Em

Discover magical solutions to cope with whatever life throws your way in this fun self-help guide to invoking your inner power. In Witchcraft Therapy, you will learn how to use the mystical powers of intention, mindful manifestation, divination, and righteous indignation to cope with whatever life throws your way. Author and witchy wellness guru Mandi Em offers advice in her own unique brand of positivity providing spells, rituals, and more that you can do right at home.

Complete with wisdom like "Remember that 'f\*ck off' is a banishing spell," Witchcraft Therapy will have you feeling more empowered and liberated than ever.



## The Resilience Recipe

by Muniya S. Khanna PhD, Philip C. Kendall PhD ABPP

Help your child face all of life's challenges with confidence. Based on the innovative Coping Cat program, this book offers a proven-effective "recipe" for raising resilient kids!

We live in an age of anxiety. Amidst climate change and natural disasters, a troubled economy, and one of the largest global pandemics in modern history—is it any wonder our kids are anxious and stressed out? Add in the pressures inherent in social media and consumerist culture, as well as the pressure of academic success, and you've got a recipe for disaster. The good news is that you can help your child manage anxiety and stress—no matter what life throws their way. This book will show you how.

Written by two pioneering experts in child psychology and anxiety, The Resilience Recipe offers an evidence-based plan grounded in cognitive behavioral therapy (CBT) to help kids build emotional resilience and adaptability, worry less, and thrive—despite the stressors of modern life. Most importantly, you'll find a solid action plan to help your child feel strong and capable in the face of unprecedented challenges.



# ~ FEATURED EVENTS ~

## Meet Author Tawny McVay author of *Since We Woke Up*

Saturday, Nov. 27, 12:00 pm - 4:00 pm

What would you do if you suddenly realized the life you'd worked so hard to have wasn't one you truly loved? Once upon a time, Tawny McVay was a gym owner and fitness guru who spent her days yelling at people to do more burpees and deadlifting her way through life's problems. After a decade of non-stop grind, she and husband Mike realized they wanted more life lived outside the walls of a gym and in the great wide world. They sold everything, converted a school bus into a tiny home, and started traveling full-time.

Based on the popular social media accounts of the same name, part personal memoir and part instruction manual, *Since We Woke Up* is the compelling tale of how two people abandoned the life they were told they were told they should want for the one they actually did, leaving the "normal" path to blaze an unknown one across America, and how, ironically, living tiny created a bigger life than they could have imagined.



## Talking Circle. Josiah Hugs

Last Mondays, 1:00 pm - 2:00 pm

**By Donation**

When we are in the circle we are in a safe space. We can speak those things that are in our mind into the air and let the light hit it. When it is in the light then we can see the truth of it. Who you see and what you hear in the circle must remain in the circle once you leave the circle.

## One-on-One Energy Healing and Quantum Reiki, John Whiteman

Wednesdays, 12:00 - 5:00 pm

Fridays, 1:00 - 4:00 pm

**30 Min. \$50 | 60 Min. \$80**

John is a Native American Energy Healer based in Hardin. You can release what doesn't benefit you now, John's hands on technique in person, and he does long distance healing as well, John wants to heal as many people as possible and try to help out with pain and discomfort where possible.

## Oneness Meditation, Ossie Abrams

Fridays, 12:00 - 1:00 pm

**FREE**

Participate in the transformation of world consciousness and join us as we share Oneness teachings and meditation we are joining the Oneness Field, Ekam, located in South India. By meditating in Ekam collectively, we will change the consciousness of all of humankind to an expanded state that is conducive to peace, love, and freedom.

**art walk**  
Downtown Billings

## Meet Dixie Yelvington

Join us Friday, Dec. 3

5:00 - 9:00 pm

Dixie Yelvington's photographic artwork is inspired by being a mother of two young children. Dixie creates her artwork by taking photographs in her studio located in Billings, Montana. She then digitally enhances and sometimes combines her images into one cohesive whole while masterfully adding moody color adjustments, symbolic elements and ethereal textures to express the subject's hidden inner world. She typically prints her images onto canvas or polyester fabric.



Dixie is a freelance graphic designer, artist and photographer. She was born and raised in Butte, Montana. Wife to YungBen Yelvington and mother of two young children. She received a Bachelor's of Fine Arts focused in Graphic Design at Montana State University, Bozeman and has 15+ years of graphic design experience.

## Monday



### Tarot Readings, Meredith Eckerdt

1st and 3rd Monday, 12:00 - 5:00 pm  
**90 Min. \$105 | 60 Min. \$75  
30 Min. \$45 | 15 Min. \$30**

Meredith Eckerdt is a natural born Empath who is in the process of nurturing her intuitive gifts. Her readings will help you make decisions for your soul's highest and best in relationship with the energies of your current situation, as well as their possible results.

## Tuesday



### Tarot Readings Jasmine Wallace

12:00 pm - 4:30 pm  
**60 Min. \$124 | 45 Min. \$89  
30 Min. \$74**

Jasmine is a Spiritual Life Coach and Tarot Oracle reader. Jasmine will help you access your truth while removing blockages that are currently holding you back, helping you tap into your personal power and feel confident about reaching your goals and improving life.

[www.TheElementsOfFate.com](http://www.TheElementsOfFate.com)

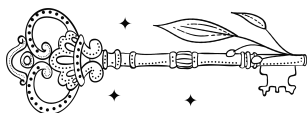


### Illuminating Heart Readings, Lisa Knowlton

1:00 pm - 5:00 pm  
**60 Min. \$135 | 30 Min. \$65**

Illuminating Heart Readings combine static energy healing to clarify and uplift the vibration of the heart, plus channeled messages from celestial Warriors of Love. Lisa is a clairaudient psychic empath with over 25 years as a yoga practitioner and yoga therapist, specializing in helping people learn to be free from harmful patterns and behavior.

[www.LisaKnowlton.com](http://www.LisaKnowlton.com)



## Wednesday



### Intuitive Readings, Stacey Schumer

10:00 am - 1:00 pm  
**60 Min. \$150 | 30 Min. \$80**

Stacey is a gifted psychic and spiritual medium who offers helpful guidance and detailed insight by way of communication with your angels and spirit guides. In her readings, Stacey channels information to assist you in facing the challenges from past trauma, and to help you move toward a more positive and connected future.

## Thursday



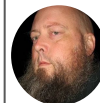
### Psychic Medium, Paul Cozino

12:00 pm - 5:00 pm  
**60 Min. \$125 | 30 Min. \$65**

Paul Cozino is a psychic medium certified by the Center for Spiritual Enlightenment based in NYC. Paul can connect with Angels, spirit guides and loved ones that crossed over.

[www.bigskymedium.com](http://www.bigskymedium.com)

## Friday



### Tarot Readings Todd Kintz

12:00 pm - 5:00 pm  
**60 Min. \$120 | 30 Min. \$65**

Todd Kintz is a 3rd Degree Wiccan High Priest, medium and clairvoyant. He has been providing clarity in all areas of life through the tarot, pendulum, runes and past life exploration since 1989.



### Intuitive Readings By The Bog Witch

1st and 3rd Friday, 1:00 - 4:00 pm  
**60 or 30 Min. by Exchange/Barter**

Glenda Brauneis is a spiritual guide, specializing in intuitive readings and energy work to provide support and guidance as you navigate your magical journey. In honor of the Old Ways, Glenda offers her services in exchange for what you can afford, by barter or coin.



### Deity Communication Circle

Fridays, 7:00 -8:00 pm  
**\$10**

Join us as we communicate with ancestors, deceased loved ones, spirit guides and more! Lead by Todd Kintz, certified psychic medium and Wiccan high priest.

## Saturday



### Tarot Readings Jasmine Wallace

12:30 - 4:30 pm  
**60 Min. \$124 | 45 Min. \$89  
30 Min. \$74**



*Schedule your one-on-one  
appointment online at  
[BarjonsBooks.com/](http://BarjonsBooks.com/)  
[Intuitive-Readers](http://Intuitive-Readers)*