

## August 2024

### Thursday, Aug 1

5:45pm - 7:00pm

Develop a Home Yoga Practice  
*with Lisa Knowlton*

### Friday, Aug 2

5:00pm - 9:00pm

August Artwalk  
*Lee Peters and Shannon Biggins*

### Saturday, Aug 3

1:00pm - 3:00pm

Heal Ancestral Trauma For  
Yourself, Your Family And Your  
Future *with Crystal Rasmussen*

### Thursday, Aug 8

6:00pm - 7:30pm

Arrow Hypnosis Healing  
*with Mary Lahti*

### Saturday, Aug 10

11:00pm - 2:00pm

One-on-one Precision  
Health Consultations  
*with Sophia Writesel*

### Saturday, Aug 17

5:30pm - 7:00pm

Womyn's Drumming Circle

### Wednesday, Aug 21

11:00pm - 2:00pm

One-on-One Generational  
Healing® Sessions  
*with Kay Bakken*

### Saturday, Aug 24

11:00pm - 2:00pm

One-on-one Human Design  
Readings *with Julia Petroff*

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Store hours

Monday - Saturday

10:00 am - 5:00 pm

# ~ FEATURED EVENTS ~

## Develop a Home Yoga Practice

with *Lisa Knowlton*

Thursday, Aug. 1

5:45pm - 7:00pm

\$35 per person



Each month we will take time to discuss what it means to truly practice unification of the mind to the body and spirit and learn to expand outside the bounds of form. During the space between each class, you will roam, explore, make time, and learn to trust yourself more.

Lisa is a Certified Yoga Therapist and has been teaching for over two decades with twenty-seven diligent and curious years on her own mat.

**RSVP** online at [barjonsbooks.com](http://barjonsbooks.com), or in person at Barjon's Books.

## April Artwalk

Featuring artist Lee Peters and Shannon Biggins

Friday, Aug 2, 5:00 pm - 9:00 pm

Barjon's is pleased to welcome artists Lee Peters and Shannon Biggins for the August Downtown Artwalk reception.

Lee Peters owner of N'List Wonders Dragonflies creates custom one of a kind dragonflies. Handcrafted in Park City, Montana these beautiful dragonflies will brighten any space inside and out.

Shannon Biggins owner of Simple Shannonigans has blended essential oils remedies for your daily needs. Try an all natural approach and see how much your life can improve without the harmful side effects of modern medicine. Custom blends available for your personal needs.



## Heal Ancestral Trauma For Yourself, Your Family And Your Future

With *Crystal Rasmussen*

Saturday, Aug 3, 1:00 pm - 3:00 pm

Free Demonstration



Do your ancestors cause you to feel guilt, shame, anger, sadness or loneliness? What if you learned that the pain in your back, your knee, the physical weight that you carry or the constant headaches are due to an ancestor's unhealed trauma that your genetics still carry? That would be a revolutionary breakthrough and a relief in understanding where the source of your physical, mental or emotional pain comes from.

**YOUR ANCESTORS PAST EMOTIONAL PAIN IS STORED WITHIN YOUR DNA** Scientists now understand how the genetics of your ancestors affect your physical, emotional and mental behavior and patterns. Trauma experienced by earlier generations can influence the structure of our genes, making them more likely to "switch on" negative responses to stress and trauma. Releasing these inherited patterns that are passed on generationally frees you to express and experience who you are now.

Join professionally trained and Certified Generational Healing® Teacher, Healer & Spiritual Guide, Crystal Rasmussen for a free educational talk and live demonstration of this Ancient Healing Technique from the Earth's Ancestors to heal inherent family trauma for you're your family and your future. Volunteers from the audience will have the opportunity to receive Generational Healing®.

**RSVP** online at [barjonsbooks.com](http://barjonsbooks.com), or in person at Barjon's Books.

## Arrow Hypnosis Healing with *Mary Lahti*

Thursday, Aug 8, 6:00pm - 7:30pm

\$40 per person

We all have some stress/anxiety about everything from our significant others, children, jobs, worldly affairs and the list goes on.



In this class, we will be discussing some of these issues in broad terms as not to pinpoint anyone's private concerns. We will also be using some basic breathwork and other solutions you can do at home, work or if you choose to book a private session to focus on your specific concerns.

Mary Lahti is a certified hypnotist through the National Guild of Hypnotists who helps people with stress, anxiety, weight loss, past life regression and so much more.

**RSVP** online at [barjonsbooks.com](http://barjonsbooks.com), or in person at Barjon's Books. Space is limited to 10 attendees. Must be at least 18 years old. Please bring a yoga mat, pillow and light blanket or there are chairs available for your comfort as well.



# ~ FEATURED BOOKS ~

## Relighting the Cauldron Embrace Nature Spirituality in a Modern World by Rev Wendy Van Allen

The flame of Mother Earth's cauldron has gone out as the climate crisis and resulting social chaos have intensified. But it's not too late. Rev. Wendy Van Allen reveals how we can save the planet with nature-based spiritual practices that unite Indigenous, African Diaspora, and Pagan faith traditions from around the globe. She is joined by contributors from multiple paths, including:

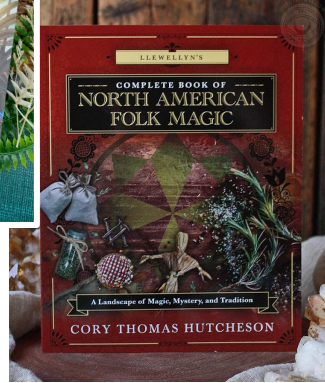
Maori Native Tradition • Taoism • Tuvan Shamanism • Lukumi Afro-Caribbean Tradition • Latin American Espiritismo • The 21 Divisions • Stone Circle Wicca • Celtic Anamanta • Der Urglaawe Heathenry • And More

This book confronts our climate and social problems and traces them to their origins, focusing on the spiritual disconnect we have between ourselves and our environment. Learn to celebrate your ancestors, journey to the astral plane, implement energy healing techniques, and lead a sustainable lifestyle. By enhancing your connection to nature, you can help create a more awakened humanity and bring balance back to yourself and the world.



## Llewellyn's Complete Book of North American Folk Magic

by Cory Thomas Hutcheson

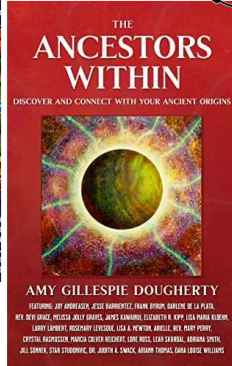
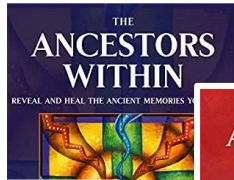


Drawing on the expertise of renowned practitioners, this book features contemporary folk traditions from all over North America. Diverse as the landscapes they thrive on, these authentic practices will expand your worldview and inspire you to enrich your own spirituality.

Explore the history, tools, and spiritual beliefs of many different paths of folk magic from Mexico, the United States, and Canada.

You'll tour the continent's rich and varied cultures region by region, taking an insider's look at more than twenty traditions, including:

Appalachian Mountain Magic • Brujeria • Curanderismo • Detroit Hoodoo • Florida Swamp Magic • Irish American Folk Magic • Italian American Magic • Melungeon Folk Magic • New England Cunning Craft • New Orleans Voodoo • Ozark Folk Magic • Pennsylvania Powwow & Braucherei • Slavic American Folk Magic • Southern Conjure



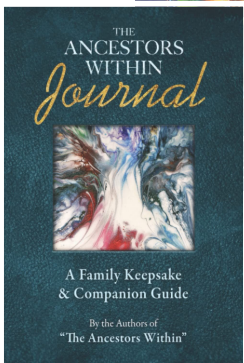
## The Ancestors Within Series & Journal

by Cory Thomas Hutcheson

The world of ancestral healing opens up possibilities for mind, body, soul, and spirit wellness you've never imagined. The Ancestors Within offers a collection of life-changing experts' stories and practical tools in the field of ancestral healing so you can understand what's possible and experience improved health, wealth, and happiness.

Feeling stuck in negative, repetitive physical, mental, or emotional patterns? What if your ancestors held the keys to relief? This book not only shows you the path, it will open your eyes to exactly how to access the knowledge, wisdom, and ancient medicine waiting for you. The tools here go beyond DNA analysis. Get ready to take a journey and discover the answers to the questions you've been asking for a lifetime.

Sit down each week with the journal and discuss the prompt or ancestral activity – all can be done individually or as a family and then come back together the next week to journal about the experience and hand this book down the generations as a family heirloom. These 52 prompts from our authors and artists cover repeat patterns, ancestral healing, unique ways to connect and even what to do with that ancestor we aren't so fond of.



*Journal Prompt*  
By Marcia Colver Reichert

*Wonderful expansion of our creativity and comprehension can occur when we connect with our ancestors on a different level. What unexplored gifts and talents are the ancestors screaming to give you? Are you seeing the work as they see it now, or are you stuck in a limited understanding of reality?*

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## Monday

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### Krystal Adams, Tarot Readings

Weekly, 11:00 am -3:00 pm

**60 Min. \$70 | 30 Min. \$35**

With the assistance of tarot, Krystal offers insight and guidance in your life journeys, extending support and guidance with any obstacles in your life's path.

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## Tuesday

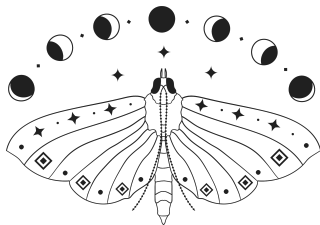
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### Mels Smith, Tarot Readings

Weekly, 12:00 am - 4:00 pm

**15 Min. \$20**

Mels walks with you on your journey, gathering insights, perspective, and clarity through reading the signs and your energy. Mels uses the story that the cards tell to help you see your infinite potential for greatness!



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## Wednesday

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### Marcia Colver, Intuitive Readings

Weekly, 1:00 am - 5:00 pm

**15 Min. \$20 | 60 Min. \$150 | 30 Min. \$85**

Marcia Colver blends the talents of channeling and vocalization to bring you messages from your guides, ancestors, dragons, and fairies. She can help you explore other lifetimes and experience your multidimensional self.

### Kay Bakken, Generational Healing

Third Wednesdays, Aug 21

10:00 am - 4:00 pm | **60 Min. \$75**

Did you know that trauma can be passed down from generation to generation and can affect your emotions, behaviors, thoughts & even your health? As a Certified Generational Healer®, Kay works with your Ancestor to release those densities. She is honored to provide this service to the community.

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## Thursday

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### Paul Cozino, Psychic Medium

Weekly, 12:00 pm - 5:00 pm

**60 Min. \$155 | 30 Min. \$85**

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. [Bigskymedium.com](http://Bigskymedium.com)

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## Friday

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### Lisa Knowlton, Heart Readings, Animal Communication

Weekly, 9:00 am - 12:00 pm

**60 Min. \$140 | 30 Min. \$75**

As an intuitive empath, Lisa converges with our spirit guides to assist in energy healing for the heart. During a heart healing session, we will address aspects interfering with your heart's wisdom and ability to unravel and be free in times of stress can happen more freely and eloquently.

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

### Todd Kintz, Tarot Readings

Weekly, 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.

### Deity Communication Ceremony

Weekly, 7:00 pm - 8:00 pm

**\$10 per person**

Communicate with ancestors, deceased loved ones, and spirit guides, led by Todd Kintz.

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## Saturday

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### Tarot Readings by Jennifer

Second Saturday, Aug 10, 12:00 am - 5:00 pm

#### By Donation

Jen is an intuitive tarot reader who believes that tarot is a bridge between realms. With intuition, she weaves stories from the cards and revealing hidden truths and guiding you toward clarity. Life's twists and turns can leave us bewildered, as your tarot companion, she holds space for your vulnerability.

### Sophia Writesel, Precision Health Consultations

Second Saturday, Aug 10, 11:00 am - 2:00 pm

**20 Min. \$20**

Sophia is a clinical herbalist who is extensively trained in both Traditional Chinese Medicine and western health sciences and brings a well-balanced approach in finding solutions to your health concerns. Whether you have been feeling 'off' or you have specific questions about your health, Sophia invites you to take this opportunity to obtain insightful, useful, and applicable information regarding your health during these affordable, one-on-one, 20-minute precision consultations. Book online by visiting [inyourhands.zohobooks.com](http://inyourhands.zohobooks.com)

### Womyn's Drumming Circle

Third Saturday, Aug 17, 5:30 pm - 6:30 pm

#### Free

Safe percussion, expression, & meditation session for all womyn, kids, LTQ+, and BIPOC highly valued. In safe space: drum, express, move, or meditate into more open heart and refreshed spirit: It is YOUR SPACE to be FREE! Your heartbeat = your rhythm: Bring your drum, or some drums available. Healthy snacks offered, to thrive!

### Julia Petroff, Human Design Readings

Fourth Saturday, Aug 24, 10:30 pm - 4:30 pm

**60 Min. \$88 | 30 Min. \$44 | 15 Min. \$22**

Using your birthdate, exact time, and location, I will dive into your unique human design with an astrological twist and help you get to know yourself on a deeper level, reaffirm the gifts you came here to embody, and give insight into your life direction. You'll discover the power of your energetic aura and how to best utilize your energy and magnetism. The guidance of your session will be recorded for you so all you need to do is be present in the moment.



*Schedule your one-on-one  
appointment online at*

[BarjonsBooks.com/Intuitive-Readers](http://BarjonsBooks.com/Intuitive-Readers)