

The Meta Institute

June 2007

Volume 8, Issue 2

Healing with VIBRATIONS

I have always held the belief that everything in the Universe is made up of energy and vibration....from the rocks in our backyard to the thoughts and sounds that we create each day. The vibration that represents "self" is a compilation of our memories, beliefs, values, decisions, etc. This vibration that we create flows out from us like a wave... creating a reality which is waiting for us as we move forward through our daily life. One of the passions in my life is to help others transform what they vibrate out so their reality will contain the positive emotions, goals and desires they are seeking. Ask and you shall receive! Not only am I a graduate of the Meta Institute's Therapeutic Coaching® program but last year I also became certified in a healing modality called Inverse Wave Therapy® which utilizes vibration, healing touch and words to guide people in removing the barriers, i.e. fears, phobias, negative habits or behaviors that hold them and their

Gwen has been a wife, mother and career woman with a degree in Business Administration/Marketing for more than 20 years. Moving into her life's passion of helping others through Therapeutic Coaching® and Inverse Wave Therapy® has been a fulfilling and exciting journey to say the least! Gwen's business is aptly named Guiding With Heart, LLC and she is available for sessions by appointment only.

realities in a place where they may not want to be. After learning the process I was also very excited at how well it fit into the healing tool box that I have been building here at Meta and throughout my life.

Basically, Inverse Wave Therapy® is a four stage process that utilizes body and auditory tuning forks to open the body up and bring in a powerful vibrational energy to assist one in their healing process. The first stage involves identifying the emotion or issue that one desires to change. This negative emotion or issue is a vibrational wave. If you were to visualize this wave, the negative issue would be represented by a downward dip. Words, healing touch and the introduction of tuning forks to the body are utilized during this session. The second stage is the time to discover the peak or the "inverse" wave. For every action there is a reaction. For every dip in the wave there is a natural peak that when discovered and applied with intent will neutralize the negative wave which then creates a space to begin healing. Both body and auditory tuning forks are used in this session. The third stage is an opportunity to change the past and shift it to an event that supports ones highest potential. This is accomplished by locating and going back to the source or root of the identified negative emotion, understanding what happened in that past event and then re-writing history to something empowering which can impact our past, present and future. The fourth and final stage is a follow up session devoted to talking about your

healing process and how it is affecting you and your life.

It has been exciting to share this healing process with others and it has also been inspirational for me to experience and facilitate. If you would like to know more about Inverse Wave Therapy® or to request a session, please email gwensolberg@comcast.net or call (651) 470-2997. May you all walk forth into the reality of your dreams!

Thank you,

Gwen Solberg

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The Meta Institute Newsletter is a quarterly publication. It is published & edited by Mirtha Solis, Director of The Meta Institute.

MOVING BEYOND LABELS — EMBRACING THE DIAMOND WITHIN

**NO MATTER WHAT YOU THINK YOU ARE
YOU ARE ALWAYS MORE THAN THAT...Milton Erickson**

Have you or anyone you care about ever been labeled? Has labeling hindered you or your loved ones mental, social, emotional or spiritual growth? Do you feel limited by the labels that perhaps the educational system has put on your child, at times feeling that these labels are a reflection of your parenting? Have you experienced frustration or been overwhelmed by the process of trying to figure out what will work for your child? Are you receiving encouragement and support to effectively respond to your personal situation and your child's educational process?

As an educator and parent of three children, I have developed a deep passion and compassion for what children and

It's common for parents to become overwhelmed by the systems standards, expectations and regulations, succumbing to the school's agenda and compromising what we believe intuitively is best for our child.

the parents of children who don't seemingly "fit in", live with and go through as a result of our educational system's diagnosis process. Identifying "what's wrong" with my child is a laborious and overwhelming process to say the least. Many of us, by virtue of this process, walk away with what may feel like deeper wounds when compared with the original presenting difficulty. Unfortunately this is the best the system currently has to offer. As a Therapeutic Coach® working outside the system, I offer a safe haven where families receive support and the opportunity to discover both your child's and your own shining potential. *"Deep inside all of us is a boundless joy, a potential for true genius, an infinite love, a wellspring of creativity. It's waiting there beckoning, calling you right now, inviting you to discover your own magnificence, urging you to plummet the*

depths of the wisdom within to discover a vast potential that is capable of creating anything. Each of our children is born as this radiant presence, as this boundless potential. Unfortunately through the course of life's pains and trials their innate radiance may seem to get covered over with layers of unresolved hurt, moments of failure and emotional shutdowns. It's as if we come in as a brilliant shining light and somehow life conspires to put a lampshade over it, obscuring it. In time we start to identify with all the layers, forgetting that there ever was greatness within." Brandon Bays - *The Journey for Kids.*

Would you like to learn very real and practical ways to take that lampshade off, to learn simple but powerful tools for

liberating that shining magnificence? As parents we want the best for our children. Often, the authorities based

on their criteria dictate what best is. I wonder, who know our children better than ourselves? It's common for parents to become overwhelmed by the systems standards, expectations and regulations, succumbing to the school's agenda and compromising what we believe intuitively is best for our child. Would you like to feel more empowered when it comes to advocating for your child? Would you like to move beyond the labels, focusing instead on the shining diamond that you know is within your child? Perhaps you experienced a challenging school year and are ready for the reprieve that summer vacation brings. Just for a moment, I invite you to take inventory of the effort both you and your child put into school this year and embrace the good that came from your actions. As you reflect on these successes you might find yourself anticipating what next year will look like.

What I offer is the opportunity to begin some coaching sessions now to prepare for next year. You can bring your concerns to the table along with your desired outcome. Holding the belief that INDIVIDUALS HAVE ALL THE RESOURCES THEY NEED TO ACHIEVE THEIR DESIRED OUTCOME you will have the opportunity to experience this first hand as you move from the problem state into your outcome state through a coaching session. This work is facilitated with Grace and Ease and you are in the driver's seat at all times. Consider for a moment what it will feel like to start the next school year with the conscious awareness of the resources you and your child have right within you ready to be accessed at a moments notice! PERSONAL RESOURCES ONCE RECOGNIZED BECOME THE CATALYST FOR GROWTH AND SUCCESS. Together we will identify the resources you want, create them in your lives and equip you with new skills, insights and learnings which will empower you to experience the education process the way you want it to be, perhaps in a more healthy, comfortable and fun way.

Ellen Liberto



*Initial Assessments
before Labor Day,
September 3rd, 2007
are 50% Off.*

Ellen Liberto, is a Therapeutic Coach®, Facilitator of "The Journey for Kids" and Reiki Practitioner, located at The ArkNest Centre for Healing in The Meta Institute. For appointments call Ellen's cell at 715-308-3328 or call The Meta Institute at 952-831-6382 and ask for Ellen.

Therapeutic Coaching Updates

Our Therapeutic Coaching classes are going strong. Our ninth class just graduated on May 15th. Congratulations to class !! Our new coaching class begins on June 7th and it will be our largest class thus far. We are also very happy to announce that the Therapeutic Coaching course has been approved for 24 college credits and for financial aid through Anoka Technical College. This new setup will be in full swing hopefully by the Fall.

So, if you are interested in finding out more about our program, please call us and come to an Open House or make an appointment to meet with an instructor.



Open House Schedule

June 27th, Wed.
July 12th, Thurs.
Aug 8th, Wed.
Sept 18th, Tues.
Oct 9th, Tues.

6:30-8:30pm
Please call to reserve your spot!

To Apply

If you would like to speak with one of the instructors over the phone or in person, please call to make an appointment. You can also reserve a seat at our free Open House.



To receive an application, information packet and schedule, please call us at (952) 831-6382, e-mail us at meta@metainstitute.com or visit www.metainstitute.com.

Application deadline is Oct. 15th.

Skills & Techniques You'll Learn

The Therapeutic Coaching® Program includes skills and techniques from the following fields:

<ul style="list-style-type: none"> • Learning Styles • Systems Theory • Quantum Physics • Life Cycle Changes • Hypnosis • Emotional Intelligence • Past Life Therapy • Gestalt Therapy • Team Building and Leadership 	<ul style="list-style-type: none"> • Motivational Counseling • Business Management and Consulting • Developmental Stages • Neuro Linguistic Programming • Structural Therapy • Couples Communication Counseling • Experiential Learning • Professional Development
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This program will also include an NLP Practitioner, Master Practitioner Certification and a Hypnotherapist Certification.

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Where your vision is within sight!

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Call for a free consultation: 651-714-8669



The Meta Institute

June- Sept. 2007 Calendar of Trainings

Reiki Trainings

Reiki Level 1 One Day Training \$75

June 16 Sat 10am-6pm
July 28th Sat

Reiki Level 2 One Day Training \$150

June 17 Sun 10am-6pm
July 29 Sun

Reiki Master Two Part Evening Training \$300

July 18 Wed 6:30pm-10pm (Part 1)
& July 19 Thurs 6:30pm-10pm (Part 2)

Reiki Master Two Part Evening Training \$295 Teacher

Aug 1 Wed 6:30pm-10pm (Part 1)
& Aug 2 Thurs 6:30pm-10pm (Part 2)

Reiki Sessions 60 minutes \$60
90 minutes \$90

By Appointment Only

Reiki Shares

June 14th Thurs

July 12th Thurs

Aug 9th Thurs

Sept 6th Thurs

All Reiki Shares are open to anyone trained in at least Reiki Level 1. Reiki Shares are FREE. Please call in advance to reserve a seat. Seating is limited to 15 people.

Reiki Shares are from 6:30pm - 9:30pm

All shares will be held at our new location in Edina. Please call for directions.

Intro to Therapeutic Coaching

July 19 Thurs 7pm-9:30pm **\$35**

The Meta Institute accepts Visa, MasterCard, Discover Card, American Express, Checks or Cash. Payment plans are reviewed on an individual basis.



The Meta Institute is licensed by the
Minnesota Higher Education Services Office
1450 Energy Park Drive, Suite 350
St. Paul, MN 55108-5227
651-642-0533



The Meta Institute (952) 831-6382 Website: www.metainstitute.com

PERSONAL AND PROFESSIONAL COACHING

The Meta Institute has highly a skilled team of Life Coaches available to assist you with issues in any area of your life. We combine our years of experience and diverse training to assist you in achieving optimal performance both personally and professionally.

If you are interested in learning more about personal or professional coaching, call us at (952) 831-6382.

“Cause you just never know how far a change will go!!!”



More Classes

Classes by Mary Beth Tracy

Intuition

What do we mean when we say "I had a gut feeling about that?" How is it that we can look at or talk to a loved one and get a "sense" of how they are feeling or "know" what they are thinking about? Perhaps it is a guess or maybe it is *intuition*.

Intuition can be useful in our lives to:

- Explore all aspects of making a decision to change or enhance your career or any other area of your life
- Experience the fullness of your relationships
- Resolve business and personal conflicts
- Experience and learn how the process of aligning the chakras through color and the logical levels can bring clarity and resources to your everyday life.

"Intuition is a natural and spontaneous capacity everyone has to perceive the slightest emotional fluctuation in themselves and others." Carl Jung

Demystifying the Tarot (3 day class) \$250

Sept 29th and 30th (Sat & Sun)
Nov 18th (Sun)
10am-6pm

Intuition Class \$85

July 29th (Sun)

10am-6pm

Intuition Development Groups

\$25/group

June 19th (Tues)

July 17th (Tues)

Aug 9th (Thurs)

6:30-9:30pm

Tarot

The Tarot is one way to channel intuition. This method provides an external filter to channel information that will expand your awareness. It's history and symbolism originates in myth, philosophy, culture and ancient teachings. Learning how to receive insights from the Tarot will prove to enhance your understanding of yourself and others, allowing yourself to experience the world at it's fullest expression.

Look Both Ways Before Eating

The Invisibles of Digestive Health



Every living system, whether cell, organ, body or community of people, has to have two fundamental capacities: to bring in substances that provide energy and the ability to remove it (eat & poop).

Over a lifetime, the average person will consume over 25 tons of food. That food is not only the fuel for energy production; it is also a way for the person to interact with their environment. The health and functional ability of the Digestive Tract (GI Tract) determines how food or environmental cues are processed, absorbed and interpreted by the cells and therefore the body as a whole.

Throughout this article and the class, I will be using the terms "Food" and "Diet" many times. I will define them as to how they are used here so there is no misinterpretation.

Food: Any substance that can be metabolized by an organism to be used as *information* and raw material to build tissue, create energy and experience the environment.

Diet: Latin root meaning – *a way of life*.

Anatomy and Physiology of GI Tract

The GI tract is a single solid tube that extends from and includes the mouth to the anus. Along the way it twists and curves, ballooning in areas to form organs and linking to other organs like the gallbladder and pancreas. They assist the process by giving some extra digestive juice. The GI mucosal layer (inside skin) is the largest interface between our bodies and the external environment. At an average of 400 square meters, it is 200 times greater than the surface of the skin. Don't be confused, the GI tract is technically not inside the body. It is continuous with the outside skin and forms a path that is open on both ends through the body. On this tract live trillions of bacteria

(there are more bacteria in the GI tract than cells in the body) with the responsibility of eating what we ingest and pooping out vitamins, minerals and chemical compounds (the type that has made trillions of dollars for "Big Pharma"). The amount and quality of these products depends on the raw materials (food) taken in, amount of bacteria, mood or stress level of the body and several other factors.

The cells of the GI tract are then responsible for breaking down both the food ingested and the product of the bacteria into usable portions by the cells. They will also make the decision on what to allow in the body (nutrients) and what continues on to excretion (waste). There are two main ways that the cells allow nutrients into the body: either through the cell (intracellular) or between the cells (paracellular). These processes come into great importance when the discussion of allergy and disease comes about.

Macronutrients

My last trip to the bookstore had me counting the number of different

titles in the "Diet" section (117). Most of these "diets" were deprivation diets where you limit your intake of one of the main macronutrients: Fats, Carbohydrates, Proteins. Depending on what they were limiting, that nutrient was demonized as supportive evidence for their reasoning. Most of these titles were written by doctors and they are all correct in what they say. Let's take a moment now to give a non-judgmental description of these macronutrients.

Macronutrients mean large nutrients. These are broken down into the smaller components that make them up and then transported into the body.

Fats: Are broken down in fatty acids. These fatty acids (Omega 3, 6, 9, 12, LDL, HDL) are the main structural component of cells membranes. Some allow for more flexibility or fluidity of the membrane while others contribute to the structural stability. A proper

Continued on page 7

Ilga Cimbulis

Animal Communication • Intuitive Consultations



YOUR HEART'S DESIRE

Wednesdays, Sept 19 - Nov 14, 7 - 9 PM. Edina, MN \$180.00

Nine week study group based on Internationally renowned author/teacher Sonia Choquette's book [Your Heart's Desire: Instructions for Creating the Life You Really Want.](#)

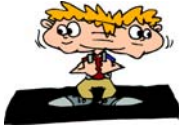


Introductory Animal Communication Class

Saturday, Sept 22, 9:30 to 4:30 PM. Edina, MN \$125.00

This interactive class covers the basic principles and concepts of telepathic animal communication. Discover how you personally access telepathic information with your animals.

(952) 906-9305, ilga@ilgacimbulis.com, www.ilgacimbulis.com



Look Both Ways Before Eating continued

balance must be maintained for proper cell communication, nutrient intake and waste disposal.

Carbohydrates: Are broken down into simple sugars. These sugars are then used by the body as fuel to produce energy for proper metabolic function. The main energy (sugar) consumer, in the body, is the brain (80%) while the balance is used by the muscles, bones, cells, etc.... When activity or stress levels go up, there is a greater demand, so the body taps the fat reserves, however it will also trigger the need to eat more sugar.

Proteins: Are broken down into Amino Acids. These amino acids are then repackaged and used to make proteins in the body. These proteins become muscles, tendons, bones (structural proteins); the majority however, are used to make enzymes (functional proteins). If there is not enough ingested protein (animal or plant) then the body turns to breaking down lean muscle mass as it's source (the body will eat itself). Also, if the need for energy is not met by either sugar or fat, then protein can be broken down and converted into sugars to act as the fuel.

We will discuss excess and deficiency in the class and how that manifests. Then we will look at popular diets and review research onto efficacy and results both long term and short term.

Exercise

Paging through a random selection of the 117 titles in the bookstore, the main similarity was they all recommend some level of movement. So let's describe what exercise is, how it plays a role on health and longevity and how nutrition interacts with it all. Many of you may agree with the following statement: Exercise is a stress to the body. As a matter of fact, exercise (movement) promotes acid production, is a catabolic process (breakdown tissue) and promotes massive amounts of oxidative stress. However, this is a necessary stress. To see what happens without it, look at the muscle condition of paraquadriplegics. Their muscles atrophy because they can't fire them but do not completely disappear because some level of tone is maintained by the body.

Muscle mass is the main marker of aging health. Low muscle mass will promote lowered immune response, lowered bone density and a host of other conditions.

As mentioned earlier, movement is a catabolic process and breaks down the body; rest and proper nutrition help build it back up stronger and healthier than before. We will explore how and what foods are needed when dealing with a high activity day.

Look Both Ways Before You Eat

spans 6 sessions, every other Monday starting in September. We will cover in much greater depth the above topics as well as: Biochemical results and effects of emotional and physical stress, Disease and Allergy as a result of disfunction of the GI tract and misinterpretation of environmental cues, Vitamins and supplements – quality, function and use and more.

We will also discuss serving size vs. calorie counting, create functional meal plans depending on what your personal goals are, dissect and understand nutritional labels on packaged foods, review and test current research on how the environment influences what and how much we eat. The class will be interactive and you will have the opportunity to ask questions about your results utilizing the information from the previous class.

When you complete the course, you will be able to discern the effects your diet is having on your quality of life. You will have the tools to create, implement and adjust a meal plan to meet your particular goals. Most importantly, you will have a functional knowledge of the *Invisibles of Digestion* and be able to exercise choice in how you feel.

Mark Schneider
LMT, CTC, LE

Look Both Ways Before Eating



**Class dates: Monday night 6:30-9:30pm -
Sept. 17, Oct. 1, Oct. 15, Oct. 29,
Nov. 12, Nov. 26.**

**Early registration \$525 until September 1st.
After September 1st \$575.**

Class size is limited so save your seat.

**Call me with any questions at 612-309-0669 or
email at Livemorelife@gmail.com.**

**Free information sessions at
the Meta Institute:**

**June 16th– 12pm-2pm
July 16th – 6pm-9pm**



ARKNEST CENTRE FOR HEALING

GRAND OPENING

Reiki Sessions 30% OFF

Therapeutic Coaching® Initial Assessment 50% OFF

Inquire how both modalities can be used in concert with each other. Clients report that sometimes issues surface while receiving a Reiki Treatment. Following up with a Coaching session can assist in the clearing of the issue. As always, a Reiki session for relaxation and healing is a perfect way to meet this outcome.

David Liberto 715-308-0833 (cell)

Ellen Liberto 715-308-3328 (cell)

The ArkNest is located at
The Meta Institute
952-831-6382

By Appointment Only

Offer good through Labor Day September 3rd, 2007

WHAT IS QI-GONG?

Free Informational Meeting

Tuesday, July 31st 12:30 - 1:00 PM or 5:30 - 6:00 PM

Qi-Gong has been called Chinese Yoga, Moving Meditation and Ageless Movement. Whether you are 22 or 82 this gentle yet powerful form of exercise when done for even 15 to 20 minutes a day, say during your lunch hour will both increase your flexibility, stamina and balance while helping you with focus and clarity. The Chinese have been doing this for thousands of years. Even today many continue to gather early in the morning in parks to practice a form of Qi-Gong called Tai Chi. Qi-Gong is the core of Chinese medicine. My teacher Roger Jahnka is an Oriental Medical Doctor and teaches Qi-Gong from a medical perspective in order for people to find the healer within which is the agent for wholeness and oneness. I am in the process of developing a new class in Edina and am planning a free informational meeting to explain more about Qi-Gong and give you the opportunity to experience this very easy yet profound form of movement.

David Liberto ~ Certified Qi-Gong Instructor
Arknest Centre for Healing

Offered at The Meta Institute
Please call to Register.
952-831-6382