

Therapeutic Coaching Updates

March is here ushering in the Spring season and the June graduation of our 13th Therapeutic Coaching class. We are still taking applications and interviewing students for our June 2009 class which begins June 11th. This class is approaching capacity level, so if you have an interest in joining the June class, please contact us as soon as possible. We are also offering longer term financing as well as being approved by the MN Workforce for funding to assist folks that are unemployed. If you are interested in applying to our program and utilizing financial assistance, please contact us.



Open House Schedule



At [* , Thur.
GYdh%+, T\ uf.

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 June 8th.

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 Coaching • Experiential Learning • Professional Development
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This program will also include an NLP Practitioner, Master Practitioner Certification and a Hypnotherapist Certification.

Meta Institute newsletter designed by



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Call for a free consultation: 651-714-8669



The Meta Institute

April-August 2009 Calendar of Trainings

Reiki Trainings

Reiki Level 1 One Day Training \$75
 April 18 Sat 10am-6pm
 June 27 Sat

Reiki Level 2 One Day Training \$150
 April 19 Sun 10am-6pm
 June 28 Sun

Reiki Master Two Part Evening Training \$300
 May 6 Wed & May 7 Thur 6:30-10pm
OR One Day Training
 June 17 Wed 9am - 5pm

Reiki Master Two Part Evening Training \$300 Teacher
 Dates to be announced

Reiki Sessions 60 minutes \$60
90 minutes \$90
 By Appointment Only

Reiki Shares

April 7, May 12,
 June 16, July 14, Aug 11
 (All Tuesdays)

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
 6:30-9:30pm

Therapeutic Coaching

Intro to Therapeutic Coaching
 To be announced

Trainer's Training
 To be announced

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
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 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 a highly 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!!!”



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 Class \$95
 June 21 (Sun)
 10am-6pm

Intuition Development Groups \$25/group
 March 24 (Tues), April 28 (Tues),
 May 28 (Thurs), June 23 (Thur)
 July 21 (Tues)
 6:30-9:30pm

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



Tarot

Demystifying the Tarot
(3 day class) \$250

May 30 (Sat), 31 (Sun) & Aug 2 (Sun)
 10am - 6pm

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.

More Classes By Mary Beth Tracy

COUPLES COACHING

Couples coaching is a powerful way to heal and improve your present relationship as well resolve what is problematic for the individual from the past. No matter how long it has been or how much has happened in our lives we bring our unresolved issues with us into new relationships. For many people this interferes with the growth and development of their present relationship. Wouldn't it be wonderful to be able to deepen the connection with your present partner while releasing unwanted baggage from the past so you can both grow as individuals in the relationship? The quality of any relationship is directly related to the health of the individuals in the relationship. This group will allow you to witness and grow from



others healing and experiences as you and your partner heal and move towards a deeper and healthier relationship. This group will be limited to 5 couples. We will meet for 10 sessions. We ask that you commit to attending all 10 sessions.

Class Fee: \$900/per couple

Class Dates: 5/5, 5/19, 6/2, 6/16, 7/14, 7/28, 8/11, 9/15, 9/29, 10/20

Class Times: 6:30pm - 9:30pm

TEEN DEVELOPMENT GROUP



Over the years of my work with teenagers and families it has become clear there is a need to support teens and families in other ways in addition to individual coaching. Teenagers continue to express the desire to meet others their age that are in the process of development, healing, discovery and understanding who they are and their place in the world. I am starting a teen group where teens can develop their sense of self, understand and explore who they are as they mature. This group will focus on connection to self, healthy relationships, issues specific to teens, spirituality, development of innate talents, self esteem, personal power, creativity and any other subjects that the members of the group have an interest in. The format of the group will consist of facilitated discussion and activities. The maximum number of members in the group is 10. The group can be coed and the ages range from 14 - 19 years of age.

I ask that a commitment of 8 sessions be made in order to build an environment of trust, continuity and flow in the group. Teens can be dropped off as early as 8:30 am and be picked up as late as 2:30 pm. Snacks will be served.

Class Fee: \$60 per session/\$480 for the series.

Class Dates: 6/18, 6/25, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13.

Class Times: 10:00am – 1:00pm

Please contact Mary Beth Tracy at 952 831 6382 for any questions and to sign up. I can also be reached by email at meta@metainstitute.com. I look forward to hearing from you!

Spiritual Coaching continued from page 2

been around a long time. What does it mean? In my experience I have come to know its meaning as any thought, inspiration, idea, lively creative conversation, etc. is the presence of spirit inspiring us to create yet something else in our world. The question of our present condition is what have we created and what have we denied creation of? This great time of change gives us all the opportunity of

asking and attempting to answer the questions of purpose, quality of life, choice, and many others that concern the deeper part of ourselves, our spirit and the world we live in. Perhaps, the strife of our economy is asking us to look inside and make choices. With the consistent growth of technology there has been so much emphasis on progress which has been translated into more, more and more on

the outside; bigger cities, buildings, faster cars, bigger hotels, etc. What is missing in that expression? Perhaps the imbalance we are experiencing calls to our spirits to create and focus on our choices of how we want to live and what kind of world we want to live in. More and more people feel the calling. Therapeutic Spiritual Coaching™ is a creative avenue for both the practitioner and the client to create new expression in our world as well as their personal lives. Your spirit is calling. What is your answer?

Mary Beth Tracy

Mastering Alchemy

Free Local Classes, Live Tele-Classes. Weekend Seminar

Alchemy is accomplished by changing the frequency of thought, altering the harmonics of matter and applying the elements of Love to create the desired result.

Jim Self returns to Twin Cities April 13-19

Free class-Meta Inst. - April 13 7-9:30pm

www.MasteringAlchemy.com FREE DVD

Local Contact Carol: 763-843-0043 or 775-851-8950

