



The Meta Institute

January 2007

Volume 8, Issue 1

New Beginnings

for the Meta Institute



The year 2007 marks many new beginnings for the Meta Institute. We are finally settled in our new home in Edina. Wow, what a busy couple of months, moving, organizing, unpacking and getting used to the new digs. The GrandOpening celebration on Dec. 17th was a great success. It was wonderful seeing folks from Meta's early days and be able to share so many fond memories.

As 2006 ended, I had the realization that I am and have been truly blessed with many wonderful people, opportunities, & experiences in my life and work. I cannot express enough gratitude to all the amazing people that made Meta's move as smooth as possible. It was quite the endeavor with endless hours of work to get the new place settled and still run business as usual.

Here is a brief recap of all the happenings in 2006. We opened the year with Pat Vitale (one of the previous owners and co-founder of the Meta Institute) retiring from Meta to pursue other career goals. As co-founder of the Meta Institute, Pat made innumerable contributions to help create what Meta is today. I am so grateful for her vision, work, dedication & contributions. It was an amazing journey to create and teach with her.

As the months progressed, I realized my own version of the old cliché, "necessity is the mother of creativity". In March & April I

brought to fruition two long awaited goals. The first, to create a work study program that would allow students with limited finances the opportunity to participate in our coaching course. At the same time the work study students provide Meta with invaluable resources and help. All the projects and goals that we have accomplished this year would not have been possible without the hard work and dedication of these individuals.

The other long awaited goal was creating a Trainers' Training Program which we launched in April of 2006. This program is an awesome opportunity for Meta to expand its programming and to give Trainers a rich learning experience via numerous venues of training. Meta has been able to offer a variety of different topics and modalities that we had not been able to in the past. The students of this program are in training 14-24 months and they are immersed in a variety of training atmospheres where they can expand their knowledge, skill and elegance, so that learning can also be a transforming experience. There is no other Trainer's Training program like this around where students get this much hands on experience. It also allows me to pick the very best trainers to hire in the future as Meta continues to expand.

Shortly after launching the Trainers' Training program, I had the realization that we did not have enough space to offer all the workshops and trainings that were on

the back burner. About the same time, we were notified that the building we were in in Golden Valley was going to be sold. Once again, here was another opportunity to expand and grow. This news led to a diligent search for new space for Meta. This 5 month search landed us in Edina. Meta was able to triple its space to 4,600 sq. ft. in a brand new space with 2 classrooms, an awesome student lounge, 8 offices and a workroom. The added space has allowed Meta to make office & classroom space available to its graduates and to other practitioners in the healing modalities.

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

Realization of Peace:

Learn to discipline yourself out of your busy life to find the pieces of your peace puzzle



My daughter is home on her winter break from college. Like most mother-daughter duos, we love to go out. Browsing around the malls and trying to eat at the healthiest restaurants in the Twin Cities (I'm a health nut). While on one of our recent trips to the mall, the decorations, Christmas melodies and Santa all awakened the holiday spirit

When my spirit is not at rest I know to be silent & take time to check my own inner world.

within me. The next thing I noticed, I was thinking about the New Year. With those thoughts came my New Year resolution list. I started to make a mental list, to my surprise; it was the same list as last year. Not only last year, but for the last 20 years I have been making the same list: lose some weight, organize the house and try to keep it clean. What's wrong with this picture? I make my list, January comes

and I work positively to achieve the goals on my list. Then slowly as the months go by, I start going back to my "normal" life. By the time spring arrives, I can't even remember what it was that I wanted for the New Year.

Then when December comes it is time to make a new list, I have gone through the same cycle for the past two decades.

This year will be different, no more lists. I have decided to recheck my list and try to understand how & why I am unable to accomplish any of the things on my list, even though I think that is what I want. Perhaps a self-analysis of my own behavior and the reasoning behind it might change my list for next year, or perhaps I will not be needing a list any more. I don't know. But I am excited to find out by asking

myself how & why? I did find something that was not on my list last year, which is peace.

When I was willing to **challenge** my pain, I was rewarded with peace. I have always **believed** everything happens for a reason and there is a lesson to be learned in every situation. When you are able to take those learnings & are able to apply it to your life, there is a chance for growth. That has been my **mantra** for my life.

When I was more honest with my own feelings, ready to take responsibility for my own actions & other learning that life offered me, I realized I was able to stay calm in a chaotic situation. Now I am able to keep my emotions and my inner thoughts under control most of the time. I also live in a real world where things happen beyond my control. But now practicing peace rules, it is easier for

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"New Beginnings" cont. from page 1.

Simultaneous to finding a place to move to, we were also in negotiations with Anoka Community College and the MNSCU system to get our Therapeutic Coaching® course approved for college credit and eligible for financial aid. This was a great accomplishment that was 2 years in the making and was finalized in August. As of this January, students of our Therapeutic Coaching® program are eligible to receive college credit for our course. If a student attends the onsite training at Anoka Technical, then they may also be eligible for financial aid.

As 2007 begins, I am looking

forward to many new and wonderful changes and opportunities. I hope to expand programming further and offer more courses that appeal to a wider population of people. Our second Trainers' Training program begins in April and I hope to have more resources available (seasoned trainers) to be able to provide the new training students with a richer experience. Another very important project for 2007 is to open a coaching/healing clinic that can provide affordable services to folks with low income or in challenging living situations. As wonderful as the coaching field is these days, it truly is a field of service

for the financial capable person. However, people in different financial situations also have the need and right to get quality services.

As I look back and forward I am so very grateful for the people, situations, opportunities and things that I have and have had in my life. It truly has been a wonderful life!!!! My wish for you is a year of awesome health, happiness and wealth and that you may manifest a Wonderful Life.

If you would like to get in touch with Pat Vitale she can be reached at 612-760-0773.



Peace,
Mirtha

Therapeutic Coaching Updates



Reminder - The Meta Institute has moved!

As of November 13th, The Meta Institute is at its new location in Edina. Please note our new address and phone number.

4600 West 77th Street, Suite 230
Edina, MN 55435
952.831.6382
Fax: 952.831.6383




Open House Schedule

March 20th, Tues.
April 12, Thurs.
May 1, 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 May 1st.

Skills & Techniques You'll Learn

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

- Learning Styles
- Systems Theory
- Quantum Physics
- Life Cycle Changes
- Hypnosis
- Emotional Intelligence
- Past Life Therapy
- Gestalt Therapy
- Team Building and Leadership
- Motivational Counseling
- Business Management and Consulting
- Developmental Stages
- Neuro Linguistic Programming
- Structural Therapy
- Couples Communication Counseling
- Experiential Learning
- Professional Development

This program will also include an NLP Practitioner, Master Practitioner Certification and a Hypnotherapist Certification.

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Call for a free consultation: 651-714-8669



The Meta Institute

Jan. - May 2007 Calendar of Trainings

Reiki Trainings

Reiki Level 1 One Day Training \$75
 March 10 Sat 10am - 6pm

Reiki Level 2 One Day Training \$150
 March 11 Sun 10am - 6pm

Reiki Master \$300
 March 21 Wed 7pm-9:30pm (Part 1)
 March 22 Thurs 6pm-10pm (Part 2)

Reiki Master One Day Training Teacher \$295
 Coming spring of 2007

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

Reiki Shares

Jan 23rd Tues April 10th Tues
 Feb 22nd Thurs May 15th Tues
 March 15th 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

Trainers Training

April 3rd thru 7th \$5500
 (Thirteen to twenty four month program)

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
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 651-642-0533



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

PERSONAL AND PROFESSIONAL COACHING

The Meta Institute has 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!!!"





“Realization of Peace” cont. from page 2.

me to align my body, mind & spirit. I feel like I am in a meditative state most of the time. Just as we need food to nourish our body everyday, we need to find those peaceful moments within ourselves everyday. How I am able to stay peaceful is very simple. I have the courage to look inside myself.

When my spirit is not at rest I know to be silent & take time to check my own inner world. I have learned to let go of my pain. Letting go has made room for new hopes, new spirit & a new me. My life coaching training has provided the perfect opportunity for me to move on. What does peace mean to me?

- P-personal
- E-emotional
- A-ability
- C-controlling
- E-exercises

PERSONAL - peace is personal. One can only find peace within.

EMOTIONAL - we all have emotions all the time. By being honest with ourselves in every situation we have a great opportunity to learn about ourselves.

ABILITY - we all have ability to improve. When there is a goal, there is a purpose & you do find the strength & ability within you.

CONTROL OF SELF EXERCISES - peace has been practiced by Himalayan yogis since ancient times. It is possible for us to bring those experiences into the 21st century by practicing certain disciplines in our daily life. The most important learning I got from my understanding of peace is: The time that is given to me on this earth is a gift. I do not dwell on the past anymore. I admire today because I know for sure all I have is the present.

*Surrounded by muddy water,
Still, pure and beautiful,
The glow of that Lotus,
That is how I'd like my soul to be.*



I would love to share my ideas, my learning & practical tips that you can apply to your daily life at my upcoming workshops.

Nayna Patel

Workshop info:

Why, When & How of Peace & Awareness of Your Being

Feb. 1st 2007 (Thurs.)

March 1st 2007 (Thurs.)

6:30p.m. to 9:00p.m.

\$20 per workshop (on going every month, drop by when you can),

Please call Nayna to register.

Workshop held at The Meta Institute, 4600 West 77th St.

Suite230, Edina

Registration Deadline is January 29th.

To inquire, please call -

952-445-7111.ext.102 or 0

or e-mail at

celebratelifeanddeath@yahoo.com

*website coming soon!

Other Classes

Ilga Cimbulis

Animal Communication • Intuitive Consultations



THE PSYCHIC PATHWAY

Wednesdays, Jan 24 - Mar 21, 7 - 9 PM. Edina, MN \$180.00

Nine week study group based on Internationally renowned author/teacher Sonia Choquette's book The Psychic Pathway: A workbook for Reawakening the Voice of Your Soul.



Introductory Animal Communication Class

Saturday, February 10, 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.

Nayna was born in India & raised between India and South Africa. She brings a valuable wealth of spiritual knowledge from the East. She holds a bachelor's degree in Chemistry & Physics and comes from a family that values education. Her ability to analyze her own problems has changed her life. She brings a calm blend of warmth, passion and wisdom from her own survival of sexual abuse, lifelong weight concerns, low self-esteem & other of life issues. She is blessed with two brilliant children, a beautiful daughter-in-law & a loving husband. She is available for group meetings, seminars and workshops on various topics.

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

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

Intuition Class \$85

Coming in June 2007

Intuition Development Groups

\$20/group

March 8th (Thurs.)

April 10th (Tues)

7-9pm

Demystifying the Tarot \$250

April 28th and 29th, (Sat & Sun)

June 3rd (Sun)

10am - 5pm

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.

Dynamics of Disagreement

Do you find yourself clashing with loved ones and co-workers over "petty" things? Find yourself in arguments and not know how you got there, or worse, how to get out? Would you like to express "where you are coming from" and understand "where they are coming from" in a safe and easy manner?

In The Dynamics of Disagreement, you'll learn how your own thoughts, beliefs, values, and experiences inform your own perceptions, and how some one else's perspective on even simple things can be so different than your own! Using fun and easy techniques in class, learn how to organize your thinking and use of language in a simple and amazingly effective way to improve your communication and resolve conflicts with your partner, your children, your co-worker-even yourself!

This 3-hour workshop, taught by Jay Maasch, Therapeutic Coach® will be held at the Meta Institute Monday, April, 30 from 7:00-10:00pm. Cost is \$35 per person, \$50 per couple! To register, or for more info, contact at Jay at 612-986-5091, or at Jmmeditate@hotmail.com.

