

November is a time to reflect on the past year and the things in our lives that we are grateful for. For many families, including my own, one's gratitude is articulated at the Thanksgiving dinner table. This year, as my family expresses their appreciation, my thanks (albeit somewhat begrudgingly) will be to Spirit for placing me on a path that brings both joy and a sense of purpose. Along with that, I am grateful to each one of you. The laughter and tears, kind words, testimonials, and thoughtful gifts has brought me joy and supported me on this journey. Had it not been for each of you, I'd have taken down my "shingle" a long time ago.

Another thing I am grateful for is having the bulk of my holiday shopping done! First time, EVER! If you are struggling to come up with holiday gift ideas, consider

 Dawn Lynn Gift Certificates! During the month of November, all gift certificates are 10% off! Go to www.dawn-lynn.com for more details.

Happy Thanksgiving & Chanukah
(for those who celebrate)!

Reverend Dawn Lynn

TAKE A DEEP BREATH AND MEDITATE



The holiday season, for many, can be one of the most stressful times of year resulting in increased illness and relational disputes. To assist you in warding this off, I recommend meditating. Studies have demonstrated both physical and emotional health benefits of this practice including decreased anxiety, increased happiness and lower blood pressure.

Meditating, like any exercise program, can be a challenge. Excuses I often hear are: "I'm too busy! I don't have time to meditate" or "No matter what I do I'm interrupted there is no place for me to meditate" and "I just can't seem to clear my mind, there are too many things on it!"

Here are some tips to help you begin (or maintain) this healthy practice and overcome the stated challenges:

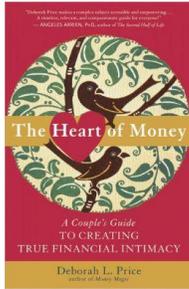
- **Time** – Fortunately, for this practice to be effective, you don't need a lot of time. Start off with dedicating five minutes and slowly work yourself up to longer durations! 
- **Place** – Meditation can be done anywhere from within the shower, on the treadmill, or seated comfortably on a chair. If you don't have time to carve out, work simple breathing exercises into one of your daily activities, i.e. washing the dishes. Focusing on your breath and letting your mind wander will bring you the desired meditative relaxation.
- **Purpose** – We all have many responsibilities that fill our heads (and our lives). That being said, don't beat yourself up if while meditating you begin thinking about your shopping list or what you plan on wearing tomorrow. That is normal! Take the thought, take a deep breath and watch that thought float away knowing you can handle it once you are done meditating. 

If these recommendations don't help, I recommend listening to a guided meditation. You can obtain many free online.



Happy Meditating!!

FEATURED BOOK OF THE MONTH



The Heart of Money:
*A Couple's Guide to Creating True
Financial Intimacy*
By Deborah L Price

As Thanksgiving approaches, many of us take stock and reflect upon the things that we are grateful for. Unfortunately, our gratitude and appreciation can quickly fade as we turn our thoughts to the holidays and tax time which are right around the corner. As thoughts of mounting bills pop into our head we begin to stress about our finances which may create rifts and even resentment within our personal relationships...the same thing we were moments ago grateful for.

To avoid this cycle, I recommend this book in which Deborah Price, a Certified Money Coach, helps you identify your money type (I'm a Magician and Warrior with a shadow Tyrant-side), understand your money story, and provide tips to bring alignment to any financial dissonance within your personal relationships helping you create a map to achieve the things you desire for a full and exciting life.

For more interesting reads, go to:
www.pinterest.com/revdawnlynn

UPCOMING EVENTS & CLASSES

Readings at New World Gifts

When: Fridays, November 1st, 8th, 15th, 22nd & 29th from 1pm – 5pm
Where: New World Gifts, 5655 Main St, Williamsville, NY
Cost: 15 min: \$35, 30 min: \$55, 60 min: \$90

Hearthstone Manor Psychic Fair

When: Saturday, November 2nd from 11am – 8pm
Sunday, November 3rd from 11am – 6pm
Where: Hearthstone Manor, 333 Dick Rd, Depew, NY
Cost: \$7 admittance fee + reading fee (optional)

Every Day Mediumship

This monthly circle is open to all individuals interested in opening themselves to spirit and developing their mediumship skills.

When: Wednesday, November 7th from 7pm – 9pm
Where: Awakenings, 21 S Grove St, Suite 270, East Aurora, NY
Cost: \$15

Rochester Psychic Fair

When: Saturday, November 9th from 11am – 8pm
Sunday, November 10th from 11am – 6pm
Where: Radisson Airport, 175 Jefferson Rd, Rochester, NY
Cost: \$7 admittance fee + reading fee (optional)

Unlocking the Mysteries of the Tarot

This monthly workshops is designed for individuals that are familiar with the Tarot, but would like to use this tool more effectively. In November, we will be exploring the use of oracles with the tarot.

When: Monday, November 11th from 7pm – 9pm
Where: Amherst, NY
Cost: \$10

Syracuse Psychic Fair

When: Saturday, November 16th from 11am – 8pm
Sunday, November 17th from 11am – 6pm
Where: Best Western, 6555 Old Collamer Road South, East Syracuse, NY
Cost: \$7 admittance fee + reading fee (optional)

Let's Get Physical! An Evening of Physical Mediumship

Interested in physical mediumship? We'll be putting our minds and bodies to work tipping tables and spirit boards. Come and see Spirit dance.

When: Monday, November 18th from 6:30pm – 8:30pm
Where: Awakenings, 21 South Grove Street, Suite 270, East Aurora, NY
Cost: \$15

Journey to Me

This monthly circle is open to all individuals interested in opening themselves to spirit and meeting with like-minded individuals

When: Tuesday, November 26th from 7pm – 9pm
Where: Harlem Road Community Center, 4255 Harlem Road, Amherst, NY
Cost: Love Donation

Starting in January, *Manifest Your Dreams*, a monthly circle to help you use the Law of Attraction!! Also, a *Pathways to Spirit* circle is now forming. If you are interested, please contact me.

For More Information or to Register, go to:

<http://www.dawn-lynn.com/events--calendar.html>

If you no longer wish to receive my newsletter, please respond to this email with "UNSUBSCRIBE."