

The Lighthouse

NEWS, UPDATES, UPCOMING EVENTS & DISCOUNTS



Hello Beautiful Souls!

Happy New Year and welcome to the very first edition of The Lighthouse! I was encouraged to begin a newsletter so that I may share all of the wonderful events I sponsor at [Journeys Holistic Health & Wellness Center of York, PA](#), spotlight fellow holistic professionals, provide insight and messages given to me from Source (or as my clients know I call them, My Team) as well as discounts and special collaborations. Speaking of collaborations, I feel I should explain why you are seeing [Powered by Your Soul, LLC](#) sponsoring the events at Journeys. When I first moved to Journeys there were two massage therapists and a homeopathic doctor working there as well. We talked a lot about working as a team to build awareness and increase traffic at the center. After two years of trying, I realized that I had put the cart before the horse. I was working to help everyone else before creating and building my own solid foundation as a holistic professional. This year I have shifted gears and am focusing on building my business, Powered by Your Soul, LLC. The name for my business came to me about 6 years ago when I was in a Two Year Energy Healing Course. I was asked by my teacher what I wanted to do with my business and I told her I wanted to help people live a life powered by their Soul. I didn't fully understand what that meant but Powered by Your Soul felt good to my heart, and so it is. Five years and nine months later, I finally began to understand the depth of the name. I have known for a while that I use my intuition to work with my clients team of Spirit Guides, Guardian Angels and the Souls of loved ones who have crossed over before them. What I have just recently come to realize is that the guidance I receive for my clients actually comes when I connect with their higher self, their Soul. When you work with me, I give voice to your Soul, opening the door for you to connect and live a life Powered by Your Soul. Pretty cool, huh?

So that's where we are on this journey. This newsletter is a way for me to communicate with you and encourage all who read it to begin, or continue, to surround themselves with like-minded people who cheer for you the loudest when you are at your lowest. My intention is to create a safe space for you to learn about, nurture, practice and expand the gifts you were given to help heal yourself and humanity. Only together can we raise the collective vibration of humanity to usher in a New World of love, compassion and community. It is an honor to use my gifts to help you discover yours.

Light & Love,

Judy

PS. All that being said, if you are not interested in receiving a monthly newsletter, please reply letting me know you no longer wish to be a part of The Lighthouse Collective.



ABOUT ME: JUDY FORDER

Judy is a spiritually based Energy Practitioner and Certified Intuitive Counselor. Using multiple modalities such as Reiki, Angelic Light Weaving and Axiatonal Alignment, Judy assists her clients in removing blocks which prevent them from moving forward, creating sacred space to release judgement and allow unconditional love for self and others. Using her intuition, Judy provides her clients with tools to move through the healing process and guide them on their path to reconnecting and trusting the guidance of their Soul.

In December of 2012, Judy received her first reiki session and from that day forward fully committed to releasing old outdated beliefs and emotions which were preventing her from living her best life. During her healing journey she decided she wanted to help others heal the way she was being helped by her mentors. After working to the level of Reiki Master, completing a 2-year Energy Healing Course and doing healing work part time, the decision was made. In July of 2016, Judy resigned her position as a physical education teacher of 24 years to follow the guidance of her Soul and began doing her healing work full time. Judy continues to take workshops and classes to expand her knowledge and enhance her gifts. She became a Certified Intuitive Counselor in the fall of 2019.

Judy is honored to use her gifts to help you realize yours. If you are willing to do the work, no dream is too big.

WHAT'S HAPPENING AT JOURNEYS HOLISTIC HEALTH & WELLNESS CENTER OF YORK, PA?

**ENERGY HEALING SHARE
the 1st SATURDAY of
EVERY MONTH**

A monthly Energy Healing Share hosted by Powered by Your Soul, LLC at Journeys Holistic Health & Wellness Center of York, PA from 10:00am-1:00pm.

Let's join together as a community to share and practice our gifts. Various energy modalities will be practiced to help each of us grow, heal and raise the vibration of each other, our community and our planet. You may join us as someone seeking more knowledge and to experience Reiki, Angelic Light Weaving, Axiatonal Alignments and/or other modalities.

See our event page on Facebook for more information!

<https://www.facebook.com/events/406650140083724/>

Cost: Love donations gratefully accepted.

**REIKI & READINGS the
1st and 3rd TUESDAY of
EVERY MONTH**

Would you like to experience Reiki? Have you been curious about Readings? Do you love Reiki and are in need of a tune up? Are you searching for some guidance and need some insight?

If your answer is yes, then come see Judy Forder and Morgan Michael to receive a 20-minute reiki session and a 20-minute reading for only \$40.00. Expo prices without the entry fee!! That's right, Reiki and a reading for \$40.00!!! (cash preferred) 10:00am-2:00pm

See our event page on Facebook for more information!

<https://www.facebook.com/events/475884963343231/>

**BREATHWORK WORKSHOP
the 4th FRIDAY of EVERY
MONTH**

Join Stephanie Dodd as she takes us on a journey using breath to release, restore and relax. Words cannot give justice to the experience, you must come feel it for yourself.

Friday, January 24th from 6:30pm-8:00pm (moving forward time will be 6:00pm – 7:30pm).

A \$15 Love Donation is suggested and would be gratefully accepted.

Note: There is a 10 person maximum for this event, so be sure to reserve your space in advance!

<https://www.facebook.com/events/165083054807597/>

Journeys is located at 2340 Eastern Boulevard, York, PA 17402

Please email, call or text Judy at judyforder@comcast.net, (443) 528-4439 to reserve your spot for these events!

WHERE ELSE HAVE YOU SEEN JUDY'S FACE?

Journeys with Judy – A weekly podcast spotlighting the life journeys of awesome people and how they've grown to share their light and love with the world! Also available on [Journeys with Judy on YouTube](#).

Anchors of Light – A Facebook group sharing live Angelic Light Weaving sessions with our group members.

INQUIRE ABOUT CLASSES AND WORKSHOPS

Classes are scheduled by request then opened to the public for anyone who would like to join. If you are interested in Reiki Levels 1,2 and/or Master, Angelic Light Weaving and/or Axiatonal Alignment contact Judy Forder at judyforder@comcast.net or text/call (443)528-4439 to schedule the perfect class for you.

MONTHLY COUPON AND DISCOUNTS

**In honor of the first edition of The Lighthouse Newsletter,
take advantage of this special coupon!**

Newsletter discount!

Schedule a session with Judy and present this coupon to get \$10 off one 1-hour session!

Share this coupon with your friends!



Referral discount!

Write the name of the person who referred you on the back of this coupon and they get \$5 off their next session.



Journeys Holistic Health & Wellness Center
2340 Eastern Boulevard, York, PA 17402

(717) 881-0833

A place for love & light for healing the body...



NUGGETS OF KNOWLEDGE WITH STACEY KNOSKY

TOPIC OF THE MONTH - HOUSEHOLD CLEANING SUPPLIES

Stacey Knosky
Licensed Massage
Therapist
Journeys Holistic
Health & Wellness
Center of York, PA

Only 7% of household cleaners adequately disclose their contents. Yes, you read that correctly, *SEVEN PERCENT!!* Wait, there's more. A study by the non-profit Environmental Working Group (EWG) reveals that of the top household cleaners, a whopping 53% contain lung harming ingredients as well as carcinogens like formaldehyde and chloroform. I don't know about you, but I find this completely mind blowing. First of all, why would a manufacturer want to hide information, and second, how do they get away with adding known cancer causing, lung harming, endocrine disrupting, skin irritating ingredients? Apparently, manufacturers can pretty much use any chemical they want, many of the ingredients have not been fully evaluated for human or environmental safety, and there are no product label requirements. Talk about Mr. Yuck!

How did the cleaning industry get so out of hand and become so product individualized and surface specific? I remember in my youth household cleaning supplies were pretty simple. Vinegar, Ammonia, Pine Sol, oh and Comet (which I now know contains more than 146 chemicals and may cause asthma, cancer, and reproductive challenges). Now there are unique products for every surface and every material. I think it's time to get back to the basics. It's time to start thinking for ourselves. Buddha was right, 'be the change you want to see in the world'. Start the change at home. Start replacing your toxic chemical laden cleaners with homemade natural alternatives using ingredients such as vinegar, baking soda, liquid castile soap, lemon, water, witch hazel, essential oils, and even salt. There are plenty of natural quick and easy cleaning recipes on-line. For a basic glass spray, mix ½ cup distilled white vinegar with ½-1 cup water (also can add a few drops of your favorite essential oil for an uplifting scent). It's that easy! Very inexpensive and environmentally safe too. Our grandmothers knew what they were doing.

THIS MONTH IN THE SPOTLIGHT: MORGAN MICHAEL

Morgan Michael is an Intuitive Reader, Reiki Practitioner and amazing Energy Healing Practitioner who uses her gifts to assist people in the healing process. Her readings are interactive as she uses Oracle and Tarot cards to intuitively guide a discussion allowing you to ask questions and receive information needed in the healing process. Morgan has a gift of being able to look into the essence of you and bring out what needs the most attention for healing. In both her readings and energy sessions, guidance and tools are provided to help you work through and heal whatever comes up. Her direct approach encourages you to dig beyond the surface so that you can get to the core of the issue at hand. Having done such deep work in her own healing, she has a clear understanding and respect for the work that must be done in order to move forward. Morgan's commitment to help others is reflected in the passionate way she fulfills her purpose here on Earth. I love her and I know you will too! If you would like to meet her, she is a dedicated member of our energy practitioner team working at the monthly Energy Healing Shares, as well as the resident reader for Reiki & Readings at Journeys Holistic Health & Wellness Center of York, PA.



For more information about Morgan and how to contact her, check out her FB page, Embrace Love Energy.