

# Naturalives Day Spa

A vibrant desert landscape in bloom. The foreground is filled with a dense field of purple flowers, interspersed with some yellow and white blossoms. The ground is sandy and dotted with small green plants. In the background, there are several tall, golden-brown grasses and shrubs. The horizon shows a range of brown, rocky mountains under a clear sky.

"When I let go of what I am, I become what I might be."  
Lao Tzu

Spring is all about renewal & preparing for our desert summer. Take some time out to refresh & rejuvenate with our personalized sound bath, signature massages & facials or create a custom rejuvenation package!



Naturalives Day Spa  
760 865-0901  
Or text 760362-9825

# March Specials

## Military Appreciation Day

Mar. 2 10AM-5PM for military families only  
Book now to reserve your time. Massages & facials:  
\$25 for 30 minutes  
\$50 for 60 minutes  
\$75 for 90 minutes

### Massages

**Sound Bath Massage or Transformation Massage or Rejuvenation Massage 5% off this month!**

### Facials

**Spring smoothie facial & body combination featuring the fruit smoothie enzyme facial and a bikini wax for 5% off this month only!**

### Reiki/Chakra/Energy Treatment Add-on

**Book and receive a 60 minute or more massage or facial & receive a 30 minute Reiki Session for \$45**





## 2019 Year of the 3 ( $2+0+1+9=3$ ) & Year 3 in Our Current Nine Year Cycle

The year of creation, manifestation & self expression

A year that allows you to use the lessons of the past to create a new present reality and future of your dreams. Bringing the beginning, middle & end, the 3 sided triangle when pointed up & the womb when pointed down, the trilogy of mother, father & child ( Mother Earth, Father Sky & humans) coming together.

This is a year of personal happiness and fulfillment.

### March: Love, Family, Harmony, Healing

March: 6<sup>th</sup> Universal month! Integrate, deepen & grow into your greatness. Concentrate on your mind, body & spirit before others. An emotionally busy, creative month with a focus on love & relationship. This is also the 3-3-3 portal which has never occurred before for our civilization. It brings a new energy that allows us to significantly shift our conscious awareness & live being consciously connected to all times, all dimensions, all knowing through the quantum field of our own co-creation- if we choose to step into it. Look at: How are you sacrificing yourself in a way that is not benefitting you? Delegate and let go to unburden yourself.

The divide between people striving to be consciously connected & those standing firmly in the 3<sup>rd</sup> dimension shall magnify this month.

Numerology Power Days: 3/3/3 portal & 3/30

New Moon on February 4<sup>th</sup> at 1:03PM

Full Moon on February 19<sup>th</sup> at 7:53PM

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# *Classes & Reiki Circle*

**Quantum Strength Circle By Anna Huff**

**March 6 & 20th at 6PM: donations accepted, no one turned away. 60-90 minutes**

**Participants sit in a sacred circle to enter an internal meditative space together. Each week addresses a new concept of self and life that is relevant to political /astrological /emotional happenings of the week (for example: fear, manifestation, boundaries etc.). We will meditate on the concept from micro to macro, as people around the circle gradually share more of their current personal state with it. The goal for each circle is a purifying reduction down to self-truth and heart influence. As truth is revealed, the structure of conversation becomes intuitively prompted questions and energy work that lead to a group climax of energetic release that will be guided into group grounding, and renewing as everyone radiates outward. The final step is to send out that revelation along the magnetic grid with intentions of kindness for the world.**

**2019 Numerology & the 3-3-3 Portal by Linda Bottero March 7 5:30-6:30PM**

**Refer to the next page for the information.**

**Reiki Circle March 28 4-6PM. No appointments necessary & FREE.**

**Experience reiki from several practitioners to release, align & energize your physical, mental, emotional & spiritual bodies. Leave feeling more relaxed & fulfilled.**



## Understanding 2019 3 Numerology & the 3-3-3 Portal March 7<sup>th</sup> 5:30-6:30PM

This year is all about personal happiness and fulfilment. It's creating what brings your inner happiness into your external world through creative energy, social activity and enhanced communication. I like to refer it as our new reality because there is a lot more than just numerology and astrology influencing us this year. The 3-3-3 portal further opens you up to remembering your truth and bringing your sovereign right as a co-creator aligning your talents, gifts & mission in this timeline. This year moves us more into a division of consciousness – those moving up the consciousness ladder and those stuck in the 3D world.

Look at this as you do the 4 seasons or the weather report; learn what is coming your way so that you may make smart choices. You want to create growth, comfort, opportunity & happiness in your life.

We'll cover:

1. The current Shift to higher dimensions, the quantum field & the galactic heart.
2. The Universal Energy of this 3 year
3. The Spirit Animal and how to use it
4. Each Month's energy influencing everyone's behavior
5. A daily meditative activation for alignment & protection

Call or text to reserve your space 760 362-9825