

adriennefodor.com

AMOR SACA AMOR



LOVE BEGETS LOVE

HEADLINES

Issue N.1

BOOKING A SESSION ❤️

I will be seeing clients in-person in LOS ANGELES and SAN FRANCISCO in February.

Phone and Skype appointments are always available to those in other places.

Please email my assistant to book an appointment for you or someone in your life.

info@adriennefodor.com

FREE: My First Guided Imagery Album

The first ever and of a series with musician, **Becky Gebhardt**. Enjoy this new tool to help you relax deeply and know yourself in new ways. **Page 1**



NEW: GROUP MEDITATION SERIES

Santa Monica
Guest Instructor
Joshua Farahnik

An opportunity for beginners and the more experienced to get focused and centered in their own way while in the company of those doing the same. **Page 2**

FEBRUARY INSPIRATIONS



Focuses, thoughts and questions to help you stay true to your most authentic path. **Page 3**

NEW: In-Hospital: AT THE BEDSIDE

While I have worked with many patients as they navigate the challenging opportunity that is illness, I now feel ready to offer it as a clear option more broadly for other clients and their families. Learn more on **Page 2**.

PRACTITIONER OF THE MONTH

Astrologer, Kiel Pollitt

My favorite encyclopedia of the science of the stars. **Page 2**



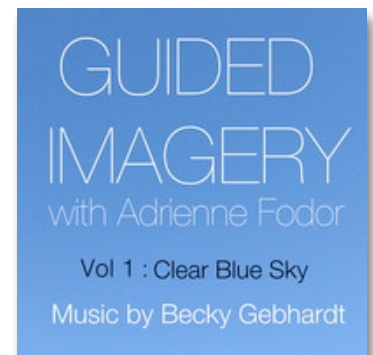
A journey into the subconscious



I had the great pleasure of collaborating with talented musician, Becky Gebhardt, on my first Guided Imagery album.

This the first of a series she and I are creating together. More to come soon.

Now anyone, anywhere can experience what those in my classes do - a journey into the subconscious but in the privacy of their own home.



To download this album for FREE click [here](#)

Feel free to "share" the link to the free download, email to friends anywhere in the world, post it anywhere you'd like. This album is intended to be a gift to people we know and may never know. A healing tool for anyone who needs it.



PERSONAL THOUGHTS

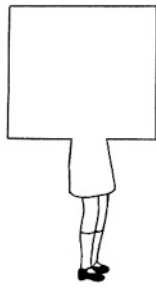
It always strikes me funny when I meet fellow Intuitives and am reminded that those of us who do this work often can't see for ourselves. I have been offering the same stale response when clients ask me if I can see things in my own life, "If I could, I'd be rolling in my millions." What am I talking about? Is that what I would do if I could x-ray vision my then/now/when? Maybe at some point but first - first I would go in and find the key to intimate LOVE in my life. I would dive into the shipwrecks of early trauma and find where my trust has been hiding. I'd go the projector room in the movie house of my mind and melt the reels of assumptions. I'd ask what my heart needs to open all... the... way. I would grab the USB-cord from my database of observations of those that are most successful at connection and I would plug it deep into my brain. I would clear every block and empower everything useful in order to better give, receive and BE love.

How about you?

Adrienne Fodor

Join us for for an hour of deep quiet in Santa Monica on Friday mornings

How often are your smartphone, iPad, laptop and computer off and for how long? Where in your life are you your most still? When and where are you quieting your mind and calming you body? How would finding a deeper peacefulness in the presence of others committed to doing the same enhance your practice and your life?



Masterful Healer, [Joshua Farahnik](#), will be offering simple entries in and graceful closings to each Saturday's meditations.

People of any faith or spiritual practice are welcome.

Four Fridays from 10:30AM to 11:45AM

February 22nd and March 1st, 8th & 15th

Suggested Donation: \$10 - \$15

*Space is limited to eight people. Please **REGISTER** to reserve a space and get the address for the Friday(s) you would like to join. *Feel free to attend one or all five Saturdays.*



The best Astrologer in Los Angeles

Kiel Pollitt of [Astro-Health.com](#)

It is such a joy to sit with Kiel Pollitt and watch him take the intricate, elaborate science of Astrology and whittle-down what is usable in the practical world for an individual leading their one-of-a-kind life.

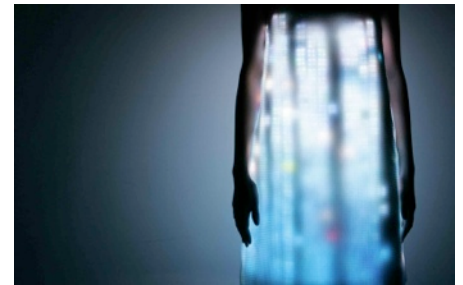
Kiel is somehow able to maintain a connection with his client through laughter and listening while scanning the encyclopedias in his mind searching for the most helpful guidance from this ancient science.

While he does traditional charts for individuals he also offers some unique specialized chart readings:

- *Partnership Compatibility Chart*
 - *Natal Chart Readings*
- and *Astrocartography* to help clients find where in the world their best life lives.

Find him online [here](#)
Watch his monthly [forecast videos](#)

Working at the bedside with clients in the hospital



I have had the great privilege of working at the bedside in-hospital with those facing illness of every severity as well as at the end of life. I also work with their caregivers and families.

We look at the medical, emotional and spiritual components of disease as well as the learning opportunities buried in the challenges of it.

Sessions allow for patients to be seen and understood beyond their test results. The work can provide new information for better outcomes and more graceful recovery or transitions.

Please [email me](#) directly with any questions you may have or to book an appointment.



Daily Inspiration on my Blog: LightDisguisedAsMatter.com



FOCUS ON WHAT'S WORKING

Even in the most difficult times, something is supporting you. Perhaps it is simply that your eyes can see or that you are lucky enough to have hot water or that someone far away thinks of you fondly.

Set an alarm for a specific time each day in February to remind you to **take 60 seconds** to think of as many things that are working in your life as you can.



SPEAK HIGHLY OF OTHERS

What if for **one hour of each day in February** you chose to only speak of others in a way that highlighted something positive about them?

What if for that hour your mind was in search-mode for the aspects of people that are uplifting - strangers, friends, colleagues, family, lovers... anyone?

Try it.

What comes up for you?

What makes it or stops it from being easy?

What role does gossip play in your life?



TELL A GREATER TRUTH TODAY

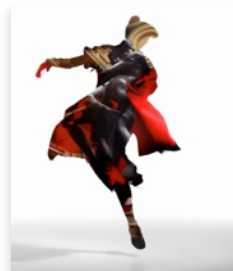
How good does it feel when you are known and accepted and open?

What does being open feel like to you? When and where do you feel most open? How could you feel it more?

Who are you closest to - the people with which you share what is real for you or the people you edit yourself around?

What is one thing you have hesitated from sharing and why?

Who is one person in your life that you could **share more of you** with today?



MOVE IT THROUGH

Is there a thought are you resisting, or a feeling that you are letting take up valuable space in YOU?

If so, are you committed to keeping it there?

Perhaps it has served you in some way but... **the opportunity is now** to make space for greater peace.

What support or belief do you need to incorporate in order to let it go?



REMINDE OTHERS OF THEIR GREATNESS

As soon as you finish reading this newsletter, **visit, call, email, text or singing telegram** someone you haven't communicated with in a while and remind them of their greatness.

As Matthew & Terces Engelhart say, "Acknowledge them for a way they are **being** in their life... who they BE."

Join Matthew & Terces for one of my favorite workshops, **"Kindred Spirits - Fulfilling Love's Promise."**