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**INSIDE: Dr. Teresa's letter
Your Hero's Journey video
Upcoming Events
Holiday Gift Offer**



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Dear ones,

We're baaaack! from a rich and inspiring [Transformational Gate](#) this past weekend, with Donny Epstein and the incredible staff of Network practitioners and SRI facilitators, who showed us what living energy rich is all about: saying YES and stepping all the way in.

We all have the opportunity to be the hero in our own journey. As the cold and wet set in, there will be challenges--whether it's a traffic pile up, or in-laws coming to visit, or the pressure of this time of year. You're going to find yourself reaching for old strategies when the stress comes. But you're in a new season in your life. You're finding a new baseline for yourself, setting new standards. You've got to find that [new energy source](#) and [organizing wisdom](#). You've got to try something new, say YES, step all the way in... and be the [hero](#), in your own life and in [someone else's](#).

In deep appreciation for your
commitment and courage,

Dr. Teresa



Your own Hero's Journey

Joseph Campbell described a universal narrative pattern he named the Hero's Journey: *A hero ventures forth from the world of common day into a region of supernatural wonder: fabulous forces are there encountered and a decisive victory is won: the hero*

comes back from this mysterious adventure with the power to bestow boons on his fellow man.

Dr. Donny Epstein, creator of Network Spinal Analysis, explains how to be a hero in your own life and the lives of others in this 5-minute video.

"I'm suggesting that these events you call traumas, these events you call pain, these uncomfortable things that interrupt your life, are really an invitation--an invitation to the extraordinary. And to get to the extraordinary requires YOU, to be a hero in your life and in someone else's."

[Click here to watch Donny's video](#)



**Yup, it's that time of year!
As you start to consider the
holidays and gift giving,
we are here to help.**

**Gift Network Care to your family
and friends at no charge to you!**

**Ask us about this exciting
opportunity today!**

What better way to dive into the end of your year than to literally clear the slate? Make this season of reflection and family, with pressures old and new, the best one yet!

**Join us in a 9 Day Nutritional Cleansing Program
that will begin the week of December 2nd.**

(Your start date can be flexible to work in your schedule.)



Feed the body essential nutrients it needs while gentle cleansing herbs are working on detoxifying the major filter organs (liver, colon, and kidneys), and cleansing the blood and lymphatic systems. It'll be much more fun if we do it together! Call or email us today to get the details.

**Upcoming Events
November**

Level I Class

Wednesday 11/20 @6:45pm

Dr. Teresa will introduce the "Season of Discover" -- the pleasures and pains of it, and how it is helpful in the healing process. She will also introduce Stages 1 and 2 of SRI, which are exercises you can do at home to support your progress in care.

FREE! Guests welcome

Triad of Change Workshop

Tuesday 11/26 @5pm

How many times have you tried to make changes only to find yourself back where you started or wanting greater results from your efforts? Mastery of YOUR Triad of Change is the missing link for many of us in creating sustainable transformation in our personal and professional life. You will discover your formula for effortless living and mastering progress.

Fee \$50

Holiday Gift Offer Begins

Tuesday 11/26

(see below)

Thanksgiving

Office closed Thursday-Saturday 11/28-11/30

December

Level II Class

Tuesday 12/10 @5pm

Essential for everyone in Level 2 care, this class walks you through the transition from Discover to Transform. With the greater connection, awareness, and ability to release tension that you have developed in Level I of care, you are ready to take your healing to the next level.

FREE! Please ask Dr. T about your level of care.

GROW Day

Thursday 12/19 6-9pm

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