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Dear Beautiful Feet

Parent Column *Debra Beck*



Dear Beautiful Feet:

We have always encouraged our son to hold at least a part-time job during the summer months, because will feel it gives him experience in the world and teaches him to contribute to some of his wants and needs. Unfortunately due to the economic climate my son has been looking for a summer job and is having difficulties. Any suggestions? He is driving us crazy spending way too much time in front of the TV and computer.

*Distraught Parent
Sedona, Arizona*

Dear Distraught Parent,

This seems to be a concern for many parents this summer. The job market has certainly tightened up and it's tougher to get jobs. Here are a few ideas for you to share with your son. Instead of getting a job, create a business. Talk about a great learning experience! Managing your own hours, money and clients can be quite a great business lesson. It is also something he could continue doing throughout the school year part-time. Another idea would be for him to consider charity work. There are so many different charity organizations that need people's help. It is a rewarding experience and it looks impressive on the resume. He could even do both, work his own business and get involved in a charity group. I think both of these ideas will build character and a strong sense of self. While managing one's own business helps with confidence, charity work makes one feel good about themselves which builds their self-esteem. Finding a charity organization should be fairly easy, just look in your phone book or online for organizations. As far as business ideas, here are a few I have shared with other parents and teens:

SEDONA **seeds** PROGRAM

Holly: 928.300.4452

www.sedonaseeds.com



Mentoring young women in order to create healthy and strong individuals who are socially and fiscally responsible to themselves and their community through the vehicle of Middle Eastern Dance.

Introductory orientation prior to the program's start date for both students and parents. Contact Holly at 928.300.4452 or visit www.sedonaseeds.com Enrollment process will be ongoing until August 1

THE GOALS FOR EACH GIRL ARE TO:

- Find her own voice and be able to listen to it.
- Have higher self-esteem and confidence.
- Learn to plan/achieve goals, generate choices, create opinions, resources and support.
- Be ready to face financial independence.
- Respect, appreciate and be able to care for her own body and others in the community.
- Respect and appreciate diversity and culture.

The Program: accepts 20-25 teen girls (ages 15-18 years old) in the Sedona community for one academic year of after-school classes, 1.5 hours each, weekly. The girls participate in talking circles and journal writing in which they discuss issues affecting them. They are taught the elements of Middle Eastern Dance, a rich, diverse, artistic cultural dance form that spans the regions of India, the Middle East, North Africa and Spain, and its expression through the varied and complex music of these same cultures.

1. *Lawn maintenance:* Mowing, weed pulling, raking leaves, and with some research, planting. Initial cost could be very low with a used lawn mower, hedge trimmers and clippers.

2. *Web consultant:* Most teens I know have a way with computers, and most adults I know struggle with them. Teens can help adults set up and manage social networking sites, such as "My Space" and "Facebook."

3. *Nanny:* Teens who like kids can babysit during the summer while the parents of young children are at work.

4. *Dog walker or pet sitter:* Animal-loving teens can walk dogs or pet sit while their owners are on vacation. I'm always looking for someone to help me with my animals, and I pay \$35 to \$50 a night.

5. *Car detailer:* With a few supplies and a little coaching, teens can wash and wax cars, clean vents and vacuum car interiors right in their own driveway.

6. *Errand runner:* Elderly people and small business owners often need help running errands.

7. *Tutoring:* Teens who excel at school can offer to help younger children who are going to summer school or who need help with subjects they are having difficulty with during the school year. Parents love this one.

8. *Small business assistant:* I have enjoyed hiring teens to help me with different jobs for my business. They came in for two hours a day to shred papers, organize inventory, help with mailings, make phone calls, clean and do other jobs as needed.

Once your son picks a business he has interest in, the next step is to make a business plan. Things to consider include what supplies they will need, how many hours they want to work, how much money they are going to charge, and how they are going to market themselves. Getting the word out can include making and posting a flyer, telling their friends/parents and asking for referrals as well as dropping in on businesses or service groups.

My suggestion is for him to go for both- get a charity job and create his own business. *Even if he isn't making that much money, he will be growing in a whole new way.*

Good Luck, Beautiful Feet

**Please e-mail Beautiful Feet your questions
or concerns:
debra@myfeetarentugly.com**

Debra Beck Author of My Feet Aren't Ugly, A Girl's Guide to Loving Herself from the in Inside Out is a devoted mentor for teens and parents.

She helps parents gather the tools they need to maintain a close relationship with their teen while helping their teens develop a strong sense of self, so they can become confident, successful and independent adults.

With 20 plus years experience in self-development, and first-hand awareness of just how difficult the teenage years can be, empathy and a passion for making a difference, Ms Beck discovered her life's work: helping teens learn to love themselves and parents have a more connected relationship to their teens.

*Free-Parenting Q & A first Monday of every month
at the Sedona Library 6:00-7:30.*

Connection Provides Healing

Phoenix and Leon of Your Heartwalk Center



One of the most sought-after healing centers here in Sedona is Your Heartwalk Center. Here at Four Corners we receive many positive testimonials from clients who have worked with Phoenix and Leon, so we asked them for a few words of wisdom when they are in their sessions. This is what they shared with us:

"We invite our higher self and all our healing angels and guides work with us and through us, guiding us and protecting us in a bubble of light, love. We ask that this healing session be for everyone's highest good and healing."

This prayer and connecting with source begins each of our healing sessions and is the foundation to our healing work. These six beliefs encompass our foundation:

1 **Connecting with Source.** Working only with the highest energies possible, we connect with the aspects of source in the higher self, angels, and guides to facilitate the healing of the session.

2 **Healing Intentions.** The client is the co-creator of the healing session, working with source energy. Stating healing intentions at the beginning of the session puts the client in the driver's seat and sets the stage for energy to clear and integrate. We ask the client, "If you could use the energy of this session to shift, heal, change, clear, transform or manifest anything, what would it be?" The client is encouraged to respond with a positive statement beginning with "I choose to ____" and fill in the blank with a positive empowerment virtue or intention, such as *I choose to manifest a soul mate, or I choose to heal co-dependence and co-create with source energy for my highest good and healing.*

3 **Cellular memory.** Cellular memory is the result of energies imprinted from experiences in this lifetime or others that get stored in the bodies physical, emotional, mental or spiritual. They can be experienced as physical issues, emotional blockages, limiting mental belief systems or past life energy that create disease and/or discord. Releasing old cellular memory that doesn't serve helps create a free energy around us for living our joy. There are many ways to release cellular memory.

4 **The client is the healer.** Based on the intention, the client chooses what cellular memory he/she is ready to release and when. For example, releasing old heart hurts will help manifest a supportive and loving soul mate. Releasing the belief that others know our needs better than we do, helps release co-dependent behaviors. The client then allows for an empowerment virtue to fill the void. Some examples of empowerment virtues are self-love, freedom and trusting in our inner knowing. This process of releasing and taking in higher energies continues for as long as the client needs. And it's not even necessary for the client to know what is being released or taken in. Clients just have to be willing to allow the process of the cultivation of the energies within the energy field that place us on our road of joy.

5 **Release trauma without re-living it.** If it's experienced once, that is enough. Finding the hidden blessing of experience is the key to releasing the cellular memory and lessening or even eliminating the charge of the event/person.

6 **Find what works for you.** There are many modalities and many healing methods. Clients are encouraged to find the modality most aligned with them, and to locate a practitioner that speaks to the heart.

Leon and Phoenix, Co-Directors of Your HeartWalk Center
Sedona, AZ www.sedonaheartwalk.com 928.204.5589