


A warm, autumn-themed still life composition. In the foreground, a lit candle sits on a surface, casting a soft glow. To its right is a light-colored ceramic mug filled with coffee, with a spoon resting inside. Behind the candle and mug, a vase holds a bouquet of dried, light-colored flowers. In the background, an open book is visible, and a window with vertical blinds is partially seen on the right. The overall atmosphere is cozy and inviting.

THE SCHOOL OF WELL-BEING NEWSLETTER

November 2023

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

NOVEMBER CRYSTALS



TOPAZ - RECHARGES & ALIGNS
THE MERIDIANS OF THE BODY -
DIRECTING ENERGY TO WHERE IT
IS NEEDED MOST. IT PROMOTES
TRUTH AND FORGIVENESS.

BRINGS JOY, GENEROSITY,
ABUNDANCE & GOOD HEALTH. IT
✧ IS KNOWN AS A STONE OF LOVE & ✧
GOOD FORTUNE.

CITRINE - ATTRACTS WEALTH,
PROSPERITY AND SUCCESS.
IMPARTS JOY, WONDER, DELIGHT
AND ENTHUSIASM. RAISES SELF-
ESTEEM AND SELF-CONFIDENCE.

WHICH CARD ARE YOU MOST
DRAWN TO?

1

2

3



THAT'S YOUR CARD FOR
NOVEMBER

Which one did you get?



LISTEN

"Quiet your mind, Beloved One, and listen to our gentle reassurance that everything has been taken care of. Stay in a quiet and receptive state, without worrying about the exact nature of your desire's manifestation. A quiet mind and body hears us quickly and clearly. This is our request to you: Listen."



FAMILY

"This situation is rooted in an emotional experience with a family member, which we can help you to understand and heal. In your mind and heart, surround this person, yourself, and the experience with calming blue light and many angels. Be open to the gifts within the situation, and allow yourself to feel peace."



STEADY PROGRESS

"We acknowledge you for the progress you've made in remembering love in your daily activities. We can clearly see the contribution you're making to the world through your thoughts, feelings, and actions of love."

SPIRITUAL CLASSES IN NOVEMBER

3 THURSDAY NIGHTS

NOV 2ND, 16TH & 23RD @ 7PM



- MESSAGES FROM THE ANGELS
- DREAMING AS A SCIENCE TO CREATE PRESENT AND FUTURE REALITIES
- DISSOLVING LIMITING BELIEFS TO ATTRACT PERFECT OUTCOMES VIA ENERGETIC ALIGNMENT & WORK WITH LAW OF ATTRACTION
- ANGEL COMMUNICATION & A SERIES OF EXERCISES TO HELP YOU DISCOVER THE UNKNOWN PORTIONS OF YOUR GREATER SPIRITUAL IDENTITY TO REACH YOUR FULL POTENTIAL & MUCH MORE

COME & LET YOUR FRIENDS KNOW

ESPECIALLY IF YOUR INTUITION TELLS YOU ONE SHOULD ATTEND

*THE CLASSES ARE AVAILABLE IN PERSON OR VIA ZOOM

ALL 3 CLASSES \$115 OR \$40 PER CLASS*

3518 8 AVE SW, FREE STREET PARKING

NICOLECK.COM



Try the new meditation

https://www.youtube.com/watch?v=wi2Q_7C1OfM

& relaxing music

https://www.youtube.com/watch?v=_kT38XB1YHo

November 2023

November reminds us to look within because we are fighting the real battles with ourselves. It is a month in which we are recommended to realign, to refocus and to regain our inner strength before the end of the year. The Full Moon of November brings the Beaver Moon with it, which reminds us it's time to say goodbye to Autumn and welcome the coming of Winter. It's okay to let go of the past and move forward toward new dreams.

Why get a reading?

- to clarify your work, financial decisions & align with your life purpose**
- learn how to work with energy & law of attraction to accomplish your goals**
- find out about people in your life**
- connect to your passed over loved ones**
- get energy healing and realignment**





NOVEMBER 2023
MOON CALENDAR

FULL MOON - NOV 28TH

CHANGE, RELEASE & TRANSFORMATION
CHARGE YOUR CRYSTALS & CLEAR YOUR SPACE,

NEW MOON - NOV 13TH

ENDS THE PHASE THAT CAME BEFORE
AND INITIATES BEGINNINGS
SET INTENTIONS FOR NEW PROJECTS

Happy birthday to all the November babies

Scorpios & Sagittariuses

Fun facts about November babies

- Boys born in the month of November are apparently more likely to be left-handed according to a study. The scientists suspect it's due to the mother's early exposure to sunlight potentially increasing testosterone levels, which may increase the chances of being left-handed.
- Those born in November have healthier hearts and lungs.
- Babies born in the Fall – particularly November – have the lowest clinical depression rate.
- Researchers noted a clear athletic advantage for babies born in November over all other calendar birth months.



IF YOU'D LIKE TO BOOK A
READING, ATTEND A CLASS OR
ADD A FRIEND'S EMAIL TO THE
UPCOMING NEWSLETTERS, EMAIL
NICOLECOACHES@GMAIL.COM OR
TEXT ME @ +1(403)-973-1733

ENJOY NOVEMBER

- NICOLE

