

Awakened Heart Journey and Meet Your Spiritual Guide

Sun, Oct 14, 2018

11:00 - 12:30 pm

Cost: \$35 (\$30 for members)



This workshop will be two shorter journeys.

Awakened Heart Journey is to undo harm we have caused by energy we have put out in the universe, we call that energy back and redistribute it in a healthy way.
Journey to the World to meet your Spirit Guide and Higher (Authentic) Self



Anne Belohorec

8th Fire Shamanic Energy Medicine Journeying is similar to guided imagery meditations, but much deeper. They allow a person to enter into a "non-ordinary reality" to obtain information and healing. Examples of some journeys to explore:

- Power Retrieval
- Awakened Heart Journey
- Totem Animal Journey

Anne Belohorec has been a holistic practitioner since 1998. Her background as a registered nurse who worked at the Cross Cancer Institute in Edmonton was part of the preparation for her transition to holistic health and complementary therapies. Anne is happy to share the experiences of her own healing journey and enjoys working with people to assist in healing and transformation. She brings shamanic guided imagery healing journeys to the public so that everyone can experience the power of the ability to learn about themselves and self-heal.