

Chakra Experiences: Opening Up to the Whole Self!

7 Steps in Exploring the Heart & Mind

7-week DAY OR EVENING continuing class offered in Cornville

WEDNESDAYS:
February 3, 10, 17, 24
March 3, 10 & 17

Daytime classes: 10am-2pm
Evening classes: 6pm-9:30pm
(bring a snack)
\$12 per class
(Discounted to \$70 if paid in full up front)

This class series will journey through an exploration of the 7 major charkas, through:

- Energetic exercises, giving direct experiences.
- Chakra meditations.
- Help to gain a higher viewpoint through communication with Spirit through Lin in deep trance.
- Background studies & discussions from 3 major books:
 - *A Course In Miracles' Daily Lessons (1-49)*: getting started with your personal application of the daily lessons with the support of a group
 - *Anatomy of the Spirit; the Seven Stages of Power and Healing* (by Caroline Myss, Ph.D.)
 - *There is a River's* last chapter on the journey of the human soul (by Thomas Sugrue)

You will receive grounded and practical specific techniques in Meditation, Healing procedures and Intuitive discussion/counseling/clairvoyant processes. These are tools that take root and become comfortable. Like learning to ride a bike – once learned it is always there.

The underlying intentions for this class series are:

- A deeper appreciation for Self
- A growing awareness of the power of Healing, Prayer & Meditation
- A reshaping of our world view
- Inspiration to go deeper within
- More trust in personal guidance



Teachers:

Lin David Martin: Trance Channel, Clairvoyant, Healer, Teacher & Author

Torill Elen Roennekleiv: Healer, Intuitive & Alexander Technique Teacher

For registration, please call: **928-274-1911**

www.LinDavidMartin.com