

Whole Being Explorations presents

Spiritual Embodiment Class

for 2012

We are energetic beings, existing on both human and spiritual levels. We work everyday with physical, emotional, mental, and spiritual levels of energy because it is part of who we are. Mostly we do this unconsciously, or quasi-consciously, interacting with each other from aspects of ourselves that we are not fully aware of.

Becoming conscious of your spiritual, energetic, self is the first step to more fully embodying who you are. This is the sacred union between body and spirit. We learn how to clear and heal our human selves so that there is room for our soul to be embodied. This awareness opens up choices about when and how you interact with others, letting you live life more from your essential self.

- Develop your intuitive awareness
- Consciously connect to energies that nourish you
- Clear foreign energy from your space, call yours home
- Set clear and effective boundaries
- Release old programs and patterns

Taught in a magical space with lots of amusement and permission to explore and learn from your own experience. Open to all levels of experience.

Taught by Alan McAllister, CCHt, PhD-phys.

WWW.WHOLEBEINGEXPLORATIONS.COM/SPIRIT

Monday's from 7:00 to 9:00pm, five weeks starting Jan 9th 2012.

Investment is \$200 for five weekly 2 hour classes

Spaces limited, save yours with a \$50 deposit

Pre-register for \$180

For Registration and Information

303-545-5562 or ahm@wholebeingexplorations.com