



Essential Energetics

The world, and you, are comprised of Energy. Physical, Emotional, Mental and Spiritual energy. Energy comprises your experience.

Learning to recognize these varied energies and how to work with them in yourself and in your life, brings Clarity, Understanding, Choice, and True Freedom.

This program is designed to introduce you to **your Self**, the powerful and capable energetic Being that you already are. It fosters awareness while teaching **practical tools** for integrating your Spiritual aspect into your Human life.



- ENERGETIC AWARENESS
- SPIRITUAL ANATOMY
- KARMA AND RELATIONSHIPS
- CLAIMING PERSONAL POWER
- MANAGING EFFECTIVE BOUNDARIES
- ENERGETIC SELF CARE

Principles and techniques are taught in a magical spiritual space where you will learn from your own experience.

Taught by Alan McAllister, CCHt, PhD-phys.

www.wholebeingexplorations.com/spirit/explorations.html

Tuesdays, 7-9pm MST Jan 19 - Feb 16 via Zoom

Investment of \$250

For Registration and Information

303-545-5562 or wbe@wholebeingexplorations.com