

Conscious Reincarnation™ Workshop Series

Presented by the Sound Reiki Institute

Set the tone for 2012 with the unique and powerful Conscious Reincarnation™ Workshop Series led by Ascension Grand Masters Catherine Varga and Heather Hannan. Prepare for a fun, interactive and dynamic healing experience where every participant will identify a root source of their limitations.

A new sense of clarity surrounds everything you look at when limitations are healed. With your new level of self-awareness, decisions and choices are made in alignment with who you really are and that which keeps you in harmony. When we are in this state we can create our highest possible divine reality - where anything is possible.

The Conscious Reincarnation™ healing program was created by Catherine Varga using Sound Reiki. Both Catherine and Heather are accomplished Sound Reiki Master Teachers and have co-created an ascended version of traditional Reiki which accesses multiple dimensions by projecting electro-tonal frequencies, using only the voice. International clients have been awestruck by this unique healing style. The tones intuited by these Singing Healers resonate to the same vibrational frequency as the Divine Oneness of All That Is and have been described as "exquisite" and "angelic". This exciting program will benefit all those with an open mind and heart and who believe in a higher power, a Divine Source, no matter what they call it.

Class 1 Aligning and Balancing Divine Light Energy

In an informal, intimate setting, learn about sound and light healing energy through understanding what it is and how it works. We will create a template that balances and harmonizes healing energy by increasing your light vibration and aligning it to the highest good for your physical, mental, emotional and spiritual bodies.

The class will conclude with a Sound Reiki Healing Alignment to align and balance the energy of all participants. This Alignment will create a sense of vitality, clarity and well-being and align all participants to the 100% Divine Love and Light vibration of the Divine Oneness of All That Is.

Date: Jan 25, 2012 7-9pm

Location: Etobicoke, Ontario, Canada

Cost: \$45 + HST

Class 2 Divine Light Energy Cords

If you believe, as we believe, that we are born of the same Source, no matter what you call it, then we are all divinely connected to each other. Participants will learn about the Divine Light energy cords that connect us to our Source, Mother Earth and each other. Learn the power of these cords and how they help or hinder your movement forward. We will identify and heal a cord that is out of alignment for each participant, creating a sense of well-being and clarity.

Our focus will be to:

- introduce Divine Light energy cords, what they are and why they are important
- share the understanding of the power of forgiveness and gratitude
- identify and heal any cords that are out of alignment

Date: Feb 1, 2012 7-9pm

Location: Etobicoke, Ontario, Canada

Cost: \$45 + HST

Class 3 Inner Children, Releasing the Past

In this important class, you will be taught how past experiences from your childhood directly impact who you are and the choices you are making or in some cases, avoiding. You will understand the concept of inner spiritual children and their alignment to your adult self and how your progress can be blocked by life events which have not been healed. In this class you will have the opportunity to identify and learn how to heal blocks within yourself. The healing achieved through this moving and powerful experiential exercise will shift you to another level of consciousness.

Our focus will be to:

- introduce the concept of Inner Children and the importance of their alignment to your adult self
- learn about the significance of each year of childhood and adolescence
- gain a better understanding of the impact of events from your childhood and their influence on your ability to move forward today
- identify and heal one Inner Child for each participant

Date: Feb 8, 2012 7-9pm Location: Etobicoke, Ontario, Canada Cost: \$45 + HST

Class 4 Core Beliefs and Law of Attraction

Core Beliefs

The quality of your relationship with your Divine Source is what all relationships in your life spring from, including the one with yourself. What do you believe in? When you are clear about who you are and what you stand for, decisions become clearer and easier. Gain the strength to release the past through renewed commitment to your beliefs. This deep healing session awakens and aligns your core beliefs to the Divine Oneness of All That Is of Divine Light and Love.

Our focus will be to:

- create clarity about connecting to the Source of your Divinity, knowing you are never alone
- determine whether your core beliefs are in alignment to what you say and do
- learn what past experiences or beliefs are holding you back from growth
- align your Higher Self/Authentic Self to your Source and the Oneness in All Things

Law of Attraction

Through the teachings of the Law of Attraction learn how to manifest your heart's desires.

Our focus will be to:

- create an understanding about the Universal Law of Attraction, what it is and how it works
- develop a philosophy that works in harmony with Universal laws, your talents and gifts
- learn techniques to help identify and manifest that which you desire

Date: Feb 15, 2012 7-9pm Location: Etobicoke, Ontario, Canada Cost: \$45 + HST

Class 5 10th Chakra Activation & Anchoring Divine Light Energy

In this energizing session, we will discuss the Chakras, Meridians, Axiatonal Lines and Energy Grids that flow through and surround the body. Catherine and Heather, using sound healing, will upgrade all participant's Chakras, Meridians, Axiatonal Lines and Energy Grids and activate the 10th Chakra, a Chakra of manifestation for the ascending human consciousness.

Our focus will be to:

- explain the wellness benefits of Chakras and why it is essential they are operating at the highest possible Divine Light frequency
- discuss the 8th Chakra activating the consciousness in your being that recognizes the Divine Oneness in All Things
- talk about the 9th Chakra, an ethereal Chakra activating the consciousness of the Divine Universal Twin Flame (Soul Mate)
- activate the 10th Chakra, a new Chakra of manifestation, discuss its purpose and how this unique energy can be used to create your highest possible Divine reality

The workshop will conclude with a gratitude prayer and Attunement of the 10th Chakra.

Date: Feb 22, 2012 7-9pm Location: Etobicoke, Ontario, Canada Cost: \$45 + HST

To Register and for more information, please contact us at info@SoundReikiInstitute.com or 416.255.9403