

Sound Reiki™ Self-Healing Workshop Series

Presented by the Sound Reiki Institute

Set the tone for 2012 with the unique and powerful Sound Reiki™ Self-Healing 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.

Sound Reiki™ Self-Healing Workshop Series 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.

Workshop 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

Workshop 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. Discover 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.

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 a cord that is out of alignment

Date: Feb 1, 2012 7-9pm

Location: Etobicoke, Ontario, Canada

Cost: \$45 + HST

Workshop 3 Inner Children, Releasing the Past

In this enlightening workshop, 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.

You will have the opportunity to identify and learn how to heal blocks within yourself.

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 one Inner Child that is out of alignment for each participant

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

Workshop 4 The Law of Attraction

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

Workshop 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