

SUDOKU

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2				5			9	
1	4						7	
		9	1			3		
				2		8		
3			5		9			7
		1		6				
		4			8	7		
	3						2	1
	9			7				6

Place numbers 1-9 so that each row, column and 3x3 square has each number only once. There is only one solution. Good Luck! Stumped? Visit www.sudokuplace.com for a puzzle solver.

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HELLO! MY NAME IS



Metamorphosis

Healing Retreat



Elan

A little over a quarter of a century ago I started to study the Shamanic path to spirituality. The Spirits that worked with me very quickly guided me to the healer's path. I began my training through The Foundation for Shamanic Studies, in the Michael Harner style of Core Shamanism. I also trained in Soul Retrieval and extraction with Sandra Ingerman also part of the Foundation. I have also trained with other Healers and Teachers. As well as the formal training in the Shamanism I have developed many of my own techniques in answer to the needs of the people who have come to me for help.

In 2007 after a devastating accident and subsequent miraculous healing, I decided to expanded my knowledge of the healing arts. I located a teacher of the healing modality that had given my body and mind such an amazing healing. That is how I discovered the Results System. I am one of a hand full of people in the western half of the US that has received this training. The Results System is a little known healing modality that works with the body and brain to keep the physical system working at optimum efficiency, causing the body to release stress and encouraging it to heal itself quickly and completely.

Then a couple of years ago I began classes in ThetaHealing. Theta works at the level of the deep subconscious to replace beliefs that drive our lives. When a person has a sub-conscience belief that doesn't support the life that they are trying to create they end up working against themselves. Through theta a person's awareness and sub-conscience can be brought into alignment. ThetaHealing also works on karmic blocks to change and heal those blocks to wellness.

As well as the healing work that I do I also teach classes in Shamanism and personal energy management through my shop as well as other venues.

These three healing processes plus the teaching work together to harmonize the physical, mental, emotional and spiritual bodies of an individual to optimize my ability to meet each client's personal needs.

Contact: 541-844-2339

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