



Behind The Seen

Newsletter from Cindy Libman
December 2006

I hope you are enjoying the holiday season! It is a good time of the year to renew our intention to develop or continue our daily meditation practices. This time you spend going inward will help you stay centered, clear, and open to guidance in a fast-paced, stress-filled world. At the end of this newsletter is a simple practice for helping you staying connected to the great mystery and all there is. During the holidays and new year, we can create peace by becoming it! Love and light to you and your loved ones, and happy holidays, *Cindy*

CONTINUING EDUCATION CREDIT now available!

I am so happy to tell you that I have been awarded continuing education sponsor status in both Minnesota and Illinois for social workers and counselors. CEU certificates will now be available for a small fee whenever you attend any of my programs and trainings.

NEW PROGRAM starting January 6 in Edina!

Living the Sacred: *Powerful New Tools and Practices for Daily Living*

This program meets six Saturdays over the course of 8 months and is open to anyone from any walk of life who wishes to integrate a higher purpose and deeper spirituality into their life and work. You really *can* begin creating your OWN miracles and manifesting what you truly want!

Please tell family members, friends, colleagues, and anyone who might be interested in benefiting from this healing and spiritual work, including:

- *Developing a dependable and consistent spiritual connection
- *Spiritual practices for daily living
- *Self healing and working with others
- *Guidance and higher will
- *Embodying your sacred purpose
- *Manifesting your passion

For a complete brochure and details, go to my website at www.cindylibman.com and click on Workshops and Groups. This program will also be offered in Chicago in spring 2007!

ONGOING PROGRAMS

GEMS Spiritual Group Meets in Edina

An ongoing group experience to help you create *and live* the life you want. For serious seekers who are interested in exploring the inner world through deep meditation, spiritual practices, readings, discussions, energy work, and more. You'll share and receive support from like-minded people who are also on a spiritual path and want to:

- *build inner strength and self love
- *connect more fully and completely with guidance
- *connect with your higher purpose
- *show up in your life with more presence and authenticity

We will be doing heart practices and meditations together, as well as energy work on personal issues using release techniques that are designed to help you clear your path with light. *This group is ongoing and meets every two weeks. Feel free to jump in at any time!*

Light Body in Chicago and Edina

I am currently teaching advanced Light Body classes in Minneapolis and Chicago. If you are interested in taking the next entry level course in Chicago, it will be taught by [Leslie Reambeault](#) starting in January. Please contact Leslie at (773) 230-5109. Further information about the course is on the LuminEssence website at www.orindaben.com, and feel free to tune in energetically to the worldwide meditation by Orin and DaBen every Sunday at 11:00am central time.

MENTORING

Mentoring groups continue to meet monthly in Edina and every 3 months in Chicago. Mentoring is available to therapists, bodyworkers, healers, and anyone seeking guidance with difficult clients and energies, or wishing to take their energy skills to the next level.

PRIVATE ENERGY SESSIONS with Cindy

I will be in Chicago again on [January 18-22](#) and will be offering private energy sessions on some of those days. Call or write to me if you'd like to schedule a session for yourself and/or a client. You may attend the session with your client, and you have the opportunity to sit-in on other sessions for learning purposes. Let me know if you'd like to try it out! Equally powerful telephone sessions are also available!

READINGS WITH SUZIE BLACK

Consider getting a reading from my Light Body mentor, Suzie Black, who is a remarkably gifted intuitive. Call her at (952) 367-6496 to schedule a reading for \$125 (by phone or in person).

MEDITATION OF THE MONTH

Sufi Remembrance Practice

By Ibrahim Jaffe

This month we will be receiving a wave of light to help humanity clear and open to new levels of love and compassion. This powerful Sufi practice will assist you in clearing your heart and remembering the divine love that you are.

Part One:

Think of something you are struggling with – anything – and hold it in your hand in front of you. Look inside it and see a picture of yourself. It may be when you were a child or however it is. Say your name for God (whatever you call it - the One, the Mystery, the Beloved, etc.), and say the name to yourself. See it light up in front of you, pulsating a beautiful light of freedom and peace. Take the picture you are holding in your hand that represents the thing you are struggling with and lift it into the pulsating light. Bring them together while repeating the name and notice what happens when you allow the light of God to change the picture. Keep breathing and watch how it changes. Keep saying the name as all the places in the picture are transformed. Now let the picture disappear and see only the light of God's name. Breathe deeply, take that in, and then let it go.

Part Two:

See your name for God again written in front of you in glowing light. Say it aloud and let yourself enter through the name as a doorway. Go through it, diving deeper into the name and light, taking the name inside your own heart, As it goes inside, let it spin with the light to clean and polish everything inside of your heart, letting God open and clean your heart so it becomes pure and beautiful. Go deeper and deeper, breathing it in, then anchor yourself in the name and the light in your heart and ask here, what is my next step? Keep breathing and wait for the answer. As you come back, continue to hold the light inside your heart.

Blessings of the ever present flow of love and light,

Cindy Libman, LICSW, LMFT
Advanced Energy Healer
(952) 922-7679
cindylib2@aol.com
www.cindylibman.com



Cindy Libman is a psychotherapist and advanced energy healer who has been counseling individuals, couples, and therapists for over 26 years. She is a graduate of the *Inner Focus School for Soul Directed Advanced Energy Healing*, a *Light Body* instructor, and is trained in many meditation practices. Cindy has developed a unique and powerful blend of energy and psychotherapy techniques, combined with spiritual practices drawn from mystical tradition. She offers ongoing mentoring programs for therapists, as well as workshops and retreats all over the country, including *Awakening Your Light Body*, *Opening to Soul Consciousness*, *Energy of the Self*, and *GEMS*, where she uses her intuitive teaching style to create extraordinarily empowering and transformational learning experiences. She is co-author of the *Heart's Calling* article series, and author of *Meditations I*, *Meditations II*, and *Meditations for Teens and Young Adults*. Dedicated to helping people reach their full potential and to raising spiritual consciousness, Cindy also maintains a private practice in the Twin Cities area that includes telephone sessions for clients at a distance. For more information, visit the website at www.cindylibman.com.



NewsWavesSM
Quantum Advertising for Chicagoland's Healthcare and Teaching Professionals
www.news-waves.com