



Energy Newsletter from Cindy Libman

March 2009

Spring Greetings to You:

After a long winter, spring is finally in the air and the fresh fragrance of creation is surrounding us. It is a wonderful time to be focused on what you want to create in your life. The energy is very supportive right now, if you know how to join with it.

I am very excited to be coming to Chicago in May to share, among other things, the teachings of Level 3 Matrix Energetics which I just completed in Florida. I can't wait to be with everyone again, as I have much to share, including newer ways to heal, create, and work with others. It's time for us to get off the cushion and become fully engaged with life – connected, present, and resourced.

I am also happy to announce my new Meditations CD that I know you're going to enjoy. More information about the May events and the CD is detailed below.

Wishing you abundance and joy,

Cindy

MAY TEACHINGS

Continuing Education Credit is available for all classes and mentoring for social workers and counselors. All May offerings will be held at InsideOut Studio located in the Ravenswood district of Chicago.

Private Energy Sessions

If you are seeking to integrate a higher purpose and deeper spirituality into your life and work, and to get unstuck from repeating patterns that hold you back from living a full life, start creating your own miracles and manifesting what you truly want! Private energy sessions will be offered on Friday, May 1st at 2:00, 3:00, 4:00, and 5:00. Sessions are 1 hour for \$125. Call me for an appointment at (952) 922-7679.

Creating the Life You Want - Workshop

This workshop is open to anyone who is ready to expand consciousness and create the life

they want. You will learn how to connect with the matrix wave – *the wave of creation* – and manifest from that place. By using focused intention, merging with the wave, and letting go, all things become possible. This life force energy is omnipresent and available.

Join a dynamic group and learn new tools and spiritual practices to help you heal yourself and others, transform situations, and co-create your life. Come prepared to have some new experiences and learn skills that you can use on your own after the workshop with extraordinary results.

Using the wave from Matrix Energetics as developed by Richard Bartlett, you will learn how to:

- Manifest health, joy, ease
- Free up stuck places
- Unfold your highest potential
- Transform through your heart

This workshop will be held on Saturday, May 2nd, from 9:00-2:00. Fee is \$80; some sliding fees available. Workshop flyers will be sent separately in a couple of days, or you may call or write for a brochure/registration form at (952) 922-7679 or cindylib2@aol.com.

Light Body Advanced Training

These powerful skills and attunements help you experience greater emotional flow and mental fluidity, change less harmonious energies into positive one, and use the energy to go higher. Anyone who has taken *Awakening Your Light Body* can join this training on Saturday, May 2nd, from 2:30-5:00. Fee is \$45. Call me to register at (952) 922-7679.

Mentoring

Anyone who has done work with me before is welcome to join this dynamic, ongoing group which will meet on Sunday, May 3rd, from 9:00-4:00. Fee is \$125. Call me to register at (952) 922-7679.

RESOURCES

Meditations 2009 – New CD

I am happy to announce that this new recording is now available to the public. The fourth CD of the series, *Meditations 2009* is approximately 45 minutes long and includes four meditations entitled *Depths of the Heart*, *Meditation of Our Time (Eyes Open)*, *Remembrance*, and *Toning of the Chakras*. The cost is \$12 each or \$10 if you order more than one. To order, please send your check to the address below.

Energy Training and Mentoring Workbook

First Edition ©2005

There are only a few copies left of the Energy Workbook. Designed for Cindy's students, this attractive 200-page binder includes reference materials, comprehensive bibliography, energy exercises, energy diagrams and charts, research, and chapters on healing the chakras, reading and moving energy, scanning, intuition and guidance, and developing presence. A discounted price is being offered for these last few copies before the new edition is printed. Order by email at cindylib2@aol.com.

TELECLASSES

I recently offered a teleclass for Noah Rubenstein's website clients (www.goodtherapy.org), and it was just great. We all had fun meditating and learning. Because it went so well, I am planning to do another teleclass soon and will be sending information as it is planned. Stay posted! If you haven't been to Noah's website, it is a great place to advertise your workshops and teachings, as well as take advantage of many FREE teleclasses (plus CEU's!). I hope you will check it out!

MEDITATION FOR OUR TIME: EYES OPEN

In this meditation, your eyes are open so you can feel what it is like to be fully present, connected, and expanded while in the world. You can start with eyes closed to get the feeling, and then add eyes open as you are ready to.

- ♥ Take a few deep breaths and let your breath be natural.
- ♥ Bring your awareness, attention, and breath down into your energetic heart center in the center of your chest.
- ♥ Breathe in and out here, feeling and sensing your heart, and then expand out. The heart field is about 12 feet in all directions around you: front, sides, and back.
- ♥ Breathe out into this expansion. It is very stable here. Feel the support and love that you are and is all around you.
- ♥ Soften, melt, and merge with the oneness. Include everything – leave nothing out.
- ♥ You might notice as you are here a current or movement or wave. Just let go into that, allowing any boundaries or tension to melt.
- ♥ Keep breathing with focus in the heart, and when you are ready, open your eyes slowly, trying to stay in the flow. (It is common that when people open their eyes, they pull in their energy, so see if you can use your breath to stay expanded.)
- ♥ Learn how to infuse everything you look at or are a part of with the love and presence.

In love and light,

Cindy Libman, LICSW, LMFT, CAEH

(952) 922-7679

6550 York Ave. S., #207

Edina, MN 55435

cindylib2@aol.com

www.cindylibman.com

In Edina MN and Chicago IL. Telephone sessions available for clients at a distance.



Cindy Libman is a teacher, psychotherapist, and advanced energy healer who has been counseling individuals, couples, and therapists for over 27 years. She is a certified graduate of the *Inner Focus School for Soul Directed Advanced Energy Healing*, a registered *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*, *Creating the Life You Want*, and *Living the Sacred* 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*, *Meditations for Teens/Young Adults/New Meditators*, and *Meditations 2009*. For more information, visit her website at www.cindylibman.com.