

Behind The Seen



Newsletter from Cindy Libman
November/December 2007

Greetings of love and light to you!

I hope you are finding a sense of balance following the tremendous storms that have been sweeping over humanity the past few months. Collectively we are busy purging old beliefs and structures that are blocking our connection with Divine Source and the next stage in our spiritual evolution. During this vulnerable time, as we revise our way of being in the world, we can call upon the power and miracle of the heart to heal and guide us.

Please join me this month in a meditation into the deepest heartspace – a precious place of unconditional love, bliss, sorrow, and communion with all of life and the One Heart that holds us all. Here we can connect with the whole of humanity and our human experience. Here, everything exists, transcending time and space. Enjoy the meditation at the end of this newsletter and let it take you to this special place!

Wishing you and your loved ones an abundant, spacious, heart-filled holiday season and new year, and hoping to see you again soon,

*With love,
Cindy*

ONGOING PROGRAMS

Continuing Education Credit is available for all classes and mentoring groups for social workers and counselors.

Living the Sacred: Tools and Practices for Daily Life Part 3: *Self Healing Through Awareness*

Sunday, December 2, 2007

9:30am – 4:30pm

Clarus Center, Warrenville, Illinois

\$140

Open to anyone with some meditation/energy work background who is interested in learning a self-healing energy method. This meeting focuses on releasing blocks and removing obstacles, including:

- *Awareness Release Technique
- *Transforming Negative Thoughts and Old Patterns
- *Clearing/Polishing the Heart
- *Moving from Knowledge to Wisdom
- *Forgiveness of Self and Others

If you know a family member, friend, or colleague who might be interested in benefiting from this healing and spiritual work, please forward this email to them. Contact Cindy to register at cindylib2@aol.com or (952) 922-7679.

Mentoring Groups

Mentoring groups meet monthly in Edina and every 2-3 months in Chicago. Open to therapists, bodyworkers, healers, or anyone seeking guidance with difficult clients and energies, or wishing to take their energy skills to the next level. Please contact Cindy if you are interested in visiting a group.

WORKBOOK SALE!

Energy Training and Mentoring Workbook

First Edition ©2005

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. For a short time only, the workbook will be on sale for \$50.00 plus \$10 S&H. To order, contact Cindy at cindylib2@aol.com.



Meditation of the Month: Water Breath

This is a practice for entering the depths of the heart and for reaching that safe, still place that is unaffected by the disturbance at the surface. Adapted from Puran and Susann Bair's, Energize Your Heart.

Sit up straight so that your chest is open, and put your hand on your heart either in the heart “center” at the center of your chest or your physical heart.

The breath is taken in through the nose and out through the mouth, simulating a waterfall with a stream of energy that flows in a downward direction. Breathe rhythmically in and out with about the same length on inhale as exhale.

As you breathe in through the nose, imagine the stream of life descending from above, drawing into your heart. As you exhale through the mouth, let the stream wash through you, flowing down and out your legs, spine, hands.

Think of water's fluid, washing nature as you continue to breathe this way.

With each breath, descend deeper into your heart, going into the depths, surrendering, being willing. Continue for 5 minutes breathing in through the nose and out through the mouth. Let the water purify your heart, letting go of pain and replacing it with love.

Let your emotions release on the exhale, flowing out and down, and let your heart be filled. With each release, allow yourself to sink deeper into your heart and arrive at a place of stillness and peace – at a calm lake in the innermost region of your heart.

Stay with this for 5-10 more minutes and see what happens. Continue swimming in this quiet lake. This is your personal space where you can always find solace and peace.

Appointments:

Cindy Libman, LICSW, LMFT

Advanced Energy Healer

(952) 922-7679

cindylib2@aol.com

www.cindylibman.com

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



Cindy Libman is a psychotherapist and advanced energy healer who has been counseling individuals, couples, and therapists for over 26 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*, *Opening to Soul Consciousness*, *Living the Sacred*, 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/Young Adults/New Meditators*. Dedicated to helping people reach their full potential and to raising spiritual consciousness. For more information, visit the website at www.cindylibman.com.