



Living *the Sacred*

This transformative program compliments any spiritual practice or profession and is designed for those seeking to integrate a higher purpose and deeper spirituality into their life and work. With these powerful new tools and practices for daily living, you really can begin creating your own miracles and manifesting what you truly want in life! Come prepared to do self healing and exploration in a loving, supportive group of like-minded professionals. *If you don't have an energy background or wonder if this program is right for you, please contact Cindy.*

The program includes meditations, group discussions, healing demonstrations, lecture, readings, and practice in dyads and small groups. Emphasis is placed on individual attention and assistance. If you prefer, please bring your own cushion, blanket, mat, and/or slippers/booties.

CONTENT

Developing a Dependable and Consistent Spiritual Connection

- Meditation: Building a Practice
- Developing an Invocation
- Chakra Review
- Holding and Anchoring Higher States of Flow
- Connecting with Your Divine Self
- Stabilizing Your Connection
- Heart Practices as a Doorway
- Self Acceptance and Compassion

Spiritual Practices for Daily Living

- Meditations and Invocations
- Use of Intention
- Inquiry and Truth
- Creating and Manifesting
- Guidance
- Journaling
- Developing Your Connection to the Living Field
- Embracing Change as Opportunity for Growth

Self Healing/Working with Others

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

Guidance and Higher Will

- Developing Guidance and Inner Wisdom
- Working with Others
- Working Effectively in Groups

Embodiment

- Breathwork and Movement
- Transmitting and Radiating Light
- Living from Your Heart
- Body Awareness/Mind Body Connection
- Creating the Life You Want with Energy/Spiritual Skills

Manifesting Aliveness and Passion for Living the Sacred

- Being Your Divine Self and Living More Authentically
- Receiving Divine Qualities of Love, Wisdom, Power, Harmony, and Inspiration
- Fine Tuning Your Skills

RECOMMENDED READING

Transitions, Julia Cameron

Personal Power through Awareness, Sanaya Roman

TIME/LOCATION

Ongoing group meets one Saturday/month from 9:00am – 5:00pm. Meetings start promptly with meditation, so please be on time.

CARONDELET CENTER

1890 RANDOLPH AVE., ST. PAUL, MINNESOTA 55105

Located ten minutes from Lindbergh International Airport.

Info and directions at www.carondeletcenter.org

COST

\$160 per day includes lunch. Payments due at each meeting. *Support groups are available in between meetings!*

INQUIRIES

Cindy Libman: Phone (952) 922-7679, Email cindylib2@aol.com, Website www.cindylibman.com.



Cindy Libman, LICSW, LMFT, Advanced Energy Healer

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 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* journal article series, and author of *Meditations I*, *Meditations II*, and *Meditations for Teens, Young Adults, and New Meditators*. 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.

REGISTRATION FORM

Living the Sacred

St. Paul, MN

Fax this Registration Form to Cindy and bring your check to the first meeting.

Cindy Libman

Fax: (952) 922-0339

Name

Licensure/Credential

Street

City

State

Zip

Telephone

Email (*important – preferred method of contact*)

Previous energy work