



Opening to Soul Consciousness

This four-part program is designed to help you expand into your soul consciousness and purpose, and prepare your body, mind, and emotions to integrate this higher energy into your daily life. Open to therapists, bodyworkers, energy workers, and anyone seeking deep personal healing and spiritual development. You will learn:

- ♥ Powerful techniques for scanning, assessing, opening, and releasing blocked energy
- ♥ Energetics of the chakras
- ♥ Meditation practices to connect with Higher Self
- ♥ Inquiry and grounding practices
- ♥ Setting up and transmitting energy
- ♥ Tracking different kinds of energy
- ♥ Working with difficult energies/defenses
- ♥ Boundaries, defense systems, coping strategies
- ♥ Deepening intuition and guidance
- ♥ Energetics of the higher chakras
- ♥ Awareness Release Technique
- ♥ Advanced meditation and heart practices
- ♥ Expanding into soul consciousness and purpose
- ♥ Cellular Memory Release process
- ♥ Transforming lower thoughts with energy/light
- ♥ Identifying/releasing defenses, habitual patterns, and generational burdens
- ♥ Anchoring/holding higher state of consciousness
- ♥ Developing your vessel and awakening your own ways of knowing and intuition

location

Carondelet Center in St. Paul, MN

format

This group meets monthly for meditation, group discussion, healing demonstration, lecture, and practice in small groups. *Emphasis is placed on individual attention and assistance.*

continuing education

Cindy Libman is a Continuing Education Provider for Minnesota social workers. A CEU certificate is available for \$10.

inquiries

Cindy Libman, phone: (952) 922-7679 or email CindyLib2@aol.com

If you don't have a background in energy work or wonder if this program is right for you, please contact Cindy.

about the presenter



Cindy Libman, LICSW, LMFT, CAEH, 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* advanced 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/retreats all over the country, including *Awakening Your Light Body*, *Opening to Soul Consciousness*, *GEMS*, 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* journal article series, and author of *Meditations I*, *Meditations II*, and *Meditations for New Meditators and Teens/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.