



Opening to Love is a group designed for men and women who are interested in exploring and clearing obstacles to having a loving, committed relationship in their life. If you're ready to open to love and live a more fulfilled life, this program is for you! Topics to be covered are based on the book, **Calling in the One**, by Katherine Woodward Thomas, and include:

- ♥ Making room for love
- ♥ Letting go of the past
- ♥ Releasing old agreements/unconscious patterns
- ♥ Healing childhood patterns and wounds
- ♥ Reclaiming your authentic self
- ♥ Setting an intention, having a vision
- ♥ Making good choices
- ♥ Opening and healing your heart
- ♥ Listening with an open heart
- ♥ Developing presence
- ♥ Living a fulfilled life
- ♥ Letting love live and express through you

The group will meet from 5:15pm – 7:15pm every Monday for six months (except holidays and other dates agreed upon by the group). There will be reading, homework, journaling exercises, discussions, and meditations. Next group starts in August or September 2007, or as soon as it fills.

REGISTRATION AND INFORMATION

Please register in advance by contacting Cindy Libman. Group size is limited, so register early to reserve your space! The cost of \$50 per meeting is payable at each meeting.

Meeting Address: 6550 York Ave. S., #207, Edina, MN 55435
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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*, 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*, 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.