

Cindy Libman presents

The graphic features a grey silhouette of a person with arms raised in a 'V' shape. Overlaid on this is the text 'OPENING TO SOUL CONSCIOUSNESS' in a large, bold, multi-colored font with a blue-to-purple gradient and a drop shadow effect.

OPENING TO SOUL CONSCIOUSNESS

***ENERGY WORK AND
SPIRITUAL PRACTICE***

This four-part program is designed for therapists, bodyworkers, energy workers, and others who are seeking deep personal healing and spiritual development. The training involves progressively advanced meditations and practices 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. Come prepared to do your own personal work in a loving and safe environment. *Participants are free to attend any or all levels. If you don't have a background in energy work or wonder if this training is right for you, please feel free to contact Cindy Libman.*

opening

In **Level I**, you will learn:

- ♥ Powerful techniques for scanning, assessing, opening, and releasing blocked energy
- ♥ Energetics of the first four chakras
- ♥ Meditation practices to connect with Higher Self
- ♥ Inquiry and grounding practices

You'll have the option of advancing your skills in **Level II-IV** workshops which will include:

- ♥ Setting up and transmitting energy
- ♥ Tracking different kinds of energy
- ♥ Working with difficult "shadow" energies/defenses
- ♥ Boundaries, defense systems, and 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 defenses, habitual patterns, generational burdens – and releasing them
- ♥ Anchoring and holding higher states of consciousness
- ♥ Developing your vessel and awakening your own ways of knowing and intuition

soul

format

Meditations, group discussions, healing demonstrations, lecture, and practice in small groups. Emphasis is placed on individual attention and assistance.

recommended reading

Hands of Light, *Barbara Brennan*
Divine Revelation, *Susan Shumsky*
Anatomy of the Spirit, *Caroline Myss*
Learn to Meditate, *David Fontana*
A Path with Heart, *Jack Kornfield*
Wheels of Light, *Rosalyn Bruyere*

cost/meals/accommodations

Each of the four segments runs 2 to 2-½ days, depending on the experience level of the group. The cost ranges from \$250 to \$300 per segment. Limited scholarships available depending on enrollments. Lunch is extra and typically catered-in or on your own. Overnight accommodations available at most retreat centers or nearby hotels.

registration and inquiries

Cindy Libman

(952) 922-7679

CindyLib2@aol.com

about the presenter



Cindy Libman, LICSW, LMFT, Advanced Energy Healer

Cindy 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* 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 *Energy of the Self*, 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.

“Cindy is an amazing energy healer and teacher.”

“My greater understanding and openness to energy work will enhance all of what I do [as a therapist].”

“The workshop was just what I was looking for. I appreciated the...comfort and safety of the work...and the support we received.”

“I feel more grounded, centered, and on path.”

“I developed an increased awareness of myself and others and a deeper spiritual connection to my work.”