



Walking in the Awareness of the Light: Awakening to Divine Consciousness

This series of experiential workshops will help awaken your awareness of your higher spiritual self. Learn techniques that will enhance your life experiences through expanded consciousness as you practice being more present, more responsive and more accepting.

Course Outline

Developing Your Awareness (Jan 19, 2010, 7:00 p.m.)

- Vibrational Energy
- Interconnectedness and Right Relationship
- Mindfulness in everyday life
- Oneness

Meditation (Feb 2, 2010, 7:00 p.m.)

- The Healing Power of Silence
- Focusing your thoughts
- Creative Visualization
- Meditation for Healing the Body, Mind and Spirit

The Law of Attraction (Feb 16, 2010, 7:00 p.m.)

- How Your Thoughts and Words Affect Your Happiness and Well-being
- Positive Affirmations and Visualization for Daily Living
- The Healing Power of Your Intent
- Manifestation
- Planting Seeds of Love and Success
- Karma and the Law of Cause and Effect

Tapping Into your Intuitive Powers (Mar 8, 2010, 7:00 p.m.)

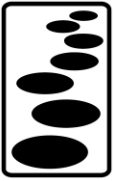
- Sensing, Feeling, Hearing, Knowing
- Developing Your Intuition and Psychic Abilities

Spirit Guides and Angels – Helpers along the Way (Mar 23, 2010, 7:00 p.m.)

- Introduction to Spirit Guides and Angels
- How to Meet and Work with Your Guides and Angels
- Totems and Power Animals

Empowerment (Apr 6, 2010, 7:00 p.m.)

- Letting go and Surrendering to “what is”
- Awakening to “Who You Truly are”
- Signs of Grace and Synchronicity
- Gratitude/Happiness is a Choice
- Visioning and Ceremonial Magic



HERMITAGE FARM CENTER FOR HEALING

6415 West River Road NW
Rochester, MN 55901
(507) 281-2791
www.hermitagefarm.org

REGISTRATION FORM

WALKING IN THE LIGHT

January – April, 2010
7:00 – 8:30 p.m.

\$15 per class or \$85 for all if paid in advance

Make checks payable to Diane Anderson

Mail to: Hermitage Farm Center for Healing
6415 West River Road NW
Rochester, MN 55901

Name: _____ Phone: _____

Email: _____