

HEART CENTER

Changing the World One Heart at a Time



Do stress or health problems in your life have you feeling like you are being pulled in so many different directions that you are unable to focus?

*In February, 2005 I was diagnosed with breast cancer. **That was my wake up call.** Since then, I have developed my Heart Centered Living workshop to empower people through their challenges in life.*

HEART CENTERED LIVING WORKSHOP

Living through the heart center has many advantages:

- It keeps one focused in the present time.
- It allows relationships to be balanced and whole.
- It helps one handle stressful situations without blame or projection.

Research has proven that heart centered living is a healthier way to live.

This workshop is an in-depth exploration of what it means to live in the heart center. Learning the steps of *Heart Centered Living*, dream interpretation, and body talk, you will explore to access the wisdom of your unconscious. Myra's book "Yes, I Will" is used to share stories of spiritual discovery and healing. In this workshop, you will:

- Learn the steps to heart centered living.
- Discuss the importance of dream work and dream interpretation.
- Experience heart centered exercises.
- Discuss heart centered living as it applies to illness or health crises.
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If you are interested in becoming a Heart Centered Living educator, this workshop can also be the start of your personalized training program.

Date: July 18-19, 2009

Time: 9:00 am – 5:00 pm

Place: Integris Baptist Medical Center, Oklahoma City, OK

Cost: \$250 - includes HCL workbook, *Yes I Will*, and *Meditations from the Heart* CD

Please: For Further information contact: Healing Touch Oklahoma

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Registration

Name: _____ **Address:** _____

Home Phone: _____ **Cell Phone:** _____

Email: _____ **Amount Enclosed:** _____

(minimum deposit \$50 – nonrefundable)

Make Checks Payable to: HTO

Send to:

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