

# Heart in Hand Natural Healing & Training Center

2850 45<sup>th</sup> Street Suite B Highland, IN 46322

Classes & Information  
September 2024

## Heart in Hand Natural Healing and Training Center LLC

### Pamela Kozy

Eden Energy Medicine Certified  
Practitioner, Reiki Master Teacher  
Phone: 219-923-2050  
Email: [heartinhand4@sbcglobal.net](mailto:heartinhand4@sbcglobal.net)  
Website: [heartinhandhealing.com](http://heartinhandhealing.com)

## Whole Life Counseling Services with Jennifer Willhoit

Licensed Clinical Social Worker, RMP  
Phone: 219-923-2050  
Email: [jenfw@sbcglobal.net](mailto:jenfw@sbcglobal.net)  
Website: [wholelifecounselingservices.com](http://wholelifecounselingservices.com)

## Practitioners

### Dorian A. Wash

Massage Therapist, Bodyworker, Reiki  
Master Teacher  
Phone: 219-614-8834  
[dorian82@yahoo.com](mailto:dorian82@yahoo.com)

### Sheryl Kozy

Shamanic Practitioner, Reiki Master  
Teacher  
Phone: 219-313-8532  
[skozy930@gmail.com](mailto:skozy930@gmail.com)

### Angela M. Lukas

CranioSacral Therapy Practitioner, Reiki  
Master Teacher  
Phone: 219-671-1770  
[angielukas@gmail.com](mailto:angielukas@gmail.com)

## Choosing to Embrace September...

“September shows us how beautiful  
it is to let things go.”

— *Unknown*



## Current Classes

### Distant Healing Group Reiki Share - Monthly with Pamela Kozy, RMT, EEM-CP, IARP

We meet the 4<sup>th</sup> Saturday of every month.

**When:** September 28, 2024

**Where:** Heart in Hand  
2850 45<sup>th</sup> Street, Suite B  
Highland, IN 46322

**Time:** 9:00 am – 10:30 am

Our world, the people, and the environment, needs Healing! So, we at Heart in Hand have been meeting in-person with our Reiki Group Healing Circle. The Healing Circle is for anyone with at least Level II Reiki & ART/Master training.

If you are interested in being a part of this monthly Healing Circle and want more information, please call, or text Pamela at 219.902.7234.

### Reiki Classes with Pamela Kozy, RMT, EEM-CP, IARP

**Reiki Level II:** Friday, September 6, 2024 5:30 pm-9:30 pm and Sunday, September 8, 2024 9:00 am-3:30 pm

**Reiki Master Teacher:** Saturday, October 5, 2024 and Sunday, October 6, 2024 9:00 am – 2:00 pm both days.

**Reiki Level I:** Friday, November 15, 2024 5:30 pm-9:30 pm and Sunday, November 17, 2024 9:00 am-3:30 pm

There is a **\$20 deposit** due one (1) week in advance.

**Level I Cost:** \$115

**Level II Cost:** \$160

**Reiki Master (A.R.T.) Cost:** \$180

**Master Teacher Cost:** \$210

Lunch is provided on the second day for Levels I and II.

Dinner is provided for Master and Master Teacher Levels.

If interested in taking the Master class, please call Pamela at **219-923-2050**.

### Drumming Circle with Sheryl Kozy

**Date:** Second Tuesday of every month

**Time:** 6:00 - 8:00 p.m.

### The Sprit of Energy Chakra Classes with Pamela Kozy, RMT, EEM-CP, IARP

Member of the International Association of Reiki Professionals

**When:** Check Website for Spring 2025 Class Schedule

**Where:** Heart in Hand  
2850 45<sup>th</sup> Street, Suite B  
Highland, IN 46322  
219.923.2050

**Time:** 5:00 pm – 7:00 pm

**Cost:** \$160.00

This class is a **7-week course**, studying and exploring the human energy system. Through color, sound, smell, exercise, and meditation, I hope to bring the Chakras to life, inspiring and enhancing your knowledge of this amazing energy system!

Week One: The **Root** (1<sup>st</sup>) Chakra

Week Two: The **Sacral** (2<sup>nd</sup>) Chakra

Week Three: The **Solar Plexus** (3<sup>rd</sup>) Chakra

Week Four: The **Heart** (4<sup>th</sup>) Chakra

Week Five: The **Throat** (5<sup>th</sup>) Chakra

Week Six: The **Third Eye** (6<sup>th</sup>) Chakra

Week Seven: The **Crown** (7<sup>th</sup>) Chakra



## Just for You...

### Choosing to Embrace September...

"September whispers to the soul, reminding us of the beauty in change and the joy in new beginnings."

— *Unknown*

"Every September, the trees remind us that shedding is a part of life."

— *Unknown*

"September's song is the melody of change, a promise of new beginnings."

— *Unknown*



### Choosing to Embrace September...

"In September, every falling leaf is a reminder to let go of the past and welcome the future."

— *Unknown*

"Ah, September! You are the doorway to the season that awakens my soul."

— *Peggy Toney Horton*

"The crisp air of September is a gentle nudge to refresh your mind, body, and spirit."

— *Unknown*



\***Gift Certificates** are available and may be purchased directly through the practitioner that will be rendering the service.

Please note that practitioner hours and office hours will vary. Each practitioner sets their own schedule. If you have any questions, you can call the office at **219-923-2050**. If you do not get an answer, please leave a message and we will return your call as soon as possible. You may also contact the practitioner directly at the numbers provided.

## Cozy Autumn Wild Rice Soup

Recipe by: Gimme Some Oven



**Prep Time: 15 minutes Cook Time: 45 minutes Total Time: 1 hour 8 servings**

### Ingredients:

- **6 cups vegetable stock (or chicken stock)**
- **1 cup uncooked 100% wild rice**
- **8 ounces baby Bella mushrooms, sliced**
- **4 cloves garlic, minced**
- **2 medium carrots, diced**
- **2 ribs celery, diced**
- **1 large (about 1 pound) sweet potato, peeled and diced**
- **1 small white onion, peeled and diced**
- **1 bay leaf**
- **1 1/2 tablespoon Old Bay Seasoning**
- **1 (14-ounce) can unsweetened coconut milk**
- **2 large handfuls of kale, roughly chopped with thick stems removed**
- **fine sea salt and freshly cracked black pepper**

### Instructions: INSTANT POT (PRESSURE COOKER) METHOD:

1. **Combine base ingredients.** Combine vegetable stock, wild rice, mushrooms, garlic, carrots, celery, sweet potato, onion, bay leaf and Old Bay seasoning in the bowl of an [Instant Pot](#) pressure cooker. Stir briefly to combine.
2. **Pressure cook.** Cover and cook on manual (high pressure) for 25 minutes. Let the Instant Pot rest and naturally release the pressure for 10 minutes. Then carefully open the vent and quick release the remaining pressure. Remove lid and discard the bay leaf.
3. **Add final ingredients.** Add the coconut milk and kale to the soup and stir gently until combined. Taste and season with salt and pepper (plus any extra Old Bay seasoning, if you would like) as needed.
4. **Serve.** Serve warm and enjoy!