

Heart in Hand Natural Healing & Training Center

2850 45th Street Suite B Highland, IN 46322

**Classes & Information
May 2024**

Heart in Hand Natural Healing and Training Center LLC

Pamela Kozy

Eden Energy Medicine Certified
Practitioner, Reiki Master Teacher
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Whole Life Counseling Services with Jennifer Willhoit

Licensed Clinical Social Worker, RMP
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Practitioners

Dorian A. Wash

Massage Therapist, Bodyworker, Reiki
Master Teacher
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Sheryl Kozy

Shamanic Practitioner, Reiki Master
Teacher
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Angela M. Lukas

CranioSacral Therapy Practitioner, Reiki
Master Teacher
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Cultivating Your Intuition ...

**“Listen to the wind, it talks. Listen to the
silence, it speaks. Listen to your heart, it
knows.”**

— *Native American Proverb*



Current Classes

Journey of the Soul Shamanic Studies Program Introduction to Shamanism I – Meet Your Power Animal & Learn to Journey Workshop with Sheryl Kozy, Graduate of the Journey of the Soul Shamanic Program, Shamanic Practitioner

When: May 11, 2024

Where: Heart in Hand

2850 45th Street, Suite B
Highland, IN 46322

Time: 9:30 am – 4:30 pm

Cost: \$145.00

Please register with a \$35.00 deposit to reserve your spot! This class is limited to 6 participants. Contact Sheryl Kozy at 219.313.8532 or skozy930@gmail.com to register.

A light lunch will be provided. If you have any dietary restrictions, please feel free to bring your own lunch that does not require heating.

During this workshop, you will learn the basic skills of Shamanic Journeying: How to create a sacred circle, meet and journey with your power animal to the lower, middle, and upper world, and an overview of Shamanism as a spiritual practice.

Please bring a blanket, notebook, pen, bandana, drum and/or rattle (if you do not have one, there will be extras available).

Reiki Classes

with Pamela Kozy, RMT, EEM-CP, IARP

Reiki Level II: Friday, May 17, 2024 5:30 pm-9:30 pm
and Sunday, May 19, 2024 9:00 am-4:00 pm

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

Level II Cost: \$160

Lunch is provided on the second day for Level II.

Drumming Circle with Sheryl Kozy

Date: Second Tuesday of every month

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

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

We meet the 4th Saturday of every month.

When: May 25, 2024

Where: Heart in Hand

2850 45th 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.

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 Fall Class Schedule

Where: Heart in Hand

2850 45th 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** (1st) Chakra

Week Two: The **Sacral** (2nd) Chakra

Week Three: The **Solar Plexus** (3rd) Chakra

Week Four: The **Heart** (4th) Chakra

Week Five: The **Throat** (5th) Chakra

Week Six: The **Third Eye** (6th) Chakra

Week Seven: The **Crown** (7th) Chakra



Just for You...

Cultivating your intuition...

“People may not tell you how they feel about you, but they always show you. Pay attention.”

— *Anonymous*

“The intuitive mind is a sacred gift, and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.”

— *Albert Einstein*

“Intuition is real. Vibes are real. Energy doesn't lie. Tune in.”

— *Anonymous*



Cultivating your intuition...

“Trust your intuition. You don't need to explain or justify your feelings to anyone. Just trust your own inner guidance, it knows best.”

— *Anonymous*

“We have all a better guide in ourselves, if we would attend to it, than any other person can be.”

— *Jane Austen*

“Intuition is the compass of the soul.”

— *Anonymous*



***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.

Instant Pot Lentil Stew

Recipe by: The Bettered Blondie



Ingredients:

- 1 Tbs Avocado Oil
- 1 Carrot peeled & diced
- 2 stalks Celery diced
- 1 Small Yellow Onion diced
- 1 Russet Potato peeled & diced
- 3 cloves Garlic minced
- 1.5 cups Brown Lentils or green
- 14.5 oz Can of Diced Fire Roasted Tomatoes
- 4 cups Chicken Broth
- 2 Bay Leaves
- 1.5 tsp Salt
- 1/2 tsp Fresh Cracked Black Pepper
- 1 tsp Oregano
- 1/2 tsp Paprika
- 1/4 tsp Cumin
- 1/4 Grated Parmesan Cheese optional

Instructions:

1. Turn Instant Pot to Sauté mode and add in the avocado oil
Once it is heated up, add in the carrots, onion, celery, and garlic
Sauté for 2-3 minutes
2. Add in the remaining ingredients (except the cheese) and stir
Place the lid on the Instant Pot and move valve to seal
Hit manual pressure (high) and set timer for 15 minutes
3. Once timer goes off, do a quick release of the steam
Remove the bay leaves from the stew and stir in the parmesan cheese (if using)
Serve and enjoy!

Prep Time: 15 minutes

Cook Time: 20 minutes

Total Time: 35 minutes