

# Heart in Hand Natural Healing & Training Center

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

Classes & Information  
October 2023

## Heart in Hand Natural Health 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  
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Email: [jenfww@sbcglobal.net](mailto:jenfww@sbcglobal.net)  
Website: [wholelifecounselingservices.com](http://wholelifecounselingservices.com)

## Practitioners

### Dorian A. Walsh

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

### Sheryl Kozy

Licensed Esthetician, Shamanic  
Practitioner, Reiki Master Teacher  
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### Angela M. Lukas

CranioSacral Therapy Practitioner, Reiki  
Master Teacher  
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## Choosing To Go Inward...

“We cannot always control what goes on outside,  
but you can always control what goes on inside.”

— *Anonymous*



## 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:** Saturday, October 28, 2023

**Upcoming Dates:**

Saturday, November 25, 2023

No meeting in December

**Where:** Heart in Hand

2850 45<sup>th</sup> Street, Suite B

Highland, IN 46322

**Time:** 9:00 am – 10:00 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 I:** Friday, October 27, 2023 5:30 pm-9:30 pm  
and Sunday, October 29, 2023 9:00 am-3:30 pm

**Level I Cost:** \$115

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

Lunch is provided on the second day for Levels I.

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

Member of the International Association of Reiki Professionals

**When:** Check Website in the Spring  
for Upcoming Dates

**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!

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

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

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

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

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

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

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



## Just for You...

### The gift of going inward...

"To live happily is an inward power of the soul."

— *Marcus Aurelius*

"We need to go inward instead of outward, and learn to trust our own inner guide, preserving our identity and finding the answers from within."

— *Jane Fulton Alt*

"I entered (into my inward self) and beheld with the eye of my soul...the Light Unchangeable."

— *Saint Augustine*



### The gift of going inward...

"Let us labor for an inward stillness-- An inward stillness and an inward healing. That perfect silence where the lips and heart are still, and we no longer entertain our own imperfect thoughts and vain opinions, but God alone speaks to us and we wait in singleness of heart that we may know His will, and in the silence of our spirits, that we may do His will and do that only."

— *Henry Wadsworth Longfellow*

"Grace has been defined as the outward expression of the inward harmony of the soul."

— *William Hazlitt*



\***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 Sloppy Joes

### Ingredients:

- 1 tablespoon oil
- 1 onion chopped
- 1 small green bell pepper chopped
- 2 pounds lean ground beef
- 2 cloves garlic minced
- 2 tablespoons light brown sugar
- 1 tablespoon Worcestershire sauce
- 1 teaspoon mustard
- 1 teaspoon ground paprika
- $\frac{3}{4}$  cup ketchup
- $\frac{2}{3}$  cup water
- salt & pepper to taste

### To Serve:

- toasted buns, coleslaw, pickles, cheese...

### Instructions:

1. **Brown meat:** Set the instant pot to "sauté". Add the oil and cook the onion and bell pepper until softened, about 2 minutes. Add the beef and garlic and cook until browned.
2. **Add remaining ingredients:** Stir in all remaining ingredients (except for the buns and toppings!). Close the lid and set the valve to "sealing".
3. **Cook:** Select "pressure cook" on the "high" setting for 5 minutes. Once the cooking time is up, do a quick pressure release. Serve over toasted buns with your favorite toppings.

