

Description of Workshop

Art and Science of Guided Imagery and Intention

People use imagery everyday, unfortunately the most common form of imagery is worry. Your body can react to images as though it has actually happened so be conscious of your thoughts! Are you aware imagery can help someone find the root cause of a symptom/illness or enhance the connection with your inner wisdom?

In this workshop you will learn some simple imagery techniques that promote relaxation, decrease physical and emotional pain and promote health and happiness. You will be able to use these techniques on yourself or to help others. You will discover how imagery works and experience it.

As energy healers we understand that intention is powerful but is there any research to substantiate it? The answer is yes, some studies are very large! I will be sharing some research about intention and how it affects the person or entity receiving it and the sender.

I invite you to join me in learning more about your subconscious and how powerful it truly is.