

Heart in Hand Natural Healing & Training Center

2850 45th Street Suite B Highland, IN 46322

*Classes & Information
December 2024 /
January 2025*

Heart in Hand Natural Health

LLC

Pamela Kozy

Eden Energy Medicine Certified
Practitioner, Reiki Master Teacher

Phone: 219-923-2050

Email: heartinhand4@sbcglobal.net

Website: heartinhandhealing.com

Whole Life Counseling Services with Jennifer Willhoit

Licensed Clinical Social Worker, RMP

Phone: 219-923-2050

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Website: wholelifecounselingservices.com

Practitioners

Dorian A. Wash

Massage Therapist, Bodyworker, Reiki
Master Teacher

Phone: 219-614-8834

dorian82@yahoo.com

Sheryl Kozy

Shamanic Practitioner, Reiki Master
Teacher

Phone: 219-313-8532

skozy930@gmail.com

Angela M. Lukas

CranioSacral Therapy Practitioner, Reiki
Master Teacher

Phone: 219-671-1770

angielukas@gmail.com

Prayer for Peace!

We ask to give us all around peace in our mind, body, soul and spirit. We pray for healing and remove everything that is causing stress, grief, and sorrow in our lives. Please guide our path through life and make our enemies be at peace with us all over the World! Amen



Current Classes

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

We meet the 4th Saturday of every month.

When: January 26, 2025

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.

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

Reiki Level I: Friday, January 10, 2025 5:30 pm-9:30 pm and Sunday, January 12, 2025 9:00 am-3:30 pm

Reiki Level II: Friday, March 07, 2025 5:30 pm-9:30 pm and Sunday, March 09, 2025 9:00 am-3:30 pm

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

Level I Cost: \$130

Level II Cost: \$160

Reiki Master (A.R.T.) Cost: \$190

Master Teacher Cost: \$250

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 Kozy 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 45th Street, Suite B
Highland, IN 46322
219.923.2050

Time: 5:00 pm – 7:00 pm

Cost: \$160.00



INTRODUCTION TO SHAMANISM 1

Meet Your Power Animal & Learn to Journey Workshop



With Sheryl Kozy

Please register with a \$35. Deposit* to reserve your spot! This class is limited to 6 participants.

Date: January 11, 2025

Time: 9:30 am to 4:30 pm

Cost: \$155.

Please bring a blanket, notebook, pen, bandana, drum, and/or rattle (if you do not have one, there will be extras available) A light lunch will be provided, feel free to bring your own lunch. Contact Sheryl at 219-313-8532 to register!

Just for You...

The gifts of the season...

"Christmas isn't a season. It's a feeling."

— *Edna Ferber*

"Christmas, my child, is love in action. Every time we love, every time we give, it's Christmas."

— *Dale Evans*

"Our hearts grow tender with childhood memories and love of kindred, and we are better throughout the year for having, in spirit, become a child again at Christmastime."

— *Laura Ingalls Wilder*



The gifts of the season...

"Love is what's in the room with you at Christmas if you stop opening presents and listen."

— *Author unknown, attributed to a 7-year-old named Bobby*

"Christmas is not so much about opening presents, as opening our hearts."

— *Anonymous*

"Gifts of time and love are surely the basic ingredients of a truly merry Christmas."

— *Peg Bracken*



***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.

Sausage Cheese Balls

Recipe by: Taste of Home



Prep/Total Time: 30 minutes

Ingredients:

- 1/2 cup shredded cheddar cheese
- 3 tablespoons biscuit/baking mix
- 1 tablespoon finely chopped onion
- 1 tablespoon finely chopped celery
- 1/8 teaspoon garlic powder
- 1/8 teaspoon pepper
- 1/4-pound bulk pork sausage
- Optional: Sweet-and-sour, barbecue sauces or Dijon mustard

Instructions:

1. Preheat oven to 375°. In a small bowl, combine the first 6 ingredients. Crumble sausage over mixture and mix lightly but thoroughly. Shape into 1-in. balls.
2. Place in a shallow baking pan coated with cooking spray. Bake, uncovered, until golden brown and no longer pink inside, 12-15 minutes. Drain on paper towels. Serve with sauces if desired.