

Mind Body Spirit Festival - Workshop Schedule - October 14 - Freeport

Workshops are half an hour long and are included with admission fee, except those indicated in **red ink**, which require tickets purchased in advance (call 207-649-2386) or at the door for **\$20.00 each**. Ticket purchased before midnight October 13th are only \$15.00 with the Early Bird Discount.

9:00-9:45	<p>Awaken Your Inner Wisdom</p> <p>Laurie Lea Corson</p> <p><i>Hypnotherapist, NLP Life Coach & Trainer</i></p>	<p>A 45 minute awakening to connect with your Inner Wise Woman/Wise Man. A blend of NLP tools and techniques to tap into your Inner Wisdom to help guide decision making, promote clarity and support self awareness.</p> <p>“We don’t want you to cope. We want you to Thrive.”</p>
10:00	<p>Guided Chakra Clearing and Meditation</p> <p>Tricia Blanchard</p> <p><i>Heartlink Gems and Natural Stones</i></p>	<p>Do you want to understand the deeper secrets of who you are? Do you want a greater degree of control over your life and the ability to heal blocks and wounds that you may not even be aware of? That’s what this class is all about! You see, we are a lot more than just a physical body. We all have an energy body as well, that many of us take for granted. The energy body determines how you feel, how people respond to you and literally creates your reality. Come join me in an introduction course on the chakras with a guided meditation. I will go through your first chakra and help you connect and shift it. This is a great workshop to help anyone new or seasoned to clear up and manifest what your body needs.</p>
10:30	<p>How to Use Gem Essences</p> <p>Joan M. S. Perry <i>Lighting the Way</i></p>	<p>Many people use gems and crystals for different purposes. Gem Essences work to stabilize and balance your energy field, chakras and energy centers within your body. This workshop will explain how to use gem essences for similar purposes.</p>
11:00	<p>Life and Times of an Animal Communicator</p> <p>Kathy Drage <i>Earth Talk</i></p>	<p>Kathy will explain how animal communication works and she will share her experiences</p>
11:30	<p>Past Lives</p> <p>Regina Strongheart <i>Forest Circles</i></p>	<p>Regina will facilitate a Question & Answer session concerning past lives. She will share some of her experiences and offering a brief <i>reading</i> for some folks in the audience. (Depending on attendance</p>
12:00-1:30	<p>Spiritual Table Tipping \$20.00</p> <p>Alice King, <i>Seeds of Grace</i></p>	<p>Spiritual Table Tipping is a means of communicating with your Spirit Guides, Guardian Angels, Loved Ones and pets who have passed on. It is very powerful and very healing physically, emotionally and spiritually.</p> <p>At a Table Tipping Session, the Spirit’s energy comes through the table and answers your questions by tipping the table, once for “yes” and twice for “no” to answer your question. You can learn what your soul’s plan is, areas that you are stuck and why; how to gain the most out of your relationships, career and health; how your deceased family member or pets are doing, and what they are doing on the other side for their own soul development.</p> <p>(Alice tries to have all attendees experience Spirit through the table, however depending on attendance, not everyone will be guaranteed a reading.)</p> <p>Learn more about Alice and her work at: www.seeds-of-grace.com</p>



Limited to 20 people - may purchase tickets in advance or at the door, pending availability (call 207-649-2386)

1:30	<p>Creativity and Intuition</p> <p>Larissa Davis <i>Soul Path Artist</i></p>	<p>Art exercises to quiet your ego-mind and help you tap into your spiritual flow. Experience creativity as a toll for connecting to your intuition with Soul Path</p>
2:00-3:30	<p>Connecting to Intuition and the Angelic Realm \$20.00</p> <p>Rachel Horton White <i>Soulful Work Intuitive Consulting</i></p>  <p>Limited to 20 people - may purchase tickets in advance or at the door, pending availability (call 207-649-2386)</p> <p>Alternative link for tickets for this workshop only: https://soulfulwork.as.me/schedule.php?appointmentType=6985226</p>	<p>We were all born with the innate ability to transcend our five senses and tap into a realm beyond that which we can see: the realm of spirit. Due to societal conditioning over the years, most adults are not as naturally intuitive as we once were as children. Many of us have lost the ability, or have been taught to fear it, to connect with something beyond ourselves, with the pure love and compassion that exists for us from a team of guides and angels connected to the Divine.</p> <p>The good news is that we can learn to re-activate our intuition, or our third eye chakra and our heart connection to Source energy. In this workshop, you will learn tips on how to do this, such as through meditation, working with light, and simply just asking and opening. We will also explore how you can connect with angels and archangels in your everyday life for assistance and guidance.</p> <p>Together we will:</p> <ul style="list-style-type: none"> - Learn about things you can do in small, everyday moments to open your third eye (your intuition) - Participate in a guided meditation to meet a guardian angel waiting to connect with you - Do an intuitive writing exercise channeling information from your Higher Self or your guides/angels - Share in pairs what you experience to verbally process how you are expanding and what you seek <p>You will leave with an opening to realm of love and light that may uplift your life for months to come. After connecting directly with the Divine, you learn tools on how to maintain that connection in your waking life.</p>
3:30	<p>Embrace Your Spirit Guide(s)</p> <p>Annie Stillwater Gray, <i>Author</i></p>	<p><i>Information and discussion about making your Spirit Guide a part of your life and working with your Guide(s).</i></p>
4:00-5:30	<p>Intro to the Akashic Records \$20.00</p> <p>Linda Huitt <i>Pathway of Joy</i></p>  <p>Limited to 20 people - may purchase tickets in advance or at the door, pending availability (call 207-649-2386)</p>	<p>Join Linda Huitt, an Advanced Certified Practitioner of the Pathway Prayer process, to learn a little about the wisdom and healing you can gain from your Akashic Records.</p> <p>Your Akashic Records contain the vibrational records of your soul through all lifetimes. By accessing your Records, you can gain incredibly helpful perspective to assist you with whatever is going on in your life.</p> <p>Includes:</p> <ul style="list-style-type: none"> * A printed copy of the Pathway Prayer, channeled by Dr. Linda Howe * Overview of why and how to access your Akashic Records * Practice accessing your own Records * Practice accessing the Records of another (optional) <p>Learn more about how Linda can assist you at: http://www.PathwayOfJoy.com/</p>

Due to the popularity of the workshops, we suggest you purchase your tickets in advance or early in the day if you wish to attend a workshop that requires tickets.