



HEALING

with

Crystals



Elementals

Dr Nadine will lead this Guided Meditation for all who enjoy Energy Work. During the Meditation, we will journey through various Crystalline gardens, allowing the Chakras, Meridians, Organs, Glands, and Bodies to absorb the massive HEALING within each Crystal. We will then do a body of work with the Elementals: Earth (gnomes & fairies), Air (sylph), Fire (salamander), and Water (undine).

This is a Guided Meditation only. There will be no food/etc.

To Prepare: Make a list of what you want to HEAL and/or RECEIVE. Also, make a list of what you want to release (thoughts, patterns, triggers, etc)

Date: Saturday, October 11

Time: 11 am to 12:30 pm

Place: the DOME at Janet's