

Rainbow Transformations

INTRODUCTION TO INTEGRAL HEALING

GESTALT / EIDETIC PHASE

A Day to Clean, Align and Restore Your Energy

Saturday, November 15, 2008

9:00 am - 4:30 pm (Bag Lunch)

Integral Healing is a method for clearing blocks in the flow of the human energy system. There are four distinct kinds of energy: physical, emotional, mental and spiritual. When any of these four energies are used for the wrong purpose, the flow of our energy system becomes clogged and natural functions begin to malfunction. This method realigns the energies to restore a more harmonious flow that enables self healing.

Gestalt comes from a German word meaning "whole or complete". It is a well known psycho-therapeutic approach for completing interrupted or unfinished business. Unfinished actions and emotions clog our energy system. When we vacuum and dust our emotional and mental selves, we feel lighter and our relationships with ourselves and others become cleaner and clearer.

Eidetic is derived from the Greek word, "eidōs" meaning "clear seeing with heightened vision". When we see things from the perspective of our higher self, everything looks different. We see "the bigger picture" or "the truth that frees". To get the flavor of Eidos, read Isaiah 40:31 about seeing with the eye of an eagle and gaining renewed energy.

This Personal Growth Day will

- * Prepare participants to take the next step in Integral Healing with deeper trust.
- * Refresh, renew and restore, at varying levels, depleted energy systems.
- * Provide new ways of seeing, feeling and being.
- * Enable participants to complete some "incompletes" thus lightening your load.

Workshop Leader: The Rev. Dr. Ken Howlett is a retired United Church of Canada clergy person with University degrees in Psychology, Theology and Spirituality, as well as post grad training in Marriage and Family Counselling and several other specialized Counselling formats. He has a passion for healing and taken training in a number of healing approaches including Reiki. Ken's Integral Healing training was under Graciella Damewood who trained with Barbara Brennan, author of "Hands of Light". Gestalt and Eidos training were taken with Werner Arnett who worked in Germany as well as at various retreat centers in the Canadian Rockies.

Cost: \$85.00 (Charitable Income Tax Receipt will be issued for \$50.00)

Location: **St. James United Church**

400 Burnhamthorpe Road, Etobicoke, On. M9B 2A8

(416) 622-4113 or Ken (416) 239 1663

**REGISTRATION for INTRODUCTION TO
INTEGRAL HEALING, GESTALT & EIDETIC**

SATURDAY, NOVEMBER 15, 2008

NAME:

ADDRESS:

PHONE:

EMAIL ADDRESS:

Non-Refundable Deposit Enclosed \$25.00

Full Payment Enclosed \$85.00

Please make cheques payable to: St. James United Church

Minimum 10 and Maximum 18 participants