

YOUR WORD OF THE YEAR

DISCOVERY WORKSHOP

With so much uncertainty these days, any pressure we might feel to set New Year resolutions may seem more overwhelming than exciting right now. Yet it is crucial during challenging times that we create a sense of personal well being, confident we are on our own right path no matter what.

I have just the right soul medicine to help. **It is a two hour workshop on Zoom** to help you to lean gently into what you're being called to in the year ahead. And the transformations that come from the power of the simplicity of this approach may amaze you. I was introduced to this idea in the Edgar Cayce readings. He said our lives should be guided by a one or two word ideal.

First, we will ask a set of questions to get present to where you are right now, what really happened during the past year, and only after that take a look towards the future. Then we will use a compassionate process developed by Christine Kane to help **focus in on your own guiding light or Northstar** to help shape your thoughts and actions towards a desired way of being in the world in 2022.

Email me at: Visionsong9@gmail.com to join us with your preference of **Wed Jan 26th at 7:00pm** OR **Sun Jan 30th at 1:00pm**

We'll do the most popular time but with enough requests I may do both. I am offering this 2-hr workshop FREE on ZOOM. But please consider a love offering for our Cville CSL chapter.

Peace and Blessings! Here is to your beautiful 2022!

Jane McDonald 