

Joe Sippl, Therapeutic Coach®
Native Whispers Healing LLC

Our mind is a powerful tool. Every obstacle we encounter whether it be physical, emotional, or spiritual can be worked through using the mind. It can also be our biggest obstacle. Limiting beliefs or negative thoughts about what may happen in the future can hold us back from living in the now moment. Creating a shift in your thoughts and repeated patterns can assist in bringing a balance to how you relate to life around you day by day.

Meditation is one powerful way to bring balance to your thinking. Through meditation you may find that you become more connected to your physical body, more connected to your potential in the moment, and more connected to your spirit. Living in balance of mind, body, and spirit can open doorways for healing, joy, peace of mind, and much more.

Although meditation is not for everyone, there are many approaches to meditation to choose from. If, for example, you have not had success with sitting still and quieting your thoughts, you can use images, sounds, physical sensations, yoga, or even the things you notice around you on a walk to reap the benefits. In the July workshop we will discuss the many benefits of meditation and the many ways it can be used. We will also spend time practicing a couple different meditations.

Meditation

When: Wednesday July 21, 2010 @6:30-8:00PM Cost: \$20.00

RSVP: 715-338-1158 or via e-mail nativewhisperstc@gmail.com

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