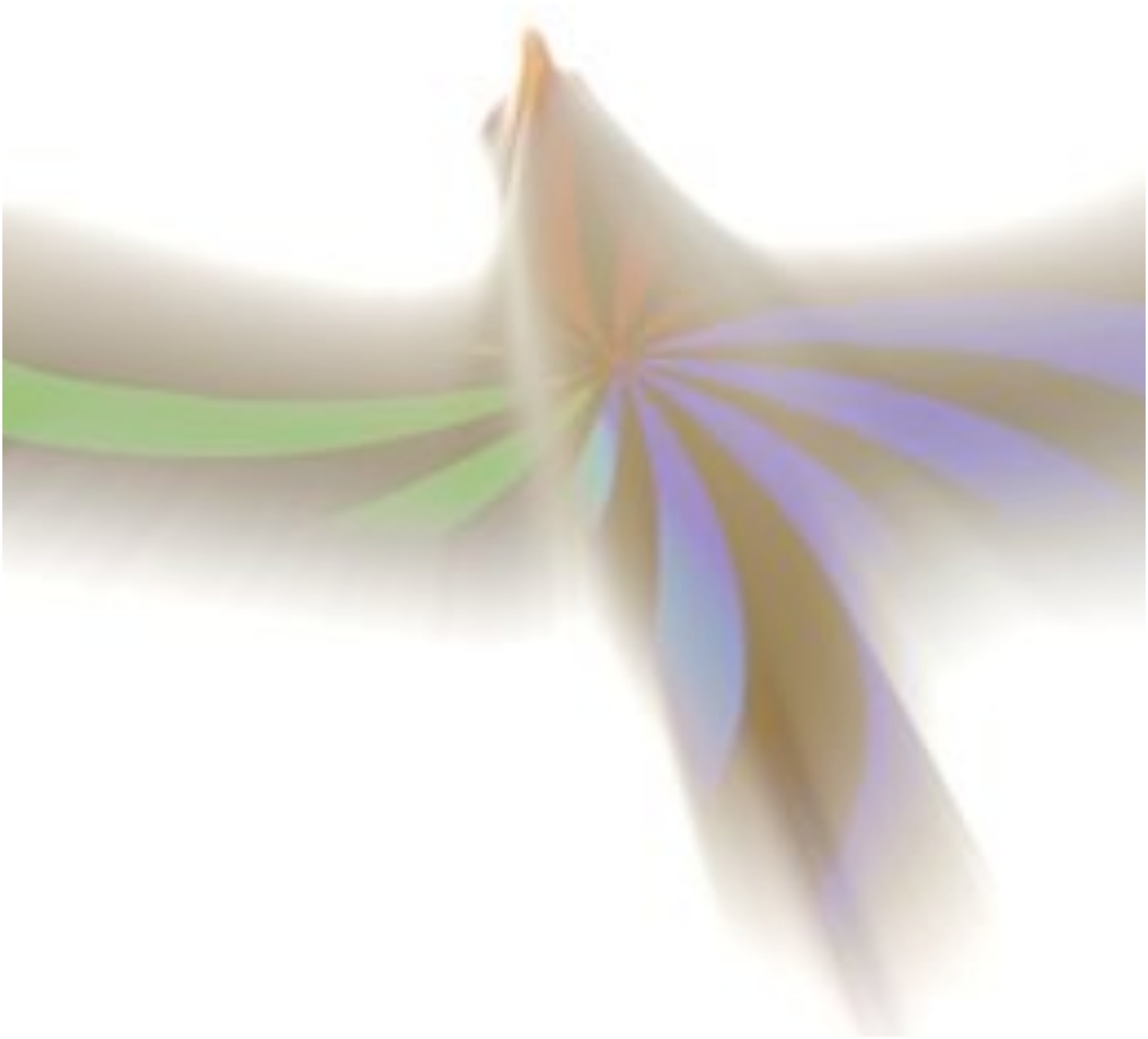

PERSONAL BOUNDARIES WORKSHOP

with Morning Star

Saturday, July 9, 2-5pm

Betsy Gifford's house

Fee: offering, in the Native tradition. Look into your heart and you will hear what you give as an energy exchange

Ever find yourself "trapped" *with a chatty someone who can't seem to hear no?*
Do you get an icky feeling in the airports, public transportation systems, or large gatherings with lots of people?
Are there parts of your day that seem dominated by others' energy?
Do you "roll the movie" over and over in your head about uncomfortable incidents?
Do you feel that focus is easy in some circumstances and impossible in others?
Put down the keys, and can't find them a second later?

These are all indicative of not be fully present, now, and having blotchy boundaries. Kind of like a worn down fence. In a time where there is so much stress, it is even more challenging to be here now, and also to use freedom of choice to say no when you need to be alone, and a conscious yes to be of service.
This workshop will give tools to maintain the chakra alignment, be present, clean out the personal house of foreign energies, and empower you to be who you are. Everyone needs down time. To be whole is to be healed.
This 3 hour workshop will teach you how to clear out your energy field, and your personal space, disconnect from energies that may be bombarding you, give a deeper understanding of true boundaries and how it relates to taking on other peoples' "stuff"…. In a fun, simple, and lasting way.