

"Nurturing Spiritual Connection: The Incredible Wisdom & Liberation of Forgiveness"

A Transformational Experiential Retreat GilChrist Retreat Cntr *Fetzer.org*

Wednesday, March 13 10-3:30 \$95

Forgiving unleashes Energy—Nurtures all our relationships---sets us free!

WHAT: Personalized inner work in a supportive group--through stories, gentle humor, guided visualizations, journaling, sound immersion & moments of prayerful meditation when we may ask our angels to assist us.

One "Forgiveness Myth"

"Forgiving means I'm telling one who wronged me that it doesn't matter" NOT!

Forgiveness=powerful tool to send healing **PEACE** energy into our war-torn planet

Even if you can't attend, you're encouraged to practice forgiveness

*** Includes a Very Special **SOUND IMMERSION** ***

"Awaken to Sound" 5 practitioners playing Sacred TIBETAN singing bowls hand made by monks as they chanted prayers for health, abundance, peace—
These are the high vibrations that will surround us!



Bring: journal, blankets for the meditations & Sound Immersion. Lunch, tea, coffee will be provided.

The presenter discovered the power of forgiveness during a health crisis.

She now feels called to facilitate others healing, renewed energy & freedom.

"Tere created a soothing space and through her skillful guidance, I began major healing from decades of anguish and pain." Testimonial from prior participant

REGISTER & Questions: Email or text: Tere9494@gmail.com 269 329-9494

"Nurturing Spiritual Connection: The Incredible Wisdom & Liberation of Forgiveness" A special 5 person Sound Immersion is part of this retreat!*

Wednesday, March 13, 2024, 10-3:30 \$95 at Gilchrist Retreat Center, 3R, MI

Forgiveness is underrated and misunderstood! It is a remarkably potent tool that has come to us in our wisdom literature as well as in current science. Its healing effects are documented in relationships, decreasing susceptibility to disease and increasing recovery from disease.

Forgiving unleashes spiritual energy, opening connections within us, between us, God and the planet. It sets us free. It's a form of spiritual nurture and strength that unblocks our energy systems—keeps them flowing.

We will look at the pungent ideas of author Caroline Myss who describes forgiveness as "healing...a necessity, a Mystical Law". Of course, we resist forgiveness when we believe 'forgiveness falsities' like the myth: "*Forgiving means I'm telling one who wronged me that it doesn't matter*". We will focus on melting resistance through stories, gentle humor, moments of prayerful meditation when we may ask our angels to assist us.

Opportunities to experience forgiveness in a supportive environment will be provided through guided and open-ended meditations, silence, journaling and a very special sound session which will create healing vibrations. The presenter discovered the power of forgiveness during a health crisis. She now feels called to facilitate others' healing, renewed energy and freedom.

A very special "Sound Immersion" session will be provided by *Awaken to Sound*, 5 sound practitioners playing sacred singing bowls. These bowls were hand-made by Tibetan monks as they chanted prayers for health, abundance, peace and these are the vibrations they release. Please bring a journal and blankets for floor relaxation and Sound Immersion. Lunch, tea and coffee will be provided.

This is a transformational, experiential workshop. Cradled in the solitude of Gilchrist Retreat Center, you will have space to discover what actions are right for you. Our reconciliation work will send healing vibrations into our war-torn world. You are invited to practice forgiveness privately, even if you cannot attend!

To register, pls email Tere Krueger at Tere9494@gmail.com