

Live Life Without Fear Workshop includes Past Life Regression Experience

Often we allow fear to control us, our life, or our decisions. Imagine what your life would be like, if you released yourself from fear and anxiety? Now is the time to transform fear into love. This requires courage and a willingness to change.

One of the greatest sources of fear is death. A way to release the fear of death is to enter a state of deep relaxation and return to a past life.



Quote

*"You cannot live life fully
while you harbour a fear of death.
Let it go!"*

'Abraham' through Jerry & Esther Hicks

We offer a hands-on interactive workshop exploring powerful tools to help release fear and anxiety. In addition, we will safely facilitate a group past life regression, and allow you to experience a death transition period. Having witnessed various aspects of death; dying and the transition during that past life, you can be freed from fear. Releasing fear allows you to connect more fully to your intuition and the truth of who you are.

Benefits of this Workshop

- feel peaceful, happy, and balanced
- connect more fully to your own inner knowing, truth or intuition
- experience more self-trust and self-belief
- re-connect to the amazing being you are
- clear residual blocks and limitations fuelled by fear
- change your life and self by empowering and freeing yourself

What to bring

- a pillow; blanket and a yoga mat (for the regression and for your comfort)
- please ensure you wear warm, comfortable clothing
- a 1-liter bottle of filtered water (for integration)
- pen/paper
- your own snacks
- an open mind & your humour
- a willingness to change



Facilitator

Michelle Hardwick (pictured right) has been leading her own unique guided relaxation and hypnosis sessions around the world for over the past decade and has had tremendous success in leading individuals and groups into altered states of consciousness - regardless of their level of experience. Come and join us for this experience - be prepared for change!

Email Michelle – info@michellehardwick.com for more details or go to www.michellehardwick.com



Quote

*"We are all enabled to co-create whatever is appropriate in our lives.
Some create fear, and others create divine healing.
The miraculous is inside each of us,
just waiting for the moment when we want it to change, anytime, anywhere."*

Kyron