

## *Hearing Myself, Healing Myself*

**Listening is a magnetic and strange thing. A creative force. When we are listened to, it creates us, makes us unfold and expand. Ideas actually begin to grow within us and come to life." Brenda Ueland -- *Tell Me More***

*Week 1: Reconnecting with Myself*

*Week 2: Sustainable Me*

*Week 3: Money and Energy*

*Dates: Oct. 19<sup>th</sup>, 26<sup>th</sup> and Nov. 9<sup>th</sup>*

*Or Nov. 30<sup>th</sup>, Dec. 7<sup>th</sup>, and 14<sup>th</sup>*

*Cost: \$90 for all three sessions or \$35 for one or two. Our preference is that you come to the first session if only choosing one, and then choose from the second two if you want to do two sessions.*

*More info? Call Michele at 651-246-6366*

**This workshop is designed to help us to connect back to ourselves and to listen. Listen to that still small voice inside, listen to our bodies and what that ache or pain might mean . . . listen to our thoughts, our desires. And in that listening to ourselves and each other begin to expand awareness. And in that expanded awareness allow clarity . . .and in that clarity allow attraction of health, well being, joy and abundance.**

*Reconnecting with Myself is our first session. Here we will talk about ways to connect with self and our energy as well as experience exercises to facilitate connection back to self.*

*Session two we will talk about sustainability . . . But in a very personal way. How do I begin the sustainability process with myself? Here we talk about food and about sustaining the physical part of ourselves. Creativity, exercise, various forms of healing such as homeopathy, and touch all play a part in bringing balance to our physical nature. Again there will be an opportunity to have experiences that will anchor in what we are learning.*

*Session three . . . Money and Energy. This is a huge topic, and we will be only scratching the surface here. But we consider money the last frontier in terms of connecting with ourselves and the energy of the universe. And we'd be remiss if we didn't address this topic and give you some resources to explore both internally in terms of your relationship to money and externally by giving you some tools to begin to address your financial situation.*

*All sessions will include a reconnection therapy treatment from Michele.*

**Fear is static that prevents me from hearing myself. Samuel Butler**

*Michele Brookhaus RSHom(NA), CCH is a classical homeopath and reconnection therapist and has been in practice for 8 years. Previous to that she was an art student and a mom. Besides her homeopathic and reconnection training she has a degree in Christian Education. Her prominent professional skill is that of listening to others which she obtained in practice with her patients as well as at home with her son. She recognizes the truly transformational quality of that skill in her patient's lives and is honored to be a part of that healing. She is still learning to listen to herself.*

*Ellen Schillace was born in Washington, D.C. She has over 30 years of professional experience in medical social work, multi-family housing and real estate. She has received recognition for numerous programs and won a Community Service Award for creating the innovative Shepard Park Health Fair in 1987. She has been an active participant in the holistic health community since the early 80's and has had training as a personal trainer. Ellen has been a practicing artist her whole life and brings her creative skills to everything she does. She has a B.A. in English and a minor in Psychology from Salve Regina University in Newport, Rhode Island. Ellen is a mother of two, a daughter in St. Paul and a son and significant other in Fairbanks, Alaska.*