

INFO & WELCOME

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PSYCHIC

of-the-soul

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mp3 Meditation Series 6 Parts + Psychic Practice 7th Part

Take your next steps with the gifts of Spirit in this fun, psychic self-healing series!

PSYCHIC IS OF-THE-SOUL

What do I mean by "psychic" and "gifts of Spirit"? Psychic means soul essence, and the gifts of the Soul bring us closer to our true essence. The gifts of Spirit simply wake you up out of your sleepy dreams that you are only a body and are trapped within same. Being of Spirit, these gifts allow you to transcend your limiting experiences, not because circumstances change, but because *you* change. You grow, you evolve.

When you use these gifts you are actually *being* the unlimited Spirit that you are. This is why you may have always been super curious about, or have had a natural proclivity for, all things new age and spiritual. You want to be all that you are. And, this is why some people run for the hills when you show up—they want to remain within what they perceive to be the safe confines of the body personality.

IF YOU'RE READING THIS, YOU ARE A SEEKER

You're looking within, and without. During these unstable times, have you caught yourself seeing "as through a glass darkly"? Those filters of old hurts, or hopelessness, or frustration at your fellow humans?

Like, many years ago when a friend shared her

excitement with me for my first workshop, she asked, "So how many people have signed up?"

Well, no one had signed up yet, and because of my filter of unworthiness, I perceived her words through my "pictures." What I instead heard was, "I knew you wouldn't get anyone to sign up." Crazy, right?

It took me a year or more before I realized I'd let my pictures get in the way of her genuine enthusiasm. Took me longer to tell her. And then a little bit longer before I could laugh about it!

Through attending clairvoyant meditation trainings and managing my energy, I was able to:

- Awaken to these failure pictures which I'd been unconsciously holding onto
- Remove my energy from those pictures
- Replace the space those pictures had been occupying in my psyche with creativity, enthusiasm, and lightheartedness

continued



Certified Intuitive Teacher & Healer Lisa Pelletier guides this intensive's meditations and exercises. She has "mocked-up" a space for you to rediscover your awareness and energetic capabilities, and to find a Next Step on your path to spiritual freedom.

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Where are your filters lying in wait? In what areas do you tend to hold onto your pictures? Career, parenting, body image, sex, speaking, emotions, money, sharing yourself, love?

What would you instead like to have, create, live in?

This is what this special Psychic of-the-Soul series will get you started on, guiding you through fundamental and elegant energy awareness tools to transform your pictures into possibilities!

WHAT TO EXPECT

These meditations are experiential: there is lots of playtime and practice. Be prepared to breathe deeply, sit comfortably, move around a bit here and there, and trust in your imagination & intuition. You will need to set aside time and space for yourself (possibly the hardest part of this adventure!), a comfy chair, and a private area or room.

PUT THE 'TREAT' IN RETREAT!

Staycation encouraged: Since this is a digital DIY meditation adventure, Instructor Lisa Pelletier encourages you to find a favorite staycation spot from which to attend these mp3 meditations and classes, thus transforming the experience into a retreat. Of course, a lovely room or patio right in your home will do nicely. Maybe set-up a special treat for yourself (special meal, massage, music, ambience) to fulfill the treat part of retreat!

As always during these times, stay safe & find joy wherever you are.

Daily schedule below includes a lunch break and a short afternoon break:

DAY 1 10:00am - 4:30pm MT

- Grounding, and running earth & cosmic energy
- Owning & healing your aura
- Being present with what is (release anger & fear, and fill up with gratitude & acceptance)
- Clearing out and updating your clairvoyance

DAY 2 10:00am - 4:30pm MT

- Overflowing with the healing energy from the god of your heart
- Practice seeing (reading!) & healing energy
- Mocking-up new possibilities
- Communicating with a Spirit Guide

Open to all. Details, notes, and protocols will be sent to you once payment is received. \$150.

(505) 927.5407

DeepRootsSantaFe@gmail.com

Purchase using the "6 Part Series \$150" button on the Info & Pay page at **DeepRootsStudio.com**

FUN FACT:

*Attending this series serves as a prereq for **Advanced Intuition & Energy**, and the **Self-Alchemy** training.*