

“Discovering Your Healing Gifts”



Taught by Regina Strongheart

Have *you noticed* that you are being drawn to help others in ways that seem unfamiliar to you?

Have *others* told you that you seem to possess some invisible healing abilities?

Do you have an awareness *of events and people* that you cannot explain?

In this class we will explore:

What it means to have healing gifts, why we have the gifts, and some basics on how we might use them.

The class will use energy exercises, meditation, discussion, psychic activities and art to learn more about their gifts. This is a fun and interactive first step!

Check out the calendar page of forestcircles.com for the next workshop.

For more information call Regina @ 776-3152

Regina Strongheart, MA has previously worked in the medical field for eight years and as a science teacher for twenty nine years. A spiritual councilor, medical intuitive and energy healer for 19 years, she uses various shamanic techniques in her healing work. Regina owns “Forest Circles”, a center for community and healing in Topsham, Maine www.forestcircles.com