



“Past Lives: What They May Teach”

with Regina Strongheart

*Not everyone was a Queen, Warrior or Historical Icon
in their past life. Most of us were ordinary people
leading ordinary lives.....as we are today.*

Memories of our former lives have helped to shape our personal habits, life patterns and feelings in this life time.

In this interactive workshop, Regina will lead a discussion about past lives and their significance in our personal development. Regina will lead a group journey into another lifetime. As we share our experiences, we will gain an overview of how many of our present day characteristics are mirrored by some past life events. We will work only with memories that are appropriate for this entertaining and informative workshop. You will learn to “connect the dots”, making more sense of the patterns in your present life. As you reconcile some of these mysteries, this will bring more peace to your mind, body and spirit.

Regina will give each participant a personal reading accessing the most important and appropriate information for this time

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

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 17 years, she uses various shamanic techniques in her healing work. Regina owns “Forest Circles” in Topsham, Maine www.forestcircles.com