



Beyond 2012 – Level 1

A one day workshop for the way ahead.

With Helen Barton & Anne Jones

Inspired and introduced by

John the Beloved

Oslo, Saturday

4th. February 2012

We are delighted to share with you the process and energies that have enabled us to step into our power and claim and value who we really are. This is the first of three levels that will prepare you for the energies of 2012 onwards for the New Spiritual Era. You also have the option on completion of the three levels to facilitate others to also claim who they be, beyond any limitations they have chosen.

- Introduction – why we need the power of spiritual energies at this time – John
- Introduction to the energies that Anne will invoke in this workshop: the solar logos, the planetary body and the universal mind. Anne will invoke and Helen evoke – what does this mean? – Anne
- Sealing your energies - Helen
- Heart opening and connection – Anne

Break

- Ex. What do you want to gain from the energies and how can they help you? - Anne
- What are your resistances? Putting resistances into your Totem. - Anne
- Finding your words of acceptance. Putting your acceptance into your Totem. Your statement – Helen

Lunch Break

- Our relationship and connection with each other and the universe - Anne
- Anne invokes the energies of the Solar Logos and Planetary Body, anchoring them with your own spiritual energy body. Feel the unified force of these incredible power energies to take you forward empowered and able to fulfil your greatest potential.

Break

- Times change and so does energy. What is the new Era? Black holes - Helen
- Letting go of woundedness into totem – meditation exercise - Helen
- Align and integrate the past, present and future – vision quest - Helen
- Your symbol for the power of your wholeness – Helen

Break

- Anne invokes the Universal Mind – the totality of all
- Sending this energy into your totem and putting all symbols and totems into the Heart of the Planet - Anne.
- Conclusion – John

Venue: Steinerskolen I Baerum, Grav Gardsvei 5, 1358 Jar.

4th. February 2012 10.00 am – 5 pm

**Cost: NOK1,600. Early bird NOK1,350
If booked and paid for before 20 Dec**

**Booking details please contact Lisbeth Lodner email lisbeth@mediacall.no
Tele: 00-47 92 22 73 73
Workshop will be presented in English**

Anne & Helen will be giving Personal Sessions, please contact Lisbeth for more information.

Anne Jones :

www.annejones.org

Helen Barton:

www.johnthebeloved.com