



Clearing Karmic Imprints

You are affected by all experiences. Some leave a lasting impression upon you either consciously or subconsciously or both. In this workshop we look at ways that the past can leave impressions that have a negative effect on your peace of mind, the way you view your world and your ability to get the best from your life. We look at ways that you can release these imprints and scars from the past and connect to uplifting and positive experiences and utilise them to reinforce your confidence and self esteem.

The seminar will include these topics and exercises:

- Karma – what is it, how does it affect us, clearing and changing
- Imprints – scars from the past, mindsets inherited from family, culture and race
- Vows – release vows made in this and past lives that no longer serve your best interest
- Past Lives – how they can impact you in this lifetime, connect to and clear the memories of those that adversely affect, activating the positive effects from your past.
- Heart Opening and Healing – the scars from the past can affect our ability to love ourselves and others we will share meditations to heal the present by opening and healing the sacred chambers of the heart.