

Meditation and Healing with Angels

The class will spend an hour and a half learning how to de-stress and relax by connecting to their guardian angel and any angels or light beings that may surround them. There will be guided visual meditations where you will learn how to meditate in a safe relaxing place.

Learning to create a healing space for your life to connect with whenever you wish.

There will also be information on the chakra system, aura's, archangels and their function, cutting the cords and anything that you might like to ask questions on.

There will also be handouts on some of the information for home use.