



Heart Metta: Find the ways to unlock your happiness!

With Sandra Itenson Sweetman

Friday May 22nd 7-10pm (registration at 6:30pm)
The Art of Life Centre (<http://www.theartlife.ca>)
885 Don Mills Rd., Suite 121, Toronto
Entrance to bldg & FREE Parking via Gervais Dr.

Cost: \$55 Paid in Advance, \$70 At Door

During these times of constant change, many are feeling unsettled and stressed. How do you **stay calm, optimistic and relaxed** as old ways make way for new?

Through **Heart Metta** you learn to come from **your inner heart wisdom** where **you already have all the answers** to any question you may have!

This playshop offers **original ways** to **re-invigorate your spirit** and access your inner happiness to bring about **lasting energetic shifts**.

Heart Metta is a brand new modality which was channeled to **Sandra Itenson Sweetman** during an intense download at the sacred site of Glendalough Lake in Ireland in June 2008.

During this playshop, the Masters will offer this highly guided energy to us through many symbols and activations in order for our highest healing, growth, and freedom to occur. You will be initiated into rapid and highly advanced energies that transverse all universes for all time for your spiritual growth.

Sandra was told "Heart Metta" is more than a healing modality, it is founded on the philosophy of Unconditional Love and helps advance your spiritual growth exponentially. Many are working and preparing themselves to ascend into the fourth and fifth dimensions right now. Sandra believes and has been told by the masters that this is a master tool in accomplishing this mission.

Each session is **unique** and is not a repeat of previous sessions. If you attended a session previously this time you will continue to receive more energies to grow, **clear out old patterns** and **expand**. If you were not able to attend before, come and experience what it is like to be initiated into rapid and highly advanced energies that transverse all Universes for all time.

"I have attended Heart Metta three times now so far, and it is absolutely different each time, and transformative at a unique, personal, core level. It affected me positively immediately, and I continue to notice effects / differences / changes thereafter. It is absolutely incredible and amazing, and I look forward to attending it again." - Alison P. Toronto, Ontario

*"I resonated with Sandra's songs and crystal-bowl like sounds which she channeled effortlessly. I felt the release of old and un-useful patterns and, as a result, I feel more confident and finely tuned."
LB, California*

To Register: Contact Angela Shim at angela@vibrantbalance.com or by phone 416.723.7324
Advanced payment to Sandra via PayPal referencing sandra@mydivineblueprint.com
Visit Sandra's blog at <http://www.everydayintuitive.com> website://www.mydivineblueprint.com