



You are invited to explore the power of Intuition,
hosted by Friends of Heart

Access Your Inner Wisdom

- ♥ Have you ever wanted to use your intuition and yet feel you don't dare trust it?
- ♥ Do you wish you had better access to Higher Guidance?
- ♥ Do you want to be able to go through life with an open heart free of the pains from the past?

You will learn:

- How to begin to tap into your inner wisdom
- What is meant by Higher Guidance
- How to release past trauma with a quick and effective heart based process developed by Sandra.
- Have the opportunity to gain some insight into your present challenges.



Sandra Itenson Sweetman is an international speaker, teacher and vibrational energy intuitive. She is the original channel of "Heart Metta". She has healing practices in both Canada and Hong Kong, and travels and teaches extensively throughout Asia and Europe. Sandra is also a sound healer, gifted artist, sacred essence alchemist, and metaphysical teacher. Sandra's direct connection to the higher realms and the Chinese Masters is amazing to experience. <http://www.everydayintuitive.com/> .

Date and Time

Wednesday May 13, 2009 at 6:30 pm. (Arrive 6 pm for Registration and Refreshments)

Location

Rexall Centre (Weston Produce Plaza) 9625 Yonge Street (east of Yonge at Weldrick Road) Richmond Hill. Please see the event website for driving directions.



Details & Registration

<http://www.meetup.com/Friends-of-Heart/calendar/10334390>

Your Investment

Your investment- \$10.

Please R.S.V.P. at <http://www.meetup.com/Friends-of-Heart/calendar/10334390>

For more information, send an email to Max Haroon: max@InspirationalBookClub.org or phone 416-891-4937 (leave a message)

About Inner Wisdom

We become aware our inner wisdom not through our conscious mind but through deeper intuition, instinct, hunches and the validity of our feelings. Unfortunately, we have lost the art of being connected to our inner wisdom due to many rational obstacles.

About Friends of Heart is a collaborative group of kindred spirits that empowers life by sharing our cumulative knowledge and wisdom. We focus on the body/mind/ soul entity and raising awareness. We arrange lectures, book and documentary reviews. We are a not-for-profit community group based in Richmond Hill.

Visit: www.FriendsofHeart.org join us at: <http://www.meetup.com/Friends-of-Heart/>