

## COMING HOME TO YOUR SPIRITUAL HEART

Your spiritual heart is your true home - a place of expanding peace, love, and compassion. When you open your spiritual heart your whole being softens, releases and breathes in alignment with your soul. Love unfolds in waves. When you are in the energies of your spiritual heart you sit in your power. It is the place from which your gifts flow with joy and confidence into the larger world.

Your intention, your desire, and your yearning are your powerful allies in your spiritual journey to your heart. Your heart energies want to open fully and remind you of who you truly are. As your connection to your spiritual heart deepens, daily life difficulties ease. When you remember and allow the energy to infuse you even briefly, you release the fears and anxieties that constrict and limit you.

You will take your next steps into deeper connection with your spiritual heart energies in these sessions using your own intuition, inner knowing, guided mediations and exercises. Kuan Yin, Melchizedek and other guides and teachers will offer channeled messages for the group and individuals.

The class consists of 3 sessions meeting every other week  
Monday, April 3, April 17, May 1  
7-8:30 PM EST  
\$80

Offered through True North Wellness

<https://www.truenorthhypnosis.com/classescalendar/2023/4/3/coming-home-to-your-spiritual-heart-with-kathryn-girard-a-virtual-event-1>