

# **SOURCE LIGHT HEALING LEVEL 1: HOW TO HEAL YOURSELF**

**Learn how to use this life changing healing modality to experience profound healing and transformation**

A 5- day intensive hybrid class teaching participants powerful energy techniques and practical healing methods to help transform trauma, heal inner wounds, and activate your healing abilities and energy body awareness. You will learn how to clear trauma, align chakras, integrate darkness into wholeness, balance energy, & raise your vibration.

Learn how to ground properly, activate your hand chakras, protect your energy, pull healing light through your hands, locate and release stagnant energy in the body, receive energy healer level 1 activation, and participate in guided meditations to activate your higher self consciousness, remember your soul gifts, & meet your spirit guides.

A deep dive into the chakras including how they function and how they store trauma. Techniques and practices to help you heal, balance, and open your chakras. Participate in guided meditations to align your chakras.

## **HYBRID CLASSES IN PERSON AND VIRTUAL:**

**JANUARY 4TH: 11-6PM IN PERSON**

**JANUARY 8TH: 6-8PM VIRTUAL**

**JANUARY 15TH: 6-8PM VIRTUAL**

**JANUARY 18TH: 11-6PM IN PERSON**

**JANUARY 22: 6-8PM VIRTUAL**



For More Info or To Register : [email Jordan@glshhealing.com](mailto:Jordan@glshhealing.com) or go to [www.glshhealing.com/classes](http://www.glshhealing.com/classes)