

Dreams: Messages from Your Spirit

Facilitated by
Mary Lemons



Spiritual Intuitive
Animal Communicator

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Ancient Healing, Sauk City, Wisconsin

Dream Reality

Your dreams are more than nighttime diversions from your day's activities. They are personal messages from your spirit, from your subconscious. Your dream state is an actual reality, an often over-looked resource for spiritual growth and enlightenment. In this workshop you will realize you are the best interpreter of your own dreams. Mary will open ways for you to trust your intuition and to understand your dreams.

Spirit Circle

In Friday evening's Spirit Circle you will receive personal messages from Spirit. Mary will connect with you personally and intuit messages from Spirit to take you deeper into your dreams. Spirit Circle is a sacred experience connecting you with energies from the other side.

Animal Dream Companions

You will also spiritually partner with an animal that will journey with you into your dream state. Your animal guide will gift you with abilities to understand more fully the messages Spirit gives you through your dreams.

Lucid Dreaming

Lucid dreaming is a fascinating state of consciousness. It is dreaming and being aware you are dreaming. This weekend you will learn how to recognize, encourage, and prolong lucid dreams.

Healing Nightmares

You probably remember your last night-mare even if it were years ago. Disturbing dreams seem to linger with us. If dreams indeed are messages from your spirit, then nightmares need to be healed not feared. Sometimes disturbing dreams are opportunities to re-create circumstances, to actually change your future. What power awaits you in healing your dreams!

Our dream study will be Friday from 6:30 to 9:00 p.m. and Saturday from 9:30 a.m. to 4:30 p.m. Workshop fee of \$150 includes snacks and Saturday lunch. Partial scholarships are available. Register now and reserve your space for Dreams: Messages from Your Spirit. Cost of \$150 per weekend includes Saturday lunch. Register at Ancient Healing, 608-644-9473. For more workshop info, contact Mary at marylemons@healingwholeself.net. Visit Mary's website, www.healingwholeself.net to learn more about her healing work with all species.