

Open Heart – Clear Mind Evening Meditations and Healing with Ian Haycroft

Over the next few months, I've decided to take one evening a week to do some special group meditations and healings. I realised recently that what I do in the clinic, can be adapted to work for a group of people.

- A short presentation from Ian about a topic or issue that the group will work on that evening. Some examples -
 - Forgiveness.
 - Weight as an emotional burden that shows physically.
 - Living in the present – free from the past.
 - What is an open heart?
 - How do I stop this racing mind?
 - Worry and how to release it.
- A guided meditation around the issue we are looking at.
- I will then work with a volunteer, in a similar way that I do in my clinic, regarding the issue we are looking at, or on something that appears to be important on this evening for the group.
- We will do a simple exercise as a group to allow the healing or breakthrough for the individual to pass to the group as well.
- Discussion of the experience.
- Cuppa and bickies.



Beginning Tuesday April 17 and continuing each
Tuesday until June 14 at Wallace House Noosaville
(in Wallace Park Noosaville)
6:45 pm for 7.00 pm start
\$10 each evening (come to one or come to all)
Reserve your spot by calling Kim on 5440 5711