



## Practical Energy Management

with Sandra Itenson Sweetman  
May 23 & 24, 2009 10am-5pm  
125 Bedford Road, Toronto

What is Energetic Integrity?

How are we affected when this is compromised?

As we embark on our journey into higher levels of consciousness, we become more intuitive and open ourselves to receiving information from various energies. It is imperative we acquire tools to look after our psychic well-being. Many an intuitive and energy worker has experienced unpleasant 'side-effects' ranging from fatigue to full-blown distress at all levels of mind, body and spirit. Through her own experiences, Sandra Itenson Sweetman has gathered information and has developed several protocols to filter energies and maintain energetic integrity. This workshop is suitable for all individuals who are interested in learning more about energy fields and is equally beneficial whether you are thinking about a new career or are already involved in the healing arts.

### **Day 1 (Saturday) Energy Hygiene Essentials:**

*\$110+gst paid in advance, \$125+gst at door.*

Learn simple and effective methods to ensure appropriate energetic boundaries. Many topics are covered. Here is a sample of some of the questions that are addressed during this workshop:

What are clear energies?

How do you know when you are clear?

What are the long term effects of energetic interference?

How can I clear myself?

How do I access my inner wisdom?

What is inner wisdom?

Do I have blocks preventing my progress on my journey?

How do I clear these blocks?

How do I trust my intuition?

What is frequency alignment?

How can healing sounds assist me?

How do I use them?

What daily routines will help me stay healthy?

### **Day 2 (Sunday) Clearing Your Path to Success:**

*\$110+gst paid in advance, \$125+gst at door.*

Continuing on the journey of self-healing, acquire the tools to assist you to move forward in your career.

Participants are shown how to:

Get past the money issue ^ how do I earn a living doing this type of work?

Dare to dare - what if ....?

Be comfortable with uncertainty - dissolve the fear of the unknown

Deal with your inner critic

Find out which fears are in the way of progress

Dissolve these fears!

Step forward with confidence.

Note: When the two days are taken together, the cost is \$180+gst paid in advance, \$250+gst at door.

To Register: Email Angela Shim [angela@vibrantbalance.com](mailto:angela@vibrantbalance.com) or phone her at 416.723.7324

Check out Sandra's blog: <http://everydayintuitive.com>