

Workshop Schedule - Belfast - October 1, 2023

The classroom is located inside the festival room with fewer windows.
Workshops are 20-25 minutes long and free of charge **unless otherwise indicated in red ink.**

10:00	<p>Animal Communication</p> <p>Kathy Drage <i>Earth Talking</i></p>	<p>Kathy will explain how animal communication works and she will share her experiences as an animal communicator over the years.</p> <p><i>Attendees for this workshop may arrive 10 minutes early.</i></p>
10:30	<p>Clear phobias in just a few minutes</p> <p>Eliorah Weisman <i>Divine Light</i></p>	<p><i>Learn how to map and clear phobias at all levels using EFT tapping.</i></p>
11:00	<p>The Science Behind How Sound and Light Benefit your Health</p> <p>Joanne Liljeholm, <i>Conscious Waves Holistic Healing</i></p>	<p><i>We are living in a time where the esoteric world is blending with the scientific world. Come find out fascinating discoveries about light and sound waves. Learn how to best use this knowledge for your wellness</i></p>
11:30	<p>When My Mother was a Mountain</p> <p>Regina Strongheart</p>	<p><i>In the summer of 1996 Regina Strongheart was on a month long camping adventure in the Black Hills of South Dakota. Her only companion was her dog. Her plan was to visit Wounded Knee on the Pine Ridge Reservation, the Crazy Horse Monument, and learn more about the Lakota culture. Her mystical, humbling, and terrifying experiences are captured in her recently published memoir, "When My Mother was a Mountain." Regina will read short passages from her book and answer questions about her journey, how she came to write about it, and how it changed her.</i></p>
12:00	<p>Embrace Your Spirit Helpers</p> <p>Annie Stillwater Gray Author</p>	<p><i>We all have guidance and assistance from spirit. Learn how to connect with your spirit helpers and work with them daily.</i></p>
12:30	<p>Learn How You Can Activate Your Light Body (Merkaba)</p> <p>Leon Pelletier</p>	<p><i>Trained Flower of Life Facilitator, Leon Pelletier, will share the benefits of creating your vehicle for consciousness that carries us to the next dimension. A Mind Body Spirit Festival registration bonus is available for the training.</i></p>
1:00 – 2:30	<p>Spiritual Table Tipping</p> <p>Alice King, Seeds of Grace</p> <p>\$20.00 tickets can be purchased at the admissions table</p>	<p><i>Spiritual Table Tipping is a direct communication tool to meet or reunite with your Loved Ones, your Spirit Guides, Guardian Angels, and pets who have passed on. It is very powerful and very healing physically, emotionally, and spiritually. Volunteers from the audience will be chosen to participate.</i></p>
2:30	<p>Miracles & Messages from the Quantum Field of Source Energy</p> <p>Phoenix Star Rising, <i>The Healing Angel Protocol™</i></p>	<p><i>Experience a taste of 'the hollow bone of healing' where Source does all the works, and the result is always for our highest and best. Offered by the author of The Hollow Bone of Healing, Phoenix Rising Star.</i></p>
3:00	<p>Sahaja Yoga Meditation</p> <p>Jerry Mayfield <i>Sahaja Meditation</i></p>	<p><i>Sahaja Yoga is a unique method of meditation, a living science, by which we achieve the state of meditation or thoughtless awareness - when we are very much aware of our surroundings, yet there are no thoughts. At that moment we are in the present - thinking neither of the future nor the past.</i></p>
3:30	<p>Heart Coherence</p> <p>Diana Chapin <i>The Healing Garden</i></p>	<p><i>Learn about Heart Coherence: a tool for stress reduction, emotional self-regulation and intuition</i></p>