

Transforming Anger Back to Love

5D Emotional Transformation Retreat with Nancy Joy & Ezekiel

Saturday, November 12, 2016 10-3 pm

Mount Vernon, Iowa

"ANGER and resentment can stop you in your tracks. It needs nothing to burn but the air in your life that swallows and smothers you. It's real though. The anger. The fury. Even when it isn't it can change you; mold you and shape you into someone you're not. The only upside to anger than, is the person you become. Hopefully someone that wakes up one day and realizes they are not afraid of its journey." Movie/The Upside of Anger

She let go,



forging a hole through the air,
as she screamed past her limitations.

Let's face it. For the most part, we are very uncomfortable with anger. When, in fact, as Ezekiel teaches, anger is an emotion God created to empower us when used consciously. I am inviting a small, intimate group to take anger's journey together to return it to love for ourselves and the planet. It's time we opened up and let anger and resentment out of the closet to consciously help us shift. Anger is stored in our cellular memories whether we are conscious of it or not and it affects our emotional responses. The key here is expression. Through sound, movement and sharing as a group heart we can more easily let go of the past and break through back into love. Discover how to integrate these most difficult feelings out of isolation and into integration to actually support us than rather sabotage us.

www.heartlights.net/retreats to register. \$99 Includes lunch and beverages. Bring a healthy snack to share.