



Nancy Joy Hefron

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Nancy Joy is a gifted channel and emotional healer who touches into many dimensions and aspects in her work with clients and groups. Her open hearted and compassionate approach allows you to unveil and heal long dormant and hidden patterns. As these emotional blocks are removed and the feelings integrated, the soul comes more completely and fully into every cell in the body recoding the DNA, raising the frequency and assisting in the ascension process.

Speaking the truth, being real, expressing feelings and connecting hearts is the foundation on which Nancy Joy provides the opportunity for powerful Spiritual and life changing experiences. Follow your heart and unfold your next step.

For further information, future dates of trips and workshops or to schedule a private session...

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For more information go to our website:
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To Love It All

Wherever there's light,
there is a shadow.

Learn how to step into
the shadow by using your
emotions as the gift.



*Allow Nancy Joy to
help you bring
your shadow
back into love!*

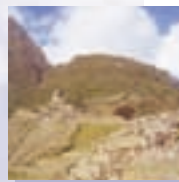
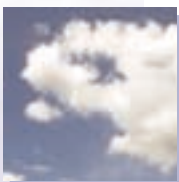
- **Clear** cellular memory and transmute blocked emotions into compassion
- **Gently remove** old, destructive patterns
- **Learn** how to use emotions as treasured gifts to ascension
- **Discover** how the ego has helped you evade your own shadow
- **Part the veil** that separates you from Spirit

The Emotional Gifts

As you are guided to explore this Next Step into personal and planetary ascension with Nancy Joy, you will experience, higher dimensional emotional gifts available to humanity now. The most treasured gift of all is your FEELINGS!

- **Unfold** the dormant art of being REAL in this world.
- **Discover** the way to tap into scary and dark feelings and bring them into love.
- **Learn** to validate feelings in yourself and others.
- **Uncover** you own reflection in every uncomfortable situation and use your own healing to raise your vibration and activate your light body (Merkaba).
- **Discover** how to use anger harmlessly as a tool to create healing and understanding.
- **Learn** how secrets and lies create a destroyer force in your life.

Come and **experience the JOY** of stepping into the dark and realizing you have the light within to turn it into love! All along, that which you have most feared and rejected is your ticket back to self-love.



To Love It All retreats, journey's and private sessions are life changing. Join me as we peel back the layers of blocked feelings and emotions to unfold your soul's path. With the guidance of Spirit and our souls, feelings of pain, fear, shame, guilt and blame are gently revealed and integrated to bring clarity, peace and passion into your life. Learn experientially how to give yourself permission to move into compassion for the painful and difficult lessons in your life. As you do this in a powerful group setting under the guidance and compassion of Nancy Joy, you begin to clear the veil that separates you from the clear voice of God within. You become more multidimensional...no longer trapped by the old patterns and fears that have controlled you for so long. This work creates the launching pad for your own personal ascension.

Ezekiel

Ezekiel is the higher dimensional frequency responsible for raising the vibration of the human emotional field as the light body comes on-line. In order to reconnect, recode and activate the human DNA, the emotional field must be brought back on-line as we learn to honor all human feelings (joy, happiness, grief and pain). Ezekiel and Nancy Joy assist you in finding your emotional blocks (those places so painful you have hidden them in the darkness).

As you begin to validate these long dormant feelings you soon begin to integrate them into compassion and love. As soul's we choose to be born into certain family patterns that create emotional shut down. Now, during this time of ascension, we are being guided by our souls to turn into our own darkness and bring our love into those forgotten places.

Ezekiel brings understanding, compassion, humor and depth to all interactions. As you agree to work with this frequency, you feel expanded and a new realness begins to open inside of you. Unfold your own hidden emotional gifts and use the feelings to activate your light body. Discover the JOY of learning "To Love It All"



To find out more information go to our website:
www.heartlights.net

- 24 hour El Shaddai Retreats Iowa
- Private sessions with Nancy Joy
- Individual/private healing retreats

Sacred TO LOVE IT ALL Journeys:
• Yucatan • Egypt • Peru