



# Intuitive Empowerment Workshop

## *Accessing The Power Within*

### In This Workshop:

In this full-day workshop, learn to connect with and strengthen your natural intuitive skills. Globally, we are in the midst of rapid spiritual change and so tapping into our intuition and looking within for answers is vital. We are all psychic yet so many of us have forgotten how to connect with spirit. Rediscover how to connect with spirit and find the peace you seek in these times of great uncertainty.

*"Peace comes from within. Do not seek it without."* - Buddha

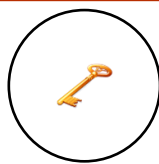
### Meet The Instructor:



#### **Michelle Arbeau**

Intuitive Consultant & Numerologist, Lecturer/Teacher. Currently lecturing throughout Canada on the topics of Numerology and spiritual awareness/development. Visit [AskYourGuides.com](http://AskYourGuides.com) for more information about Michelle and her work.

**NEXT WORKSHOP:** Date: Saturday, September 26th, 2009  
Time: 9:30am - 4:30pm  
Location: Fredericton (details TBA) Fee: \$90\*\*



### Unlock Your Intuitive Potential

- Intuitive Pathways** - Discover your strongest psychic channel(s) as a developmental starting point. Do you receive intuitive messages primarily through mental knowings, feeling, seeing, hearing, taste, smell or a combination of these main pathways?
  - Dreams** - Dreams are a portal to the Spirit world. Dream journaling can be an effective tool to uncover/develop latent psychic abilities. Learn how to properly journal your dreams and explore topics like dream/psychic symbols, premonition dreams, astral travel and more.
  - Benefits/Methods of Meditation** - Clear mind chatter, heighten intuitive senses and cleanse your physical/energetic body of past mental/emotional baggage to create/maintain a clear path for intuitive messages to flow. Learn the basics of meditation and how to use it to "tune in".
  - Stones/Crystals/Gems** - Learn how to enhance your connection to Spirit through the use of particular stones/crystals.
  - Psychic Tools** - Pendulums, oracle/tarot cards, crystals, etc can act as a beginning "bridge" to boost confidence and ease doubt. Discover the tools that resonate with you.
  - Practice, Practice, Practice** - Learn ways to practice your intuitive skill. Practice is the only way to fully understand and refine your skills. The latter part of the class, we will pair up and practice all that we have learned!
- We will also briefly examine your individual Numerological birth chart to better pinpoint your main intuitive channels as well as the uncover "obstacles" that may be hindering you from fully accessing your intuitive power.

*Learn all this and more!*



**Michelle Arbeau**  
Intuitive Consultant & Numerologist  
[www.AskYourGuides.com](http://www.AskYourGuides.com)  
506-444-7082

\*\* Pre-registration is required, payment due at time of registration. Space is limited, book early!