

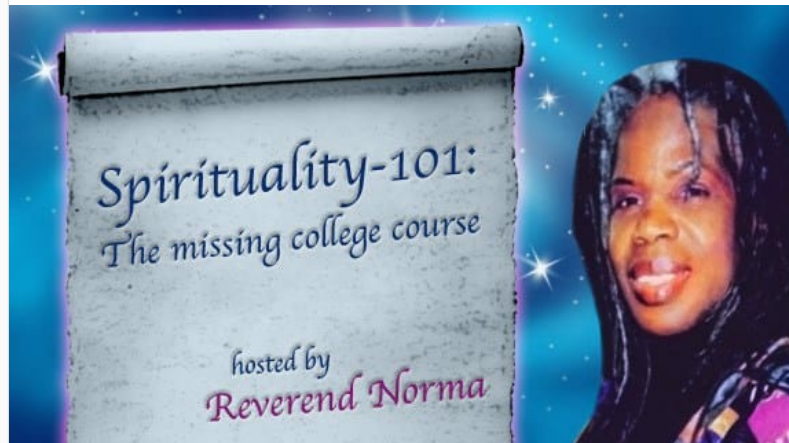
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January 22nd 2010: Accessing Your Higher Self

The topic of this week's class is "Accessing Your Higher Self." If you have ever wondered how to journey beyond the fickleness and attachments of a distracted mind; how to engage and stay connected to your higher self; how to access and use the inner wisdom with which you are endowed - then this class is for you. There are many paths to the Higher Self. Our focus this week will be the use of rhythm and sound to entrain the mind, expand brain power, and raise our vibrations. Join us with your questions, comments and all of your awareness.

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