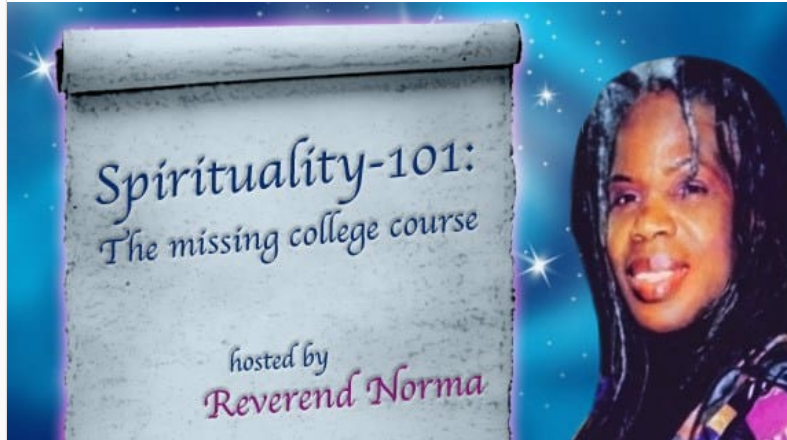


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This week's lesson invites you to: "...get out of your head and into your heart." Practical advice for life in these evolutionary times. Opening up the heart will allow us to receive healing at this time at multiple levels. The year 2012 is about readiness for change. Join me live for insights, inspiration, tips on how to heal the wounds of the heart and shift from living from thr head and into the heart. I also have in store a powerful "heart rhythm meditation." You are reminded that 2012 represents "...a new dawn for the earth and a new beginning for humankind." Blessings.

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