

Spirit Collage & Natural Reiki

October 9-11, 2009

Mary Lemons' LL Quarter Horse Farm

Albemarle, NC

Spirit Collage

Spirit Collage is a conversation with your soul. Using your imagination and intuition, you will create guidance cards from pictures that speak to your soul. You will be amazed as a random collection of images mesh into a kaleidoscope of awareness and insight.

After creating several personal guidance cards, you will work individually and also with others to create personal balance. You will joyfully journey into self-discovery and empowerment.

Time in Nature

Throughout the weekend you will have time to relax and connect with nature. You can arrive early or leave late and enjoy these resources at Morrow Mountain State Park:

15 miles of hiking trails

Fishing, canoeing and row boating

A glimpse into the 1800's at the home site of Dr. Francis Kron, the first medical doctor to practice medicine in southern piedmont North Carolina

Time with Mary's Horses

You will connect with one of my horses to center yourself & activate your creativity. This human-horse connection creates the sacred space in which you are safe to concentrate on your innermost thoughts. You will experience freedom and power as you spiritually journey with a horse this weekend.

Continued Guidance

Your Spirit Collage cards will be a spiritual tool to help you beyond our weekend retreat. Working with them on your own will help you process personal and professional situations. They will be a source of insight from your higher self. Delightfully creative, Spirit Collage is a enjoyable way of accessing your own inner guidance.

Spirit Collage Retreat, meals, and supplies is \$175. Lodging for first six registrants is \$35. This lodging is a cabin at Morrow Mountain State Park. Lodging at local motel or bed & breakfast inn is available for other out-of-town registrants.

For more information or to request partial scholarship, contact Mary Lemons 704-422-4039 or cell phone 704-984-1099 or email marylemons@healingwholeself.net.