



CLAIRVOYANT MEDITATION

About Clairvoyant Meditation

This class will teach you to recognize your own clairvoyant abilities, to have clearer insights - What is "clear seeing" for you, and how they may manifest in your life. We will teach you very simple tools to help you manage and utilize your clairvoyant abilities.

You will learn to ground, recognize your energy from others, run your own unique energy, bring in gold suns, and protect your energetic space. These tools will allow you to meditate in the body so you can have greater control over your awareness, your life, and your goals!

Workshop Includes:

- Introduction to Clairvoyant Meditation
- Learning to Ground your body and letting go of negative energy.
- Center of Your Head - Your 3rd Eye, 6th Chakra
- The Concept of Your Space versus others
- Using the "Gold Sun" tool to replenish your own life force energy ..
- How to Run Your Own Unique Energy as a way to clear out your space.
 - What is A Growth Period? How Spiritual change will affect your body ?
 - The Protection Rose Tool: to separate from external "problems".
 - What is Programming and How to Not Get Programmed.
 - Havingness: Looking at your goals and creating room for them.
 - Havingness: review and Mockup tool
 - Your Next Steps: where do you go from here!

All Classes are offered online in our Zoom Classroom and or at the Sane Center in Ojai .

Prerequisite: No prior training is needed.

Includes: 1 Free one hour aura reading.

Contact us to Find out More and Register!

April 14 - 16, 2023

- Friday April 14, 6:30 pm - 9:00 pm, PST
- Saturday April 15, 10:00 - 12:30 pm PST
- Sunday February 16, 11:00 - 1:30 pm PST

June 16 - 18, 2023

- Friday June 16, 6:30 pm - 9:00 pm, PST
- Saturday June 17, 10:00 - 12:30 pm PST
- Sunday June 18, 11:00 - 1:30 pm PST

August 18 - 20, 2023

- Friday August 18, 6:30 pm - 9:00 pm, PST
- Saturday August 19, 10:00 - 12:30 pm PST
- Sunday August 20, 11:00 - 1:30 pm PST

November 17 - 19, 2023

- Friday November 17, 6:30 pm - 9:00 pm, PST
- Saturday November 18, 10:00 - 12:30 pm PST
- Sunday November 19, 11:00 - 1:30 pm PST

Offered By: Spirit is Calling and Sane Living



Liz Tregoning is a professional spiritual healer, teacher and leader. She has trained and worked for over 30 years with Spirit is Calling, The Berkeley

Psychic Institute, and the Divine Healing Center. She offers clairvoyant readings and healings in her private practice and is a practicing artist and lover of the outdoors in Northern California.



Carol Cilliers Blaschke is a spiritual teacher, and professional healer and astrologer with over 30 years in the healing arts. She is a

specialist in Astrology, Clairvoyance, Yoga, Rebirthing Breathwork, and Raw Foods. She offers individual counseling sessions in these areas and focuses on "aligning self". She teaches with Spirit is Calling online and in Hawaii, and with Sane Living in Ojai, CA.