

With increased self-awareness the easier change can become.

We are offering a unique series of evening courses in personal and spiritual development this summer:

Discovering the Total Self

TS-01 Meditation and the Chakras
Thurs. May 9 & Thurs. July 11

Explore fundamental meditation theory. Learn the Chakra system and how to use it as a basis for meditation. Develop the ability to meditate effectively. Use creative visualization, intention, and the law of attraction and apply to goal setting.

TS-02 Spirituality and Higher Self
Thurs. May 9

Explore the levels of consciousness, including the ego, subconscious, higher self, higher power, observer self, shadow, essence and soul. Learn how to stay centered in your body and connect with your Higher Self.

TS-04 The Path of Emotional Healing
Tues. May 7 & Tues. July 9

Mental health means striving to balance all aspects of our life: social, physical, spiritual, economic and mental. Total Self 4 introduces the psychospiritual approach—embracing light and dark, on the road to emotional healing and wellness. Learn how to relate relationships and emotional blocks and how to create change in your life.

TS-05 Spiritual Healing and Energy Transfer*
Mon. May 6 & Mon. July 8

In Total Self 5 you will discover the principles of spiritual healing and energy transfer. Learn how to open and balance another's chakras. Use body mapping and a healing technique created by Transformational Arts.

Don't miss the *Things Worth Considering* Radio Broadcast!

A weekly radio talk show with Host Gord Riddell, Co-hosted by Dr. Jan Hill. This show will give you the tools to help you navigate through the many changes yet to come in our life and society.

Tune-in here: <https://www.voiceamerica.com/show/3824/things-worth-considering>

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email: tac@transformationalarts.com | www.transformationalarts.com

TS-06 The Intuitive Arts*
Thurs. May 9

This module explores Intuition theories and students participate in exercises to develop intuition. Learning outcomes include: able to explain gifts from our higher self, developing clairvoyance, clairaudience, clairvoyance and claircognizance.

TS-07 Meeting Your Inner Selves*
Wed. May 8

The benefits of module 8 are multi-faceted giving rise to experience our inner child who connects us to many riches and gifts within ourselves. The learning outcomes begin through the child within as we reclaim our creativity, spontaneity, love, joy, happiness, intimacy, playfulness, and spirituality.

TS-10 The Healing Power of Sound**
Mon. May 6

The latest scientific research on sound indicates that this vibrational art helps to synchronize the hemispheres of the brain, induce relaxing brainwave states. This module promotes wellness and creativity, connecting us deeply to our soul and spirit.

**Note: Modules 1 to 4 are foundation courses and are often pre-requisites for Modules 5 to 10. **Note: Course #1 recommended prior but not required.*

Each module is 8 weeks long. Classes run one evening per week, 7 pm to 9:30 pm.

Register today to secure your spot!

2019
Summer
SERIES

*Sometimes in the waves of change
we find our true direction.*

This Summer join us for a series of enlightening evening lectures on personal growth of the mind, body and spirit.

www.transformationalarts.com

Register today for the Summer Series at Transformational Arts!

Join Transformational Arts instructors for our popular Summer Series. As always, a full spectrum of exciting topics is covered, providing you with experiential learning and practical tips for your everyday life. Meet a variety of the College's facilitators and experience their various styles and approaches to psychospiritual development, holistic health and personal growth.

Summer Series evenings are open to everyone—happening on Wednesdays starting July 3 until August 28 from 7 pm -9:45 pm. You can register for the entire series or enroll in individual lectures that are of particular interest to you.

Fee: for individual lectures: just \$40.00! or register for the entire series at a reduced rate of \$250.00, including HST.

Register Soon!

Call: 416.484.0454 ext. 10

Office hours: 9:30 am - 5:30 pm, Monday to Friday

Email: tac@transformationalarts.com

Online:

www.transformationalarts.com/summerseries



Your Home — Your Self

Do you feel at home where you live? Is your home a sanctuary, a peaceful place where you feel energized and nourished? Explore the powerful relationship you have with both your inner self and the home you choose to live in. Join me for an evening of self-discovery, bringing consciousness to the direct relationship with your inner home and the spaces you live and work in; what they can teach you and how they can be a catalyst for personal growth and healing. Learn about energetic patterns that support or hinder you, as well as, practical tools to empower you.

When: Wednesday, July 3, 7 pm - 9:45 pm

With: Joanne Morgan, Registered Psychotherapist, Spiritual Director, Certified House Whispering Practitioner, Empowerment and Healing Coach



Being Stuck is not Good for the Environment

Are you exhausted from expending your energy supplies and are still stuck in the mud? Do you feel like a car on ice, spinning its wheels but not going anywhere, burning more and more fuel attempting to gain forward movement? Or perhaps you feel so stuck; it's like being attached to sticky flypaper.

Everyone experiences feeling stuck from time to time, however feeling stuck can lead to more serious problems like depression. It can be everything from frustrating to extremely painful. Pain is not supposed to be a place to hang out; it is there only to warn us that something is wrong. How we become stuck is one half of the issue and the other half is negotiating our way out of being stuck. Becoming unstuck happens with a little awareness and a modicum of work.

If you feel stuck, get stuck a lot, or want to help others get unstuck, then it is time to find your way to my mini-workshop. Be prepared to examine how your perception, critical thinking, compassion, habits, shame, expectations, disappointment, and trust, all play a role in being stuck. If you relate to being stuck and/or you resonate with the words on this page then I look forward to seeing you at my Summer Series talk.

When: Wednesday, July 10, 7 pm - 9:45 pm

With: Gord Riddell, Co-founder and President of Transformational Arts, Registered Psychotherapist, and a talk show host on VoiceAmerica – His show entitled “*Things Worth Considering*”.

A popular lecturer, Gord brings humour to lighten even the most difficult of subjects.



July Compassion Energy Circle

Compassion Energy Circles are held once a month during the summer. Facilitated by a dedicated volunteer team of staff, graduates and faculty members, this event is for everyone interested in the receiving and sharing of spiritual healing energy. All faiths and spiritualities are welcome. Cost of the evening is by donation (pay-what-you-can) and includes a short practical talk, a guided meditation, group and individual energy work. Come and experience first-hand the power of energy as a healing tool.

When: Friday, July 19, 7 pm - 8:30 pm



Around the World with the Oracles

Using intuitive tools to connect with the Divine is a practice that goes back thousands of years and touches every country in the world. The intent for Divine connection may be common ground to diverse cultures, but the oracular form shifts and changes as one travels around the globe. As done by those intrepid “Around the World in 80 Days” adventurers, we will climb into our ‘hot air balloon’ and set off to explore many lands and their specific, unique intuitive tools.

When: Wednesday, July 24, 7 pm - 9:45 pm

With: Tiffany Lasic, Registered Psychotherapist and Spiritual Director



Conscious and Soulful Relationships

In our everyday life, we are constantly dealing with relationships. They can be romantic, with co-workers, family, friends, the cashier at a grocery store and most importantly the relationship to ourselves. In most cases, we allow old, mostly unconscious patterns to dictate how we show up in our relationships. We will explore how these patterns play out for us in the dynamics of our relationships and why we keep on attracting the same people. What role does trusting ourselves and trusting others play? What are the different stages that relationships go through? And lastly, how can you make your relationships more conscious and soulful.

When: Wednesday, July 31, 7 pm - 9:45 pm

With: Maria Gallé, Registered Psychotherapist, Reiki Master, and Coach



Tuning Into Life Through Sound

Sound Healing has been used for centuries, so how does Sound bring healing and how do you incorporate it into your life? This experiential evening gives you a brief overview of the science behind Sound Healing and offers ways in which you can engage with Sound. Come play with rainsticks, tuning forks, ocean drums, Tibetan singing bowls, crystal bowls and other instruments. Discover more about how you can tune your life through Sound.

When: Wednesday, August 7, 7 pm - 9:45 pm

With: Sarah Clarke, Holistic Energy Work Practitioner, Spiritual Director and Life Coach



August Compassion Energy Circle

Refer to lecture #3 for full description.

When: Friday, August 16, 7 pm - 8:30 pm



Enhancing Abundance in Your Life

Abundance is a natural state for us to be in and is part of our divine right. The success of the highly popularized book, “*The Secret*” was based on this principle. However this book did not incorporate how you can be blocked in receiving your desires and abundance and how to release this energy to receive. How do you release your blocks to having everything you desire in this lifetime? This workshop will provide the surprising answers to releasing your blocks and having all your desires enter your life!

When: Wednesday, August 21, 7 pm - 9:45 pm

With: Pauline O’Hanlon, Registered Psychotherapist and Spiritual Director



Afterlife Explorations

More and more credible individuals are revealing what they have gone through in their near-death experiences. What are those experiences saying about the afterlife? This evening will explore the latest revelations and evidence for a world beyond death indicating some kind of continuity of consciousness. What are the possibilities? How do these near-death experiences relate to consciousness in this life? Is it possible to prepare for a transition to an ideal afterlife? How does our understanding of “the other side” lead to being able to live a more meaningful life now?

When: Wednesday, August 28, 7 pm - 9:45 pm

With: Linda Kuschir, Registered Psychotherapist, Spiritual Director, Reiki Master, and Life Coach

Registering for Summer Series

Payment Options: Cash, credit card (VISA, MasterCard), Debit

Registering Online: You may register securely online at: www.transformationalarts.com/summerseries

Lectures fill quickly, register early to reserve your spot and avoid disappointment!

Note: Transformational Arts reserves the right to cancel any lecture due to unforeseen circumstances. Registrants will be notified by telephone at least 2 days prior to the lecture date.