

HEALING FIELD  
**UPCOMING EVENTS**  
*to nourish body, mind & soul*

INFORMATION FOR OUR UPCOMING  
**SOUND BATH**  
JOURNEY THROUGH THE ELEMENTS

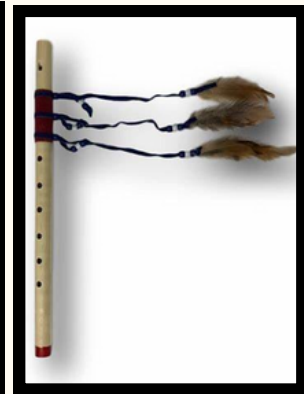
**Monday, August 12 (6:45-8:15) 5 available**

- email [healingfieldII@gmail.com](mailto:healingfieldII@gmail.com) to register

**Monday, September 16 (7:00-8:30) NEW**

**Saturday, September 21 (1:00-2:30) NEW**

**\*register at [micheleluck.com](http://micheleluck.com) (for these)**



Settle back and allow your body, mind and spirit to be taken on a restorative, grounding, and expansive journey! You will experience a wide variety of instruments and sound frequencies that will meet you where you are and bring the medicine you need! From the grounding medicine of the gong and drum and shamanic zones, through the elements of water and nature's fire, passing through the softness of the heart sounds to the uplifting angelic celestial tones--- you will be guided on a magical journey!



## Healing Harmony: Sound and Spirit Renewal

WITH MICHELE LUCK AND SALLY O'HEARN

**Monday, August 26th 7:00-8:30**

**Monday, September 9th 7:00-8:30**

**Register here for this event:**

<https://www.micheleluck.com/event-details/healing-harmony-sound-and-spirit-renewal-2>



**Michele Luck** is a gifted crystal bowl sound healer, reiki master, tarot card reader and teacher in so many beautiful ways. **I'm thrilled to be creating with her** to provide a powerful evening experience for those called to this journey!

This event is designed to provide a holistic approach to healing, combining the ancient practices of shamanic journeying, sound therapy, and crystal healing. Whether you're looking to release old patterns, reduce stress, or simply enjoy a peaceful evening, this event offers a serene and supportive environment for your personal growth.

**Also, please check out Michele's in-person Tarot Class Series on August 22. Register at:**  
<https://www.micheleluck.com/event-details/in-person-tarot-class-series-tarot-1-history-and-hidden-symbology>

# Cacao Ceremony

NOT YOUR TYPICAL HOT CHOCOLATE



Thursday, August 8th 6:45-8:15 (1 spot available)  
Monday, September 30th 6:45-8:15 NEW DATE

A cacao ceremony is a spiritual practice that has been part of some indigenous traditions in Central and South America for centuries. It is a sacred ritual that uses cacao, a plant revered for its heart-opening and healing properties, to facilitate a deep connection with one's self and the divine.

**Space is Limited! \$33 Register by emailing Sally at [healingfield11@gmail.com](mailto:healingfield11@gmail.com)**

During this evening, we will share in a **SACRED CACAO CEREMONY**. A mixture of ceremonial cacao, rose, and blue lotus will help to nourish our hearts as we express our intentions for the evening. Rose is a beautiful heart opener and blue lotus supports intuition. Though not psychoactive, cacao is a master plant that holds a beautiful frequency and is a plant teacher. During the evening, we will learn about this powerful plant and its benefits, participate in sacred song and movement, explore intentions, journal, and more.



SACRED CACAO~ HEART OPENER

Together, we will create an epic night of magic, harnessing the energy of the 88 Lions Gate Portal, an annual window from July 28-August 12. This time is thought to be a supercharged powerful manifestation portal where the connection between the spiritual and physical realms is highly charged, enabling us to co-create with the Divine.

What is your **heart's desire** for yourself, your family, your friends and all beings everywhere? Let's use this time to set powerful intentions and create the world we desire.

# Yoga Nidra & Sound Massage

Monday, September 23rd 7:00-8:30 NEW DATE

**Space is Limited! \$50 Register by emailing Sally at [healingfield11@gmail.com](mailto:healingfield11@gmail.com)**

**Yoga Nidra and Sound Massage** SPECIAL EVENT WITH MARCIE O'NEIL AND SALLY O'HEARN.

We will begin this evening of deep relaxation with specific toning that helps to stimulate the vagus nerve, thereby assisting your body-mind with regulation of your nervous system and promoting a sense of balance and calmness. Using your own voice and vibration is very powerful and always accessible. This SOUND MASSAGE exercise allows the sounds to come from within and generate through your bodies: physical, mental, emotional, and spiritual. Following this exercise, MARCIE O'NEIL, will share her skills by leading you through a somatic guided meditation known as YOGA NIDRA. Marcie has spent 40 years working in the mental health field, specializing in PTSD with a focus on EMDR therapy. She is certified in the I-REST modality, as well. We will end the evening with calming sounds of Tibetan and crystal bowls to sooth and support the intention of the evening: to reach a level of deep healing rest and true relaxation. It is in this state that we are able to "return home" and be united with our breath and mind.

# Coming In September/October

## Journey through the Chakras 8 week course

**Space is Limited! Register by emailing Sally at [healingfield11@gmail.com](mailto:healingfield11@gmail.com)**

**\$33 per class (\$264) Pay for all 8 by August 11th and save: \$222 for all 8 classes**

We will be meeting one evening a week in the EES room to explore one chakra at a time. Together we will go on a journey over eight transformational weeks where you will learn how to connect with your chakras energetically, assess both the excesses and deficiencies and gain the tools to balance these energetic centers and therefore your life experience.

You will explore chakra-specific techniques, utilizing guided meditations and clearings, gentle yoga, and other healing postures and movement, essential oils, as well as sound medicine related to each energy center. Between each in-person meeting, there will be optional "homework" to continue your exploration of that particular energy center. The PURPOSE and INTENTION of this course is to support each participant in energetic self-knowledge that can be purposely utilized to create and sustain inner regulation and balance within mind, body and spirit.

**Space is limited so if you have interest, please let me know ASAP.**



### WHEN?

Thursday evenings

September

5, 12, 19, 26

October

3, 10, 17, 24

6:45-8:15pm

COST \$264

**That is \$33 per class (\$264)**

**Pay for all 8 by August 11th  
and save:**

**\$222 for all 8 classes**



Register for **SOUND JOURNEYS** at [Micheleluck.com](http://Micheleluck.com) to prevent double booking.  
Email Sally to register for all other events at [healingfield11@gmail.com](mailto:healingfield11@gmail.com)

HEALING FIELD

# UPCOMING EVENTS

*to nourish body, mind & soul*

**AUGUST:**

THURSDAY, AUGUST 8 (6:45-8:15) CACAO CEREMONY **ONE SPOT LEFT**

MONDAY, AUGUST 26 (7:00-8:30) HEALING HARMONY: SOUND AND SPIRIT RENEWAL

**SEPTEMBER:**

MONDAY, SEPTEMBER 9 (7:00-8:30) HEALING HARMONY: SOUND AND SPIRIT RENEWAL

MONDAY, SEPTEMBER 16 (7:00-8:30) SOUND BATH JOURNEY THROUGH THE ELEMENTS

SATURDAY, SEPTEMBER 21 (1:00-2:30) SOUND BATH JOURNEY THROUGH THE ELEMENTS

MONDAY, SEPTEMBER 23 (7:00-8:15) YOGA NIDRA & SOUND MASSAGE

MONDAY, SEPTEMBER 30 (6:45-8:15) CACAO CEREMONY

THURSDAYS SEPTEMBER 5, 12, 19, 26 AND OCTOBER 3, 10, 17, 24 (6:45-8:15)

JOURNEY THROUGH THE CHAKRAS (8 WEEK COURSE)

Please contact Sally for **PRIVATE SOUND JOURNEY EXPERIENCES** for parties of 6.

*September* 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

With SHAMANIC JOURNEY  
**SOUND JOURNEY**

**SOUND JOURNEY**

YOGA NIDRA  
❤️🕉️🌀

cacao ceremony

JOURNEY THROUGH THE CHAKRAS COURSE

**SOUND JOURNEY**

NIKOLA TESLA | I AM FEARLESS SOUL.COM  
If you want to find the secrets of the Universe, think in terms of energy, frequency and vibration.