



Graceful Transitions: 3 part workshop series

In a culture that desires to sweep past grief, this is a rare space of honesty.

The deep losses and great upheavals that we all meet in this life can usher in tremendous growth, but first we have to journey to the underworld and sit with the loss and the change. As we hold heartspace for each other, guided by Spirit, we find relief in the sacredness of our true experiences. We bring radical empathy to our suffering, meeting it with courage and compassion. (This workshop a spiritual companion to allopathic medical care and mental health treatment.)

Participants are people on journeys through any major disruption, including:

- Compromised health, including during and after complex treatments
- Grief from death, divorce, job loss, loss of any kind
- Preparing for death of oneself or a loved one
- Navigating any major life change

Given the deep nature of this work, we will patiently allow Spirit to move us through a process of grounding, clearing, and guidance over the course of 3 ninety minute sessions.

Week 1: Grounding

Through a series of meditations, we will call in angelic support for safety and protection. You will be resourced with exercises to continue your at-home practice, building your sense of connection throughout the process.

Week 2: Clearing

Through a combination of writing prompts, meditations, and guided exercises, we will dialogue with anger and heal the lineage with radical forgiveness. You will have an

opportunity for a 1:1 check in with Catherine in the days following this meeting to support the integration of this deep work.

Week 3: The Path Forward

With a new sense of light and freshness from the ongoing work, we will tune into our I AM presence and team in Spirit of highest light and resonance to receive guidance on the next right actions.

The cross roads is the intersection of light and dark. Let us be alchemists, empowered by Spirit, transmuting the dark into the light of a new path.

Duration: 1.5 hours per session, meeting once a week

Cost: \$444 for the 3 group sessions and 1:1 with Catherine