

What would it take for you to TRAVEL at the SPEED of LIGHT- HEARTEDNESS?

This 3-day workshop introduces you to the
12 keys to Light-Hearted living

Each key is connected to one of more of the 5 Elements and one of more of the five Senses. When we look at our lives through the lens of Elementals and Senses a miracle occurs.

We begin to understand not only how the Elemental world impacts our physical existence but also how we can integrate our senses to make meaning out of every situation, every event no matter how difficult it is.

We have all experienced the pain of loss.

The loss of a loved one, of a dream, of a relationship of a home a culture and some of us have even lost our nation.

We have all experienced ill-health

From a simple cold to an accident in the car/work/school to contracting hiv or cancer.

Some of us are born blind or become blind in the process of living.

Some of us are born whole and loose physical parts of ourselves in the process of life.

We have all experienced sadness

From waking up on the wrong side of the bed to diving deeply into the black hole of depression

In this workshop we explore the first **6** of the 12 keys to travelling at the speed of light-heartedness.