

# Forgiveness

# Healing Sacred Circle

with Reiki Master & Shaman

Heather Puzan



**Friday, March 7**

**7:00-9:00PM**  
**\$45 per person**  
**(\$50 door)**

Heather leads a guided meditation and circle of sharing focusing on forgiveness while performing Reiki and Shamanic healing to assist in the healing process. Forgiveness has the power to liberate us from our deepest suffering, to remind us that joy and grace are ever present and available – if we so choose.

Trauma and conflict can persist and reverberate through our lives not just because of what happened, but because of what did *not* happen during moments of challenge and overwhelm. A Healing Circle is a means to provide what you needed *then* and *still* need in your healing process. The grievances we hold, towards ourselves or others, remain as contracted energy in our bodies. This impedes our ability to open to our light, diminishes our relationships, and prevents us from feeling connected. What we have not forgiven quite literally prevents us from being our best self.

This circle offers an opportunity to explore your energy body, and notice what you are holding as unforgiven blocks to help with the work of self inquiry to cultivate peace. When we align with our source, our highest power, we naturally remember the truth of our being and are able to shift our perspective to a different vantage point. To explore who we are and what has come to pass with a new set of eyes and heal our hearts.

*Heather Puzan is Reiki Master, Shaman and Pranic Healer who has been practicing energy work for 17 years*



Pre-register: <https://www.updogyoga.com/workshops/rochester-workshops>



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