



AWAKENING

A Mastery of Empowerment

How any seeker can free themselves from their ancestral wounding and live in their true personal power.

This is a healing and transformative course rooted in Toltec wisdom and practices. In this 3-month course you will:

- learn the Shamanic practice of “Stalking” your energy lines, reclaiming your energy and releasing others’ energies that you carry,
- receive tools and learn practices to elevate your awareness,
- learn how to shift your perceptions of your “Victim and Judge,” freeing yourself from guilt and shame of past traumas.
- identify and disengage from lifelong belief systems that no longer serve you,
- learn how to live *The Four Agreements*, (Don Miguel Ruiz)
- be part of a like-spirited community that supports each other.

AWAKENING:

- a 3-month, weekly course – November 17th 2023 to February 9th 2024
- Fridays 2 pm to 4 pm MT (1 pm to 3 pm PT)
- live via Zoom (All classes will be recorded)
- Investment: \$327 per month

Contact Liz Forrest (thekiva@me.com) for a Complimentary 30-minute session for all the details and to explore if this course is what you are seeking.



Register for the course at:

lizforrest.ca/teachings/awakening/

Liz Forrest

Master Shamanic Teacher