



# 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:**

- NOTE REVISED DATES –
- a 3-month, weekly course – February 22<sup>nd</sup> to May 9<sup>th</sup> 2024  
Thursdays 10 am to noon MT (9 am to 11 am PT)
- live via Zoom
- Investment: \$327 per month

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



**Liz Forrest**

Master Shamanic Teacher

Register for the course at:

[lizforrest.ca/teachings/awakening/](http://lizforrest.ca/teachings/awakening/)