

Women And Men Will Be Embracing Their Greatness At Holistic Health Conference In Bridgewater, NJ

By SuZen Ruth, The Life Coaching Center, LLC

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Renewing your spirit and nourishing your soul will be the focus of a an upcoming conference presented by SuZen, MSW Owner of The Life Coaching Center of Somerville, NJ. Join us for a day of celebration, healing and peace on October 4, 2009.

Renewing your spirit and nourishing your soul will be the focus of a an upcoming conference “Women & Men Embracing Our Greatness - Building New Dreams & Aspirations” presented by SuZen, MSW Owner of The Life Coaching Center of Somerville, NJ (<http://www.lifecoachingctr.org/conference2009.html>). Join us for a day of celebration, healing and peace on Sunday, October 4, 2009 9am-6pm, at the Hilton Garden Inn, 500 Promenade Blvd., Bridgewater, NJ. Women and men ages 18 and up are invited. Early bird registration fee is \$105 by September 1. After September 1 it will be \$125. Lunch is included.

SuZen feels privileged to present to you this amazing opportunity to grow and connect to your authentic self in a safe and beautiful environment. “This event is full of wonderful experiences, joy and laughter, thus allowing our playful spirit to rejoice in who we are. Come and be part of the experience and let’s celebrate Life together,” said SuZen

The keynote speakers are internationally renowned Master Channeler and Intuitive Mentor and author Sheryl Blumenthal (<http://www.littleone.us/>), Douglas Economy Holistic Psychotherapist and Life Coach Facilitator of Family Constellation Therapy (<http://www.douglaseconomy.com>), and Janet StraightArrow founder of Oasis For The Soul, a Medical Intuitive, Integrative Energy Healer, Spiritual Counselor, Life Coach, Teacher, Writer and Shaman (<http://www.oasisforthesoul.com>).

Blumenthal will lead, “Connecting with Our Angels,” a special conversation with attendees based on her new book and CD “Heaven’s Doorway through the Little One,” which is based on her channeling work with the angels. Blumenthal is a heartfelt messenger who is divinely guided. Through rare abilities her gifts offer love, healing, peace, and direct guidance through an extremely powerful and transforming unity with the Council of Elders. The messages and the inner beauty and light that Sheryl brings forth are direct, vital, and pure.

Economy will speak on his work with “Family Constellation Therapy,” which uses the “morphic or knowing field” to help people liberate themselves from harmful energetic family bonds facilitating the discovery/access of Essence. Essence is an aspect of the higher self, a source of higher peace, inner healing, joy, freedom and quiet strength.

Janet StraightArrow will present “Be Your Own Medicine - Healing Secrets of the Ancients.” This workshop will be about new and ancient paradigms in healing, presenting a progressive process in reclaiming your ability to become the healer of yourself. Release pain, anxiety, fear, depression and disease through awareness and tools. Know who and when to call to assist you in your healing, how to have fun, and enjoy a better life. Enjoy experiences that immediately connect you with you-Mind-Body-Emotions-Spirit-Soul. Learn how to break out of your former box of perceived limitations and connect and begin to go inside and find all the answers. Enjoy feeling empowered and ready to live life fully and freely.

Attendees will also have the chance to experience singer Kanttara (<http://www.myspace.com/kanttara>) who will be accompanied by Bruce and His Singing Bowls. Kanttara channels her singing, touching and inspiring a room to touch their own divinity. Through her voice, Kanttara heals by being a vessel that brings forth divine sound. Bruce takes you on a journey of sacred frequencies with his singing bowls. His sounds cleanse any space and bring you back to center.

Other interactive workshops taking place at the festival will be conducted by SuZen's guest spiritual teachers: conference host SuZen (<http://www.lifecoachingctr.org>) - "The Tibetan Walk To Nowhere," Barbara Goodfriend (<http://www.barbaragoodfriend.com>) - "The Animal Realm," Mary Beth Spitz (<http://www.lifecoachingctr.org/MARYBETHSPITZ.htm>) will be taking aura photos as well as presenting a workshop - "Shaman/Peruvian Native Ritual," Veronica Figueroa (<http://www.veronicafigueroa.com>) - "Claiming Your Intuition," Darlene Wolfe - "Creative Tapestry of Being," Diana Perez (<http://www.laughterheart.com>) - "Laughter Yoga," Lois White (<http://www.followyourblissnj.com>) - "Emotion = Energy In Motion," Sean White (<http://www.nycol.org>) - "Musical Meditative Journey For The Soul," Jennifer Carman (<http://www.darshanhealings.com>) - "The More Truth Will Set You Free (Based on the teachings of Derek O'Neill)," Jodee Chizever (<http://www.MarahLight.com>) - "Bathing In The Light Through Working With The Four Directions," Valerie Lemme (<http://www.valerielemme.com>) - "Sidereal Astrology & The Masculine & Feminine Nature Of The Planets & How They Manifest.

For more detailed information and videos or to register for the conference, go to The Life Coaching Center website conference page at <http://www.lifecoachingctr.org/conference2009.html> or call 908-722-8600. Registration for the conference must be postmarked, faxed or dropped off (150 West End Ave, Ste 8, Somerville) by September 1 to get our Early Bird Special.

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About The Life Coaching Center: The Center is a wellness center & an Alliance of Holistic Healthcare Professionals assisting the education of Alternative Complementary Therapies. SuZen is also owner of Feng Shui By Design, Seminars To Go & Raven Heart Spiritual Retreats.

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