



Dynamic Harmony Training Program
Newsletter
January 2010
Rémi Thivierge MSW RSW RMFT

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- 2. Exercises to Connect More Fully with Spirit and to Have More Abundance at All Levels**
- 3. Update re. Indigos**
- 4. Upcoming Evening Presentations, Healing Circles and Workshops** (Note: all events are held at 2075 Comox Street in Vancouver, next to Stanley Park; RSVP required for workshops, drop-in available for evening presentations; for more info please call: (604) 662-7837 or email info@dynamicharmony.com, or click on this link for more information: <http://www.dynamicharmony.com/html/workshops.html>
 - January 25 (Mon.) – Evening Healing Circle – Profound Healing and Ensouling**
 - January 30 & 31 (Sat. & Sun.) – Weekend Workshop – Learn to Heal with Energy Psychotherapy – Profound Healing and Ensouling**
 - February 2 (Tues.) – Evening Intro Session – Profound Healing for Indigo Children, Youth and Their Families**
 - February 17 (Weds.) – Evening Healing Circle – Profound Healing and Ensouling**
 - February 24 (Weds.) – Evening Intro Session – Profound Healing for Indigo Children, Youth and Their Families**
 - March 13 & 14 (Sat. & Sun.) – Weekend Workshop – Learn to Heal with Energy Psychotherapy – for Healing Practitioners**
 - March 23 (Tues.) – Evening Healing Circle – Profound Healing and Ensouling**
 - March 27 & 28 (Sat. & Sun.) – Weekend Workshop – Learn to Heal with Energy Psychotherapy – Profound Healing and Ensouling**
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1. Greetings from Remi

Happy New Year everybody,

I wish you all the best in the New Year.

Many of us, we yearn to be able to connect more fully with spirit and to have more abundance.

Over the course of my experimenting with a very broad number and types of approaches to heal and connect with Spirit over the last four decades, I've learned all types of wonderful approaches. For you to connect more fully with Spirit, you need to be clear on your goals. Below are a few examples and methods.

All the best for you in 2010,

Rémi Thivierge, MSW RSW RMFT

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2. Exercises to Connect More Fully with Spirit and to Have More Abundance at all Levels

1. You're already there, as various cultures and paths have told us. We already have Buddha Nature, Christ consciousness, Krishna consciousness. Although each of these feels somewhat different as we open up to them, they're all the same in their essence. The main idea here is that we are perfection in our core. With the perspective of you being perfect in mind, try the following: When any type of negative thought, emotion or feeling comes along, say to yourself – "I'm not this, I'm not that". This method stems from the Path of Negation from both Hinduism and Buddhism. It's very helpful to help us disconnect from stinkin' thinkin' and other stuff that blocks our connection with our Source.

2. Increase the energy coming in from Spirit. Ask your favourite high being to double the amount of energy coming in to you. This works particularly well if you use the Arcturians, high beings from another galaxy. This exercise is wonderful to increase the strength of your spirit and your life force. However, this may cause you trouble if part of you rejects life and / or Spirit, even if your negative belief is unconscious. Consider trying it out a bit and see what happens.

3. Ask Mother Mary to bring in nurturing and healing energy through the crown of your head to every part of you. You can choose to use Lady Nada or other goddess energy instead, although I find that Mother Mary works best if you're OK with her. Have that energy go into the left side of your body and into your belly to nurture your inner child. This is wonderful to help heal the parts of us that have felt neglected or abandoned.

4. Another one is to connect with a plant or nature. Have a look at the attached picture of my communing with a dolphin when I was at Sea World in San Diego this Christmas holiday. Do the same with your pet, a plant, a tree... Exchange love with them. Open up more and more to give and receive.

Have fun experimenting with these exercises.

3. Update Re. Indigo Kids

My book on healing for troubled indigo kids and other sensitive souls is almost complete. As you may know, indigos are very intelligent, intuitive, sensitive, and strong-minded. I'll soon be getting it out into the world. I'll be offering workshops at different locations on this topic shortly. Let me know if you have a group that you think I should connect with on this topic. For updates and workshops on this, keep posted at www.dynamicharmony.com.

4. Upcoming Introductory Evening Seminars and Weekend Workshops (January - March 2010):

[Learn to Heal with Energy Psychotherapy - Profound Healing and Ensouling:](#)

This course is for: parents, teachers, youth, young adults as well as other interested adults.

Learn transformational methods that will enable you to access your greatest potential at all levels. Methods from ancient India, Tibet and China are incorporated with cutting edge Western techniques to provide you with powerful tools to help transform your life and that of your loved ones. Learn and practice in class how to understand and remove blocks and patterns to become fully aligned with your capacity.

a) Profound Healing and Ensouling Healing Circles

Tuesday, January 19th, 7pm - 8:30pm.

Monday, January 25th, 7pm - 8:30pm.

Wednesday, February 17th, 7pm - 8:30pm.

Tuesday, March 24th, 7pm - 8:30pm.

b) Weekend Workshop

Saturday & Sunday, January 30th & 31st, 9am - 5pm OR

Saturday & Sunday, March 27th & 28th, 9am - 5pm.

For more information, please click on this link:

<http://www.dynamicharmony.com/html/workshops.html>

**Learn to Heal with Energy Psychotherapy - Profound Healing and
Ensouling for Helping Professionals:**

This course is for: All professionals who do helping and healing work with clients, whether psychologists, social workers, chiropractors, nurses, teachers, or healers.

Learn transformational methods that will enable you to assist your clients / patients in accessing their greatest potential at all levels. Methods from ancient India, China, and Tibet are incorporated with cutting edge Western techniques to provide you with unique tools to transform your life as well as that of the people you work with. Learn and practice in class how to understand and remove blocks and patterns to become fully aligned with your capacity so you can then use this most effectively with your clients.

I provided this workshop in November and it was very well received. We've now got an ongoing group for people who've taken this workshop to keep building on their skills.

Please let me know if you're interested in taking this workshop if you're a helping professional or if you do volunteer healing work.

People who take this workshop will have the option of joining our regular multi-dimensional healing and skills building group. Those who are interested will also have the opportunity to come and do healing work overseas with me in the future.

Weekend Workshop

Saturday & Sunday, February 27th & 28th, 9am - 5pm.

For more information, please click on this link:

<http://www.dynamicharmony.com/html/workshops.html>

Profound Healing for Indigo Children, Youth and their Families

Indigos are very intelligent, intuitive, sensitive, and strong-minded.

For more info, please click on this link to check the articles on indigos on our website:
http://www.dynamicharmony.com/html/indigo_children.html

Intro Sessions

Tuesday, February 2nd, 7pm - 8:30pm OR

Wednesday, February 24th, 7pm – 8:30pm.

For more information, please click on this link:

<http://www.dynamicharmony.com/html/workshops.html>

5. Thank you for reading this newsletter.

If you have suggestions for future topics, or wish to subscribe to our newsletter list, or to unsubscribe, please contact us at: info@dynamicharmony.com or call us at (604) 662-7837.