

Toning

The English language is so fun in that one word can have several meanings to it. We hear about toning a lot with advertisements for gym or YMCA memberships. Many of us are concerned with keeping our muscles toned. The more tone our muscles, the more activity we're able to participate in and the more we're able to withstand degrees of exercise, which can be quite exhilarating.

Toning can also be applied to our spiritual selves. By taking time every day to listen to our innermost selves, we can train ourselves to hear what our inner being has to say. We can begin to understand ourselves in more depth, determine what our heart's desires are, and have the confidence to go forward to fulfill them. Just as we spend time working our muscles and meeting new physical challenges or goals – we can do the same with our spirit selves. We can start meditating or journaling for 10 minutes a day, then gradually bring ourselves up to 30 minutes a day. Or we may alternate and meditate one day, and journal the next, just as we might lift weights one day and do cardio the next.

Toning can also be bringing sound into our lives – especially the sound of our truth being spoken or acted out; also - the tone in which we say something – does it hold compassion and care, or does it harbor defensiveness and guilt?

We can bring heartwarming music into our lives - we can dance and sing, and find just that right tone that will inspire us or relax us, or give a little “pick me up” throughout the day.

Whatever method you choose to pursue -
Happy Toning!



Classes

Reiki I class April 12, 2008, 1pm - 5pm.

Reiki I introduces you to the concept of Reiki. The class includes information on the history of Reiki, how it can be used and what it may feel like. You will be attuned to the energy, which is simply a reawakening of your awareness to energy. You will have the opportunity to use Reiki on class participants, using your intuition. You will learn to use energy in a practical way. Exchange \$88

Reiki II class June 14, 2008 10 - 4pm

Reiki II increases your awareness of and sensitivity to Reiki. You will be attuned to the next Reiki level and learn how to send energy over a distance. You will also learn methods to empower the Reiki energy. Exchange \$152

Meditation Event, April 24 5:30-6:30pm

Gilda Club, Warminster, PA Exchange: \$0

Meditation Event, May 29th 5:30-6:30pm

Gilda Club, Warminster, PA Exchange: \$0

Sessions

Individual sessions are available by appointment and may use one or more of the following approaches: Reiki, Magnified Healing, Integrated Energy Therapy, Hot Stone Reiki, Reflexology, Raindrop Therapy, Crystal Healing, or Sound Energy.

Sol angel is happy to work with you to schedule off site classes as well.

