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## **INNER SPIRITUAL CENTER**

**Welcomes Karen Frances McCarthy**

**For an exciting 3- week course**

**Heal your Spirit, Transform your Life**

**June 7th, 14th and 28th 1:00 pm – 4:30 pm**

**Early registration sign up by 5/1/20- \$185.00**

**Registration after 5/2/20- \$225.00**

Are you struggling to manifest what you want in life or live in states of fear or anxiousness? Do you absorb other people's moods at the expense of your own or perhaps you on a soul level that something isn't quite right, but you cannot seem to correct it? In this 3-week course, we will work with these souls disconnects through healing meditations, learning to set energetic boundaries, developing trust in your own spirit and with your spirit team. We will work for the development and maintenance of spiritual health and inner harmony.

**Some highlights include:**

**Understanding Energy Vibration**

**Identifying Cognitive Behavior Distortions**

**Working with the Buddhist practice of Shenpa**

**Recognizing and Understanding the guidance of your intuition**

**Working with subtle energy**

**Meeting and working with your guides.**

**SIGN UP TODAY VIA WEBSITE [www.innerspiritualcenter.org](http://www.innerspiritualcenter.org) or email to [info@innerspiritualcenter.org](mailto:info@innerspiritualcenter.org)**



Karen Frances McCarthy MA, CSNU is a medium, author, former media journalist, and teacher/practitioner at the Edgar Cayce center in NY, The Spiritualist National Union in the UK and many centers throughout the US and Ireland. An advocate of the ethical practice and healing potential of mediumship, she underwent years of intensive training at the Arthur Findlay College in England. As a speaker and educator, Karen strives to help people awaken to their essential nature and as a medium brings connections with the spirit world of healing and support. As a teacher, she strives to imbue students with inspiration from the spirit world so they may serve as a light for others.

