

Imagine what your life would be like if you felt calm and peaceful? Can you learn to be centered and balanced in your emotions even in times of conflict and stress? Join with Trance Medium, Kim Dumaine and the wise Spirit Teacher, Dr. Peebles as we dive into the exhilarating and crazy world of emotions. Open yourself to a higher understanding of emotions and their importance in all aspects of your life. Learn valuable tools to find that delicate balance so that you are in control of your emotions, instead of your emotions controlling you. Topics include the following and more:

- What are emotions? What is their purpose?
- Digging deep to identify your emotions, their source and their triggers
- Dealing with strong and unpleasant emotions that can rob you of your inner peace and energy
- Practical tips to create balance and calming energies in your everyday life
- Learn how to use your emotions as powerful tools for spiritual growth for yourself and others
- Question & answer time to address Dr. Peebles directly (questions of a general nature only please)

Space is Limited - Register at www.KimDumaine.com/events

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