

Healing Pathway is an experiential spiritual and healing practice that supports well-being and resilience by promoting energetic alignment to all aspects of our being – physical, emotional, mental and spiritual. Programs are supported locally and nationally by the Healing Pathway Society.

*This workshop is sponsored by Healing Pathway Eastern Region ([HealingPathwayEast@gmail.com](mailto:HealingPathwayEast@gmail.com))*

## Healing from the Heart

Provides an opportunity to deepen the experience of healing and connecting to God's healing power through the heart centre.

Our bodies are energy. We have fields of energy around us. Emotions and even thoughts carry energy.

When energies flow smoothly, all is well. When all is well, energies tend to flow well.

Stress, injuries, emotional wounds, and grief all impact the energy flow. Blocked energy can create pain and anxiety.

Everyone has the capacity to work with their own energy, and with other people's energy, to help it flow, to help in our healing

We can learn to tap into Universal or Divine energy and use it to heal. We can learn to be more connected to Universal energy, more grounded, more centred, creating more resiliency for ourselves and others.

All of this helps both in healing what already needs to heal in our bodies and helps keep us healthy, like exercise keeps us healthy.

## Location

Barrhaven United Church, 3013 Jockvale Road, Nepean \*(Barrhaven)

## Healing Pathway Society

is the national governing body of all Healing Pathway in Canada.

The Society oversees the Curriculum, code of ethics, and standards for all Healing Pathway practitioners and instructors.

Visit: [healingpathway.ca](http://healingpathway.ca)

Contact: [healingpathwaycanada@gmail.com](mailto:healingpathwaycanada@gmail.com)



# HEALING PATHWAY

Phase 2  
Healing from the Heart

Friday, September 13th

9:00 am - 5:30 pm

Saturday, September 14th

9:00 am - 5:30 pm



**at Barrhaven United Church  
3013 Jockvale Road  
Nepean**

**Healing Pathway  
Eastern Region**

Join us in a safe, quiet place as you learn about and explore energy in new ways. Leave feeling empowered to support yourself and others in the challenges of everyday life.

In this workshop you will experience techniques both for working with others and for self-care that focus on heart centred energy healing as a spiritual practice.

At this experiential workshop you will:

- ✦ ***Practising the skill of being a heart-centred, healing presence***
- ✦ ***Deepening awareness of the physical, emotional, mental, and spiritual levels***
- ✦ ***Learning and practising specific healing sequences***
- ✦ ***Deepening self-awareness and understanding through exploration of spiritual practice and self-care***
- ✦ ***Be part of a supportive and caring healing community.***

#### **What past participants shared:**

“Healing Pathway is a spiritual practice . . . a healing balm in my life.”

“I am connected in body, mind & spirit.”

“I know what it is to be fully present to the moment, others & universal power.”

#### **Instructors:**

Come, be inspired, and immerse yourself in a workshop course with two experienced, heart centered facilitators, Joy Judd and Howard Clark. Together they offer years of wisdom and healing experience. Share in their passion for this transformative practice.

#### **Joy Judd**

Offers her time, energy and spiritual gifts to the pastoral care ministry, and believes Healing Pathway is an integral part of this healing ministry. Since 2009, Joy has offered her love, compassion and Pathway experience at Glen Cairn United Church in Ottawa. She serves on the Coordinating Circle and Directors Circle of the Healing Pathway Society. Joy felt called by the Spirit to be an Instructor to help spread the healing love and light of the Pathway.

#### **Howard Clark**

A retired U.C. Minister, whose intentional journey with Christ-centred healing began over 50 years ago. He finds a real congruence with the Healing Pathway program, to which he has been committed for the past 20 years. It is a prayerful gift in line with the oldest traditions of Christian healing. He is active in the Healing Pathway practice at First United Church, Ottawa.

#### **Registration Information:**

**Name:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

- Fees  Early bird - \$250 by August 9th  
 Full fee - \$300 after August 10th  
 Repeater fee - \$150

All fees and registrations must be received by September 6th, 2024.

Completion of Phase I is required to take this workshop.

**Cheque made payable to:**  
Healing Pathway Eastern Region

**Mail registration and payment to:**  
Healing Pathway  
1081 Ambleside Drive Unit 611  
Ottawa, ON, K2B 8C8

#### **OR**

Register on-line at  
and eTransfer the payment to:  
[healingpathwayeast@gmail.com](mailto:healingpathwayeast@gmail.com)

#### **Food**

Snacks, water, coffee and tea will be provided. If you have special dietary needs, please let us know or bring food for yourself. Please bring your own lunch. Lunch is not provided.

#### **Clothing**

Please dress in comfortable clothes and shoes.

#### **What to bring**

Bring a pillow and a blanket.