



# **FREEDOM TO BE YOURSELF**

Join Lucille Henry PhD and David Gibson on a **two day voyage of discovery.**  
This is a powerful journey to **SELF**, the most powerful Source of energy we have.  
Learn how to create the life you want by changing the rules and boundaries you live by.

## **DAY ONE: IDENTIFY – discover all the rules you live by.**

Examine your life through many different lenses to see the hidden rules that govern your life. Knowing who you are and rules that shape your world will help you to create maintainable and powerful changes.

*Explore the different facets of you. Connect to the centred core that resides within you.*

## **DAY TWO: RELEASE - the energy and feelings trapped inside your rules.**

OLD ENERGY keeps OLD PATTERNS in place. Spend the day working in your own energy field learning how to adjust and release the energy barriers that create limitation. WITH RELEASE COMES EXPANSION your spirit will soar when it reconnects back into Source Love.

Practice powerful emotional release techniques; energy expansion techniques; maintaining your connection to Source energy - the love within.

*Close one door and open a new chapter in life. Allow new dreams and goals to become your reality.*

## **FOUNDATION - Living life on your own terms.**

Too often after a powerful release we go straight back into our normal lives without allowing ourselves to adjust to a new reality. In the afternoon you will focus on your plans and goals. Learn about the POWER OF CONNECTION; POWER OF BALANCE to maintain your energy and keep the new foundations of your life open and in flow.

*With the right connections in place, your year/life plan becomes realistic and effective.*

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### **Lucille Henry PhD**

Lucille is an intuitive healing facilitator who for over a decade has worked successfully with people from all walks of life. Lucille is the author of the Diamond Cards Healing System and creator of The Diamond Process and co-creator of the Matariki Essences.

### **David Gibson**

Like all healer facilitators and intuitive guides David has lived many lives. David is a gifted hands-on-healer, remote healer and co-creator of the Matariki Essences and facilitator of The Diamond Process.

***Together Lucille and David are committed to creating fundamental shifts in the approach to emotional and spiritual well-being.***

