

# Self-Empowerment Through Living in Joy

Are you ready for **positive** and **lasting** life changes? This **3-part intensive powershop** is designed to enrich you on all levels.



## True Self-Empowerment

In Part One, we will learn about true self-empowerment. How have you consciously or unconsciously disempowered yourself in the past? How do you give away your power or deny it?

Through partner and group exercises you will identify some of your self-sabotage mechanisms. Exercise the choice and responsibility to once again reclaim your true power.

## Loving Life

In Part Two, we will assess where we stand in relationship to loving ourselves and our life. Do you accept and embrace life? Or do you reject it, choosing to be somewhere else?

We all have had times when everything was too hard, where we felt overwhelmed by life. At these times, what decisions did you make, either consciously or unconsciously about Self and life? Find out where your energy goes in these situations, and how to shift your energy to bring yourself back.

What is your life purpose? Do you pursue it with commitment and joy? How do you find the fulfillment your heart is yearning for? In this part, you will also identify goals and priorities you have set for yourself as Soul in this lifetime. Are you on track? The more your energy is here in your body, the more fully you live and consciously manifest your goals. A fulfilled heart knows joy, true power, and completes its Soul lessons with greater ease.

## Reconnecting With Joy

In Part Three, we will examine whether joy is a feeling or a state of beingness. What happened to joy in your life? Is there real life without joy?

You will take a close look at your biography of power and joy to understand how and why you have been blocking or withholding either or both. Learn to release blockages and break old, deep-seated patterns to create more inner and outer freedom. Reactivate the flow of your life force and reconnect the fountain of joy in your heart. Rekindle the passion within for your life purpose, as well as Soul's desire to serve all life.

Shifting energy means shifting consciousness. Discover the secret to focused self-healing. This powershop provides life-altering experiences through versatile exercises and creative techniques that you can take home and practice on your own. Stop avoiding or denying life. Learn the art of living it fully from a joyful and fulfilled heart.

**Join us and choose more  
empowerment, life, and joy today!  
JOY is LIFE**

## Michaela McEvoy

is an international intuitive healer and educator, specializing in Soul Body Integration, Cellular Release, Life Purpose Empowerment, Energy Management, Past Life Therapy, Dream Studies, and Trauma Recovery.



For over twenty-five years, she has studied holistics and practices numerous body work and energy healing modalities. She has visited her deepest wounds to heal them, including her own experiences, and the struggles she encountered at a very early age.

In her work, Michaela telepathically cuts to the heart of the matter and identifies patterns set in past lives, in utero, during birth, and thereafter, and assists people in breaking them at their root in order to move them into present time with their true essence – Soul. This in turn, helps restore present-day physical, emotional, and mental health.

One of her key gifts is to listen simultaneously to multi-dimensional communication – body, Soul, and divine guidance. This enables her to add clarity and understanding to areas of emotional and mental confusion, and assist people in reconnecting with their innate knowing and divine truth.

Teaching self-healing and assisting others in being more present with their essence are her passion. At the heart of her healing work, she helps people rediscover their inner connection to compassion and unconditional self-acceptance, trust, and love.

Based in Colorado, Michaela serves clients worldwide, in person or by phone. She also conducts lectures and powershops. Her pioneering work has been featured several times on television. Michaela's desire to grasp life and live it to its fullest is inspiring and uplifts others to fulfill their divine destiny.

## Registration

### **Powershop Fee:**

Please complete the information below and mail along with your check by **June 10** to receive the **pre-registration price: \$350**.

**The door fee is \$395.**

**Previous attendees get a 30% discount.**

**Enrollment is limited. Register early to reserve your space.**

For questions or additional information, visit [www.soulfreedom.com](http://www.soulfreedom.com) or call 408.561.8397

Checks should be made payable to **Soul Body Integration** and mailed to: **Matty Elofer, 555 East Washington Ave #1810 Sunnyvale, CA 94086**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-Mail \_\_\_\_\_



## Location/Directions

### **Location:**

Rickey's Hyatt Hotel Phone: 650-352-1234  
4219 El Camino Real, Palo Alto, CA 94306  
Holtum Room

### **From 101:**

Exit San Antonio Rd South (heading west)  
Right on El Camino Real  
Hyatt is 1/2 mile on right

## Times

Celebrate the transformational energy of this summer solstice. The alignment of celestial energies provides extra focus and supports the process of profound change.

### **Powershop Schedule:**

|                                |                     |
|--------------------------------|---------------------|
| <b>Friday, June 18, 2004</b>   | <b>2 pm - 6 pm</b>  |
| <b>Saturday, June 19, 2004</b> | <b>10 am - 6 pm</b> |
| <b>Sunday, June 20, 2004</b>   | <b>10 am - 6 pm</b> |

We will take a 90-minute lunch break each day. You can bring your own lunch or eat at local restaurants. Water will be provided.

## Attire

Please wear something turquoise – the color of joy. It can be either a piece of clothing or an accessory. Dress comfortably. Bring pen/paper.

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## A Three-Part Intensive Powershop

**with Michaela McEvoy**

[www.soulfreedom.com](http://www.soulfreedom.com)

[Michaelahu@aol.com](mailto:Michaelahu@aol.com)

**Summer Solstice Weekend**  
**June 18 - 20, 2004**

**Rickey's Hyatt Hotel**  
**4219 El Camino Real**  
**Palo Alto, CA 94306**