



Peggy Huddleston's
Opening Your Heart Workshop
Feeling the peace and love of your soul



Webinar is Six Mondays, March 13–April 17, 2017
5:00pm–6:30pm PST *or* 8:00–9:30pm EST

Do you want to feel more love?

Want to use love to speed healing of a medical condition?

In this 6 week workshop, you will learn to open your heart to feel the peace and love of your soul. Feeling this love is like discovering endless love. The more you feel the love, the stronger the flow becomes.

The love is your essence. It is the love that is always there in the depth of your soul. You may have touched it when you felt a sense of oneness in nature or when you were “in love”.

You will discover what you do that disconnects you from this love and how to get back into the flow of love.

How will you learn to feel the love?

Using relaxation and visualization, Peggy will guide you in “Talking to Your Heart”.

Your heart’s wisdom will tell you how to feel the flow of love. Every week as you practice staying in the flow of love, you will feel it more and more.

- If you are protecting your heart from being hurt, it will tell you how to remove the blocks so you feel more love. This in turns helps heal your heart.
- You will learn how to shift yourself out of your ego and into feeling the love of your soul.
- You will learn to rekindle the love in a relationship with a partner or family member.
- If you have a health challenge, such as a white blood cell count that needs boosting or an immune system that needs strengthening, “Opening Your Heart” speeds your healing.

How does love speed healing?

Mainstream medicine reports that 90% of illness is caused by stress. The first step you will learn is how to reduce stress and headaches and how to fall asleep if you have insomnia.

Next you will learn how to glide into feeling inner peace and love. This speeds your healing.

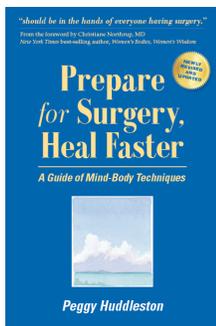


Peggy Huddleston's **Opening Your Heart Workshop** Feeling the peace and love of your soul



Peggy Huddleston's writing and clinical work focus on what you can do emotionally and spiritually to speed your physical healing.

You can read a chapter about Peggy Huddleston's healing work in the book, *Healing Spirits: True Stories of 14 Spiritual Healers*. A link to the chapter is on her website at www.HealFaster.com. Click on "Opening Your Heart Workshop" and scroll to the bottom of the page to open the link.



A graduate of Harvard Divinity School with a Master in Theological Studies (MTS), she developed five steps to to prepare for surgery. She is the author of the bestselling book, *Prepare for Surgery, Heal Faster: A Guide of Mind-Body Techniques* and its companion relaxation CD and MP3.

Research shows people using the book and companion relaxation CD or MP3 reduce anxiety, use less pain medication and heal faster. Research has documented patients having knee joint replacement left the hospital 1.3 days sooner than the control group at the New England Baptist Hospital. Patients having colorectal surgery left the hospital 1.6 days sooner than the control group at The Lahey Clinic. Research is at www.HealFaster.com.

Peggy Huddleston trains healthcare professionals to give one-hour *Prepare for Surgery, Heal Faster Workshops* in hospitals and private practices.

Her workshops are offered to people facing surgery at hospitals in the US, including Brigham and Women's Hospital, a Harvard Medical School teaching hospital, NYU Langone Medical Center in New York City and Kaiser Permanente Santa Clara Medical Center in Northern California.

She has a private practice, consulting by phone and in person and lives in Berkeley, CA. For more information send an email to peggy@HealFaster.com.

**Early Sign-up
Discount!**

Opening Your Heart Workshop

\$199 when you sign up by Friday, Feb. 10, 2017

\$215 when you sign up by Friday, Feb. 24, 2017

\$249 when you sign up after Feb. 24, 2017