

**ARRAY OF LIGHT**  
Invites you to attend  
**Lo Anne Mayer's**  
*Celestial Conversations*<sup>™</sup>  
**TRANSPERSONAL JOURNALING FOR**  
**HEALING GRIEF**



Meditation and transpersonal journaling are the main components of the simple, easy process Lo Anne Mayer used to heal her own grief after the death of her mother and daughter. Unfinished business with loved-ones who have passed keep us from moving into forgiveness of all concerned, including ourselves. If you are holding on to resentment or criticism of your lost loved-one, her book *Celestial Conversations*<sup>™</sup> is a healing tool that can help you realize healing is still possible after the death of your loved-one.

The process of focusing on the spirit of human beings has convinced Lo Anne that forgiveness and unconditional love can be found with loved ones beyond the veil. In this workshop you will receive the tools Lo Anne used to heal her own grief, and you will discover your own unique method of self-healing in a supported group environment.

**WHEN:** Saturday, November 11, 2017

**TIME:** 10:00 AM TO 3:00 PM

**WHERE:** 511 Dover Road, (Rte 530) Toms River, NJ 08757

**WHO SHOULD ATTEND:** Those who are grieving the loss of their loved ones.

**WORKSHOP LEADER:** Lo Anne Mayer, Co-founder of the International Grief Council, a long time student of metaphysics, was certified in Therapeutic Touch and became a Reiki Master. As a certified teacher of Louise Hay's "Healing Your Life," she worked one-on-one with many individuals in Morris County. Her cable television show, "*Angels At Work*", ran for three years. For more information, or to contact Lo Anne: Email [lamayer@msn.com](mailto:lamayer@msn.com) or call 201-787-0961.

**Registration & Fees:** Registration is \$50.00. Register soon as space is limited! Bring your own lunch, pen and journal. For additional registration information call **Ellen at Array of Light -732-551-8735**

**MILITARY FAMILIES AND VETERANS CAN ATTEND WORKSHOP AT NO CHARGE**

