

# NEW MEETING LOCATION!

## SPRE Presents...



## Richard Skeie

Founder of the Integrative Healing Institute

Speaking on:

**"Awakening the Heart: Beyond Suffering"**

**Friday, April 16, 2010, 7-9 pm**

**<Free-will donation>**

**Aztlán Community Center**

**112 Willow St., Fort Collins, Colorado, 80524**

**"Eagle Room 1" in the main hall coming in from the parking lot**

**WORKSHOP: Saturday, April 17, 10am-4pm, same location \$60**



In 1993, following a profound spiritual awakening, Richard Skeie left a thriving business. He studied many years with masters of spirituality, psychology and healing. He had a healing practice in Lake Tahoe for 15 years and then founded the Integrative Healing Institute. Recently, Richard moved to Boulder. He is just now returning to teaching after an intense 1½ years studying with many awakened people, including Adyashanti, Sharon Landrith, and Daniel Odier.

Come explore your heart center through simple awareness practices. Get out of your mind and into your senses. Turn fear, jealousy, violence, anguish, and projections into a pathway to your Self. The time is ripe for waking up. Millions of people worldwide are waking up to find the peace and truth of their Being.

We enter the world, surviving through unconscious, instinctual patterns. Consciousness grows as we mature. When growth is blocked, often through trauma, we suffer on all levels; physically, emotionally, mentally, and spiritually. Learn simple practices to deeply experience who you are beyond the fear and tyranny of the mind.

**Friday's talk gives you a taste. Saturday's workshop anchors it in as experience. Bring questions and life-concerns as we explore the mystery of growing, healing and being.**

[richard.skeie@gmail.com](mailto:richard.skeie@gmail.com)

775-530-8247 cell

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

**For more information and/or directions to the meeting, go to the SPRE web site: [www.spre.org](http://www.spre.org), call 970-225-3753, or email [pointpr@msn.com](mailto:pointpr@msn.com)**