



# A.R.E. OF CENTRAL OHIO FALL MEDITATION RETREAT November 16, 2013

*Connecting During the Current Energetic Changes*

*Featuring Julie North*

Julie North is a born psychic medium, clairaudient, clairvoyant and medical intuitive.



With these gifts, Julie has been able to offer spiritual counseling and medical intuitive readings for people all over the world who seek clarity on their life path.

The A.R.E. of Central Ohio is very pleased that Julie will be our afternoon speaker at the annual Meditation Retreat on November 16, 2013. Julie will teach us about the energetic changes that are currently happening and how they are affecting our physical and emotional bodies. In addition, and to that end, Julie will show us how to get clear connection and communication with guidance. After her talk, she will also lead us in a special Spiral Heart Meditation that emulates the natural energy flow of the Universe. While sitting in a spiral shape that emulates the natural energy flow of the Universe, we will align our etheric hearts with our physical hearts for deep centering and balance within the self. Once aligned, we will begin sharing our heart energy by moving it from our center to the next person in the spiral, creating a GIANT flow of heart-based energy that continues along the spiral to the entire group. We will connect our group Heart Flow to the Universal Heart Flow, synchronizing ourselves in Divine Love and Healing Energies.

**Location: Spring Hollow Lodge, 1069 W. Main Street, Westerville, OH 43081**

**Times: 9:30 a.m. – 4:00 p.m.**

## **Meditation Retreat Schedule:**

**9:30 – 11:30 Meditation**

**11:30 – 12:00 break and prepare for Potluck Lunch**

**12:00 – 1:00 Potluck Lunch**

**1:30 – 3:30 Julie North Presentation**

**3:30 – 4:00 Clean up and depart**

Julie offers in-person and phone readings in Columbus, Ohio. All readings are recorded and placed on CD for in-office clients, or can be downloaded for telephone clients. For additional information about Julie North, please visit her website at [julienorth.com/](http://julienorth.com/).

For more information about the Meditation Retreat, contact Darian Torrance ([Darian.Torrance@gmail.com](mailto:Darian.Torrance@gmail.com)) or call 614-332-6214.