

(please print)

Name: _____

Address: _____

City: _____

Postal Code: _____

Phone: (Day) _____

Phone: (Eve) _____

Email Address: _____

Occupation: _____

Please add me to the healing energy recipients list

Please add me to the Circle of Light email list

Please add me to the Workshop email list

Mail to: 3 wolves energy
7-1300 Ioco Road
Ioco, BC V3H 5B2

Circles, Retreats, Workshops

Retreats and Workshops are held periodically, and regular Attunement Circles take place on the 1st Sunday of each month. For more information, see the website or give Joanie a phone call.

Note: Please refer to our website—it is the official source for all services, events, and fees.

Energywork

- shifts imbalances and release blockages in the body
- lowers stress levels
- balances emotional highs and lows
- reduces psychological turmoil
- enhances our responsiveness to ourselves and others
- helps us to rediscover meaningfulness in life
- empowers us
- gives us a greater sense of safety

Before each engagement, Joanie shifts into a meditative state. She works intuitively and, though she sometimes receives guidance via words, it is in the honouring of spirit, self, and other through which the energy of the divine flows and from where healing and insights come.

Personal Sessions Distance Sessions

Personal Sessions are available in Ioco (Port Moody) Saturdays, Sundays, and Mondays at \$75 per session (sessions run a minimum of 50-minutes).

Pre-arranged Distance Sessions are also available at \$40 per session (about 30 minutes).

Payment is by cash or cheque, and sliding-scale fees are available by special arrangement. Joanie and her partner, Michael, also work as a team. For those unable to travel, we are able to come to your location.

www.3wolves.org



Energywork
Personal | Distance Sessions

Spiritual Guidance

Circles, Retreats, Workshops

with Joanie

Spiritual practices
that enhance and augment
life experiences.

604-469-7825
energy@3wolves.org

Does Energy Matter?

Matter is energy, which consists of atoms. An atom consists of 99% space, yet atoms attach to atoms and create matter. Like atoms, cells attach to cells, which make our bodies. From the time we are born, reactions and responses to our experiences are stored in our bodies as emotions, behaviours, defences, thoughts, beliefs, identities. These become a part of our pattern and, throughout our lives, we support these patterns through attaching to people, places, and things. The evidence of our patterns become noticeable to us when they replay and resurface as emotional, physical, and psychological dis-ease or extremes.

We make choices that affect our lives—and we *can* change the quality of our experiences. Through recognizing our patterns and investigating our thoughts, beliefs, and judgements—about ourselves and others—we gain insight into our identities, our experiences and circumstances, and the direction in which we need to proceed. Shifting our energy helps to change our patterns, and how we perceive our lives and our world.

Energywork releases blockages and enhances the flow of energy in the body.

Our emotions are the doors, and awareness, the key, to opening our minds and unlocking the mystery of life.

What Does Energywork Do?

Energywork increases the energy flow in the body, releases blockages, and sets the stage for healing and transformation. Re-establishing the flow opens us up to life. We let-go of the patterns, and follow our hearts again. We rediscover ourselves...peace, joy, and contentment. Creating peace within makes peace in the world. We need to challenge our own fears to alleviate other's fears. We need to learn how to respond rather than react. We need to gain understanding and compassion for ourselves and for others.

Energywork facilitates body, mind, and spirit integration. It blends the visible with the invisible—with this, comes release, love for self and other, happiness, and safety.

Healing the world is an inside job.

For more information, please see our website, or contact Joanie directly via phone or email.

About Joanie

In the mid 1980s, Joanie made a lifestyle change that brought her back to her spiritual path. She asked for help from the powers that be, began noticing the synchronicities in life, and trusted in the idea that the world had more to offer than what we perceive. 'Energy' came to her through personal development, spiritual growth, meditation, lightwork, and reading about the spiritual realm. She has trained as a Vibrational Healing Practitioner, an Attunement Practitioner, and enhances her work with other studies, such as *The Course in Miracles*, Reiki, meditation, Light-work, and Enlightenment Intensives. Her focus has been to learn more about the world within, the relationship and interconnection between the spiritual realm and the world of opposites, and faith in something greater than what the world may seem to offer. Devoted to path of spiritual rediscovery and service, Joanie attends retreats, composes music, sings, reads, writes, and works with those who are drawn to her.

We are all doing the best we can with the resources we have.