



Palm of Healing Services

Inner Tour Guide



The Inner Tour Guide

The Inner Tour Guide takes you deep into your inner life. If you believe that your thoughts create your reality, then this session is for you.

The Inner Tour Guide will illuminate and then help shift what troubles you through various **experiential processes**. You will leave the healing session with follow-up **tools and techniques** for continuing this process of finding equilibrium in your life. Homework is tailored for each person but might include diet suggestions/inner inquiry tools/meditation techniques.

Shantam and Stephen will help you decide which modalities will best fit your personality and belief systems. As examples you may begin with:

- Awakening the senses with hands-on **bodywork** with Shantam
- a guided **meditation** with Shantam
- a **dialogue with The Elder**, as channeled by Shantam
- a **journey** with Stephen. Through dialogue, Stephen takes you to the inner wilderness to find the source of your dis-ease.

When we are out of ease we seek solace, but often in the wrong place, with habits and food and distractions of all kind. The key to true solace is found at the node of suffering. Once we go there, we have a choice: to resist what it reveals, or, to find a way to love ourselves and let go of the suffering.

Stephen believes that illnesses often take the place of something else we need; they can be manifestations of unconscious unresolved issues. Through gentle inquiry he will help you find the source of discomfort, help you to stay with whatever emotions arise and bring a loving perspective to that suffering aspect of yourself so that healing can begin. Stephen and Shantam then show you how to keep that area in focus beyond your session, so that you can explore different, healthier ways to respond in the everyday to the personalities and situations that trigger the old pain. This in turn helps the cells in the physical body. It's an experience that, with practiced awareness, can ripple out from the deep shift felt during the session to manifest as real and continuing change in your life.

\$290.00 CDN for two hours.

Facilitation can take place at the Palm of Healing Centre, in your home, or in some cases through phone or Skype. (Travel charges may apply if facilitators need to travel to client)

Examples of a 2-hour session:

- a) 1 hour of bodywork with Shantam; plus a 1 hour journey with Stephen
- b) 1 hour meditation (Shantam); plus 1/2 hr. channeling session with The Elder (Shantam); plus a half hour journey with Stephen to search for the source of dis-ease