

Laura Heselton

INTERNATIONAL MEDIUM & INTUITIVE COACH



OWN YOUR Intuitive Intelligence

Weekend Retreat — Vermont (October 10 - 13, 2014)

We are all born with a sacred inner knowing. But unfortunately, as we “evolve” into adults, the world teaches us to second-guess and ignore the whispers of spirit. And yet the wisest part of our being is always trying to communicate with us - if only we could open ourselves to receiving and trusting its wisdom! Instead, many of us make decisions that seem logical but just don't feel right...and we find ourselves unhappy and unfulfilled.

Here's the thing: Your intuition is your inner compass and it will never, ever lead you astray. Just imagine for a moment how much better life could be if you could hear and act on the wise counsel of your inner knowing.

Dates | Oct 10-13

Times | Friday 5-9:30PM; Sat/Sun 10AM-4PM; Mon (breakfast & departure)

Location | 389 Cobble Hill Road, Londonderry, VT

Cost | \$725 per person*

RSVP | By August 11 by sending check to:
Carla White, 64 Morrissey Road, Marlboro, MA 01752

4 Private Sessions available on Monday, October 13.**

*“You must train
your intuition-
you must trust the
small voice inside
you which tells
you exactly
what to say,
what to decide.”
—Ingrid Bergman*

DAY 1

OWN YOUR INTUITIVE INTELLIGENCE - A PRIMER (OCT. 10, EVENING)

In this introductory session, you'll learn how to tune in, and own, the intuitive abilities you already possess.

Times | Arrive by 5:00PM, session from 6PM-9:30PM.

Location | 389 Cobble Hill Road, Londonderry, VT

- Details |
- We'll begin with a healing meditation and then Laura will guide us through enlightening and life-changing exercise to help you tune in to your wise, knowing self.
 - You'll enjoy an intimate evening in a safe, fun and confidential environment, with plenty of time for practicing your skills and sharing your experiences.

DAY 2 & 3

OWN YOUR INTUITIVE INTELLIGENCE: ADVANCED (OCT. 11 & 12)

In these sessions you'll build on the skills you gained in the Intro session, and dive deeper into owning and activating your intuitive intelligence.

Details | - Using meditation, interactive exercises and experiential teaching, we'll explore and gain clarity on the following:

- Our belief systems, how we arbitrarily create limits for ourselves, and how we can break free of those limiting beliefs
- How astrology can reassure you that your inner compass is on track and using it to help you navigate through life
- How to attract more of what we desire in our lives - in careers, relationships, finance, health and spirituality
- Our connection to loved loves who've passed, spirit guides, and our past lives
- Synchronicity and what spirit may be trying to communicate to you
- How to use dowsing as an intuitive tool to guide you both in daily life and with important decisions
- Spiritual laws, shamanic journeys, and the angel realm
- Working with Angel cards and automatic writing for guidance

- Enjoy learning and practicing in a safe, fun and confidential environment, with plenty of time for sharing. Build trust and confidence in your power to transform dreams into reality. Whether you've experienced a painful loss or need direction and clarity, you'll gain the knowledge, tools, and insight to bring more joy and meaning into your life.

DAY 4

BREAKFAST AND DEPARTURE (OCT. 13, MORNING)



The retreat will be located at Carla's Vermont home.

"All things are possible until they are proved impossible; even the impossible may only be so, as of now."
—Pearl S Buck

ADDITIONAL INFORMATION

*COST OF \$725 PER PERSON INCLUDES:

Accommodations: On site at the Vermont farmhouse.

Meals: Breakfast, lunch, light snacks and beverages will be included in the workshop. *(Participants will be responsible for their dinner on Saturday and Sunday. We'll be going to local restaurants. Please let me know if you have any special dietary requirements.)*

BOOKING

**If anyone would like a private session with Laura, please book in advance, as appointments are limited. Skype sessions available by appointment before or after the retreat. Email: medium@lauraheselton.com

To ensure your reservation and save \$30, book and pay by August 11th, 2014

I look forward to seeing you there and exploring living beyond our limits!

*"You give little
when you give of
your possessions.
It is when you give
of yourself that
you truly give."
—Kahlil Gibran*



Meet Laura Heselton

Every day through our decisions, actions and most importantly our beliefs, we create our lives. As a lifelong seeker of spiritual and global adventure, I've been blessed to have one of my life's dreams manifested – to travel and experience the world in the personal, professional, and spiritual realms. Over the past 20 years, I've lived, worked, and studied in many different cities in Canada, Switzerland, the U.S., France, South Africa, the United Kingdom, and the Czech Republic.

During my travels through these countries, I trained with some of the most gifted intuitive professionals to sharpen and deepen my intuitive gifts. I shared that knowledge as I travelled – delivering hundreds of workshops and personal sessions to help people gain clarity and direction in their lives.

I'm delighted that the most frequent feedback I get from workshop participants and clients is that I inspire them, which actually means to commune directly on a spiritual level! This is precisely what my work is all about – connecting with spirit. Inspiration is the spark for new insights and the first step in unlocking the potential that lies within.

And when spark is held to flame, it can blaze the path to profound and lasting change. My energy and passion for guiding people out of their comfort zone and into the zone of unlimited possibility ignites transformation. As a result of changing core beliefs, my clients often soar to new heights in their personal and business lives –climbing peaks they previously believed were beyond their reach.

Today I live and work in Zurich, Switzerland, and travel internationally to offer my intuitive gifts to individuals and groups. In addition to speaking, coaching, and mediumship, I'm excited to be authoring a book about my experience as a medium. It will be published in 2014.