

A Very Timely Cutting Edge Workshop Experience

Living As If Already Whole: Exercises to Activate the Ascended State

Facilitated by Mark Stanton Welch

For much too long, we have lived as if we were flawed, a compromised design...stumbling through each incarnation, yearning for more, reaching for something we really could not fully envision. And how has this served you, personally?

The Celestial influx of high frequency energy has launched the reawakening as, moment by moment, we are remembering who we are. And still we think it must be step by step...until now!

Suppose you could just claim the complete reawakening in this breath. What would that be like? How would it feel? What could you do? How might your life be?

Well...let's try it on for size. Experience living as if you were already whole and make your own observations..

Join, Sound Alchemist, Mark Stanton Welch, for an exclusive look in to living fully in your power now through a playful variety of cutting edge experiences designed to accelerate and expand.

Bring water and wear comfortable clothing...

Isn't it time to practice and experience living in the new higher frequencies beyond the old patterns? Wouldn't you like to experience what it is like to be clear instead of being invested in seeking that? During this workshop you will:

- Access inner and outer guidance in new ways
- Transcend time and space boundaries
- Activate the expansion of the senses
- Explore the multi-dimensionality of the Now Moment
- Facilitate stepping beyond obsolete patterns
- Explore the expansive heart space
- Learn to maintain a state of balance
- And, oh, so much more

Date: November 6, 2016

Time: 1-4 PM

Cost: \$25 workshop

Location: Unity of Portland, Oregon
4525 SE Stark St, Portland, OR 97215

Contact (503) 234-7441 or visit
<http://www.unityofportland.org/>
for information and directions



Music for Every Soul

Mark Stanton Welch is a singer/songwriter, teacher/facilitator, sound alchemist, vibrational healer, and spiritual mentor. Mark has been working with music and sound for over 40 years. In his quest to understand how to create and perfect music aligned with the body's energy system he has immersed himself in the fascinating world of sound alchemy. New discoveries are revealing the expansiveness of our energetic design. Mark is translating this information into song that directs the utilization of these new energetic resources. Visit www.musicforeversoul.com