

Get High Naturally: A Modern Twist on an Ancient Secret Eryn DeFoort

Event: BEPC Monthly Meeting

Date: Monday February 19, 2018

Greetings Friends and Light Workers!

Mark your calendars for another phenomenal speaker! We are honored and excited to have **Eryn DeFoort** sharing *Get High Naturally: A Modern Twist on an Ancient Secret*.

Everyone can use specific muscles combined with a delightful meditation and easy breathing rhythms to coax the pineal gland to release happy hormones. This simple technique is beneficial for anyone living in the PNW who is struggling with the rainy winter blues. It's also a necessary tool for Empaths who feel the depression and anxiety of the Collective.

This form of meditation is so powerful that it can be used to travel out of body to visit other planets and star systems, to journey under the Earth, or to other timelines. All of Eryn's clients, regardless of previous knowledge of their origins, have been able to use this method to meet their soul family. Many of her clients have discovered their ability to channel, to be reunited with loved ones from Earth and other planets. These experiences can heal depression and bring purpose and direction when we're struggling to find our role as Light Workers in the current Socio-Economic climate in the US.



Eryn DeFoort has a Masters Degree in Holistic Theology, a certification as a Life Coach, and is trained in meditation science. She has been teaching guided meditation for groups for the last 14 years. Like many practitioners, she's a Renaissance Woman--with her hands in many metaphysical cookie jars. She became a certified Life Coach 15 years ago and has coached over 700 clients through health challenges, career transitions, and recovery from depression and anxiety. The work she loves the most is helping her clients nurture a relationship with their Soul Family through shamanic hypnotherapy.

Eryn DeFoort

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Our general meeting starts at 5:30 PM and at 6:00 PM the presentation starts. BEPC monthly meetings are open to anyone and are on the 3rd Monday of the month. No cost to club members and \$5 for guests and anyone can become a member.

Date: Monday February 19, 2018

Venue: Denny's Restaurant

Address: 1246 Central Ave North, Kent WA 98032

Time: 05:30 – 06:00 PM General Meeting

06:00 – 08:00 PM Guest Speaker

Website: www.bepcweb.org

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