



Imagine If *Coaching and Consulting, LLC*

August 2017 Newsletter

Summer Sun

The flurry of back-to-school ads reminds us that the end of summer is fast approaching. If only we could freeze time so that we could have more time to enjoy all the summer sunshine and wonderful outdoor activities that come along with it.



It's the sun's energy that enables life on this planet and although we all need to be cautious about overexposure, we do very much need the energy sunshine provides. This is why the sun is often represented with a smiley face and words like warmth and energy. Meanwhile, lack of sunshine is described by negative words, such as dark and evil. You just never see a horror film that is portrayed as happening on a bright, sunny day.

Since our energy levels fluctuate, it is important to seek sunshine, activities we enjoy, and positive interactions with others to keep our energy vibrating at a high level. So, find a nice comfortable spot in the sun to read our latest "Imagine If" blog @ <http://blog.imagineifcoachingconsulting.com>.

Upcoming Events

Mountain High Healing Touch Chapter Support Group Meeting

August 26: Healing Touch students and practitioners are invited to join the fun in learning to tune into the energy around you. We will play with the energy of people and objects going beyond the five physical senses. Event will be held near I-25 and 120th Ave. Event is free, but registration is required. See our website for details.

Afternoon with Energy!

September 16: You are invited to join the fun in learning to tune into the energy around you. We will play with the energy of people and objects going beyond the five physical senses. The event is open to everyone. No experience needed. It will be held near I-25 and 120th Ave. Event is free, but registration required. See our website for details.

Events Continued

Intro to Healing Touch and Self-Chakra Connection

September 19: You are invited to join others as they learn about Healing Touch, an energy healing modality. Healing Touch is a heart-centered and intention-based modality that addresses your overall energy system health, including openings, clearing, connecting, and balancing energy to aid physical, emotional, mental, and spiritual health. Cost \$5. The presentation will be hosted by Quantum Spirtology meetup at 12211 W. Alameda Pkwy, Ste 103, Lakewood, CO. See our website for details.

Playing the Energy Field!

September 30: You are invited to join the fun as we discover how thoughts, emotions, and things around us affect our energy. We will experiment with how various things affect our energy fields and discuss ways to maintain a healthy energy field. The event is open to everyone. No experience needed. Cost \$10. It will be held near I-25 and 120th Ave. Registration required. See our website for details.

The details of all upcoming events are available @
<http://www.imagineifcoachingconsulting.com/classes.html>



Imagine If Coaching and Consulting, based in Westminster, CO, provides coaching, wellness, and business consulting for our clients. Our practice is based around using energy, experiential activities, and spiritual techniques to address the “Whole” person. We utilize Healing Touch, Past Life Regression, and Singing Bowls to address mental, physical, spritual, and emotional well-being. Additionally, we use experiential and spiritual techniques to address your specific concerns, such as, managing career & life transitions, decision making strategies, and clearing blockages. We even provide business consulting to our clients who dream of having a successful small business. See our website to learn more about our offerings.

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