

Beyond Forgiveness



an experiential, musical workshop of Ho'oponopono practice

SHAMA STRONG AND LILIANA PENAHERRERA, FACILITATORS

SUNDAY, OCTOBER 19, 12:30 – 3:30 pm

\$25 SUGGESTED DONATION

Ho'oponopono is a Hawaiian forgiveness practice. It is based on the idea that when we encounter difficulties in the world, we need to first seek the source of the problem within ourselves, then cleanse our (often unconscious) thoughts, emotions and “programs” that create the conflicts in the world around us. Since we are all connected and create the world through our thoughts, as we cleanse ourselves, new realities become possible for ourselves and others around us. The heart of the workshop uses chanting, music, breathing, prayer, meditation, and community sharing to draw participants into the journey of forgiveness and self-healing.

Liliana Penaherrera and Shama Strong are singers, songwriters, and sound healers who have performed individually at New Thought churches in the Portland/Vancouver areas for many years. For the past four years they have joined together to offer musical and experiential workshops of **Ho'oponopono Forgiveness**. When their voices unite, blissful, harmonic sounds are blended, producing a healing atmosphere.

www.shamamusic.com


Abundant Life Center

10 am Sunday Service location

Quality Inn Conference Center, 7001 NE Hwy. 99, Vancouver, WA 98665

360-695-0211 ♥ www.my-ALC.com