

## ***Living Wholeheartedly: An 8-Week Series***

Presented by Jewel Lea Grant, RN

8 Wednesdays, Sept 14-Nov 2 from 6:30-9:00pm

Grace St Paul's Episcopal Church (in the Bloom Education Center)

2331 E Adams St, Tucson, AZ 85716

*Do You Long for More Joy, Connection and Meaning in Your Life?*

So much of our lives have been about what others want and expect from us (including potent media messages). By believing in these messages we have sought out inauthentic ways of being as a way to fit in and to seek approval, love and acceptance. We find ourselves living a life we think we're suppose to live which often leads to emptiness, meaninglessness and purposelessness. This is an invitation to embrace the YOU along with the life you were meant to live. Living Wholeheartedly is a journey of discovery and connection to greater creativity, freedom and joy. Join us!

This hands on, practical yet spiritual 8-week journey, based on the book "The Gifts of Imperfection" by Brené Brown, will give you an opportunity to explore, clarify and define who you are authentically and to assist you in creating the life you desire with greater connection to your essential Divine Self.

Through lecturettes, group sharing, sacred trio processes, connecting to your higher self, creativity and individual study you will meet yourself with a fresh pair of eyes and a new vision with loving and freedom at the core.

You will learn and practice several skills such as empathy, heart-centered listening, seeing through the eyes of loving, compassionate self-forgiveness and so many other valuable tools to assist you to live the real and authentic YOU, your essential self, fully connected to your spiritual essence as a Divine Being.

**Fee for 8 sessions:                   \$179**  
**Pre-registration discount:       \$149 (by Aug 24)**  
**Registration deadline:           Sept 7**

**Scholarships are available**

**To register or inquire further, please call 406-249-0377 or email to [jewelleagrant@gmail.com](mailto:jewelleagrant@gmail.com)**

*Jewel Lea Grant has been a Registered Nurse for over 30 years and since has retired. She is now creating and facilitating seminars to assist in deepening in the truth of whom you are as spiritual beings. She also coaches and counsels those interested in creating a more fulfilling life of purpose with greater harmony and joy. In 2002 she completed a Master's in Spiritual Psychology with an Advanced Degree in Consciousness, Health and Healing through the University of Santa Monica, in California. Since then she has facilitate seminars that have enhanced people's lives with greater joy, harmony, and clarity, purpose and inner freedom. In 2012 she completed a Masters in Spiritual Sciences from Peace Theological Seminary in Los Angeles and is presently in her second year of the Doctorate program. She encourages new conversation and agreements in creating and living wholeheartedly as divine beings, fully empowered in joy, purpose and enthusiasm as a way of life.*

*"Let Go of Who You Think You're Supposed to Be and Embrace Who You Are!"*