



Interfaith Worship Series: Exploring Diverse Spiritual Traditions

Join us at 10:00AM on the First Sunday of every month!

INTERFAITH COMMUNITY CHURCH

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Co-created with and hosted by Rev. Karen Lindquist since 1998

Co-sponsored with The Interfaith Network www.theinterfaithnetwork.org

10:00AM Sunday, February 7th
“Compassion from the Inside Out”

with Sahila ChangeBringer

We come from Source, perfect in being and with infinite, loving potential to fulfil. And for each of us, something happens that makes us forget our origins, our Divinity and the grandeur of being we carry as seeds inside of us. Join with Sahila today as we continue to explore how that happens, what form this separation, limitation and fear takes in each of us, and how we might re-align ourselves with our sacred path and purpose in this incarnation.



Sahila has more than 20 years' experience as a spiritual counsellor, teacher of metaphysics, medium, channeller and healer. She's studied both Eastern and Western paths, focusing on indigenous peoples' shamanic teachings and therapeutic mind-body processes for healing Self. She honours all beliefs as they assist on the path around the Circle of Life towards Wholeness. Sahila works with individuals and groups, offering intuitive guidance, energy work, Breath Integration, Focusing, Voice Dialogue, Transpersonal Psychology and Macro-Structural Dynamics as tools to consciously create a new future. Visit www.metamind-spirit.com for more information.