

envision your *future*
experience the Transformative Power of Imaginary Journeys

with **Dr. Eva Ruland**

- tap into your inner wisdom
- discover new possibilities
- expand your perspective
- find direction for your life

Journeying is an age-old tool for gaining insight, healing, and transformation of consciousness. Originally only used by shamans, today journeying is accessible to many via guided imagery. Through this method we can accelerate insights, encourage visions, transform deep-seated beliefs and induce healing, all at tremendous speed.

Life coach Eva Ruland, PhD will guide you in aligning yourself with your deeper wishes and longings through guided imagery, sharing, and coaching. Expect a deeply transformative experience.

Participants of former envision your future workshops have said: “Eva takes you right to the heart of what might be blocking your progress and very pleasantly blows it away with a warm breeze.”

“This workshop is a great way to access your inner wisdom in a setting that is comfortable and non threatening. Eva has a wonderful ability to support and facilitate the visioning process. I’m coming away from this event with a plan and the motivation to enact it.”



Dr. Eva Ruland is a life coach [Coaching for a Purposeful Life/ Berkeley, CA; www.evaruland.com] with a PhD in East-West Psychology from the California Institute of Integral Studies CIIS, San Francisco.
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