

“Visions of the Heart Made Manifest”

**Three days of Sound Healing, Activation
and Sacred Vision Circles for Opening the Heart**

October 9 - 11, 2010

**LOCATIONS: Sat./Sun. 1:00 p.m. - 4:00 p.m. • Fellowship of the Holy Spirit,
51 N Court Street (east side of Fairfield Square).**

Mon., 7:00 p.m. - 9:30 p.m., Main Stay Inn, next to the Fairfield Arts and Convention Center

*“Experience the shift from mind
to heart through pure intention
and appreciation while supported
by transformative music, energy,
sound, and sacred movement.”*



Mark Torgeson and Carol Fitzpatrick
are co-founders of the Center for Planetary
Awakening in Fredericksburg, VA
www.planetaryawakening.org

"I felt sensitized to my own heart and the hearts of each person in room. I felt light and energy coming into my body and by the end of the evening I was physically transformed. The fatigue I brought into the session had vanished. Emotionally, I was enjoying a wonderful serenity, a feeling that the pieces of life fit together even when I can't see how and the knowledge that 'All is truly well.'"

—Hap Mullenneaux, workshop participant, Alexandria, VA

Activate. Empower. Create.

Deep within us is a vision of our lives, our community, our future, and there is a way to activate this knowing. Through simple practices and heart-to-heart communion, you will be led through the maze of the mind to open to the awareness of your heart's desire. This would be a simple thing to do if it were not that the mind is so busy trying to tell you that you cannot or should not follow your heart.

For just a few hours, we invite you to experience the feeling and then to connect to the knowing of what it looks like and feels like to deeply listen to your heart. Why is this so essential, so important right now? We all have a soul path and purpose for being here on earth at this time and are hard-wired to live out our lives in the flow of grace. To do so requires us to simply listen to the inner prompting that is felt only by the heart.

During our time together, you will experience the activation of the higher spiritual centers within the subtle body, which opens the heart and heightens one's ability to listen to the soul's desire for the fulfillment of your path and purpose. Higher awareness is supported by intentionally created music for healing and transforming the emotional, mental and physical body.

About the Facilitators: Carol Fitzpatrick and Mark Torgeson are co-founders of the Center for Planetary Awakening. Fitzpatrick and Torgeson create intimate spaces for individual self-inquiry and personal growth, and work collaboratively with others to establish new paradigm communities. "We first work in the unified field then bring this pure intentionally created energy into the physical by building structures that support a more harmonious, balanced quality of life."

Carol Fitzpatrick is a seer, visionary and new paradigm community-builder. She is the author of two books, *Fear Not My Child*, and *A Call to Remember: Follow Your Heart, Change the World*.

Mark Torgeson is a classically trained pianist whose gift is healing through intentionally created sound. His music airs internationally and his albums *Between Mountains and Stars* and *Sundance in Moonlight* have attained top twenty playlists.

"Carol and Mark are cosmic way-makers as they play and create spontaneously with spirit. It is a mind bending, heart remembering experience to attend an event and watch, listen and participate as Carol co-creates with spirit to weave, light, love, truth, peace and joy into the messages she shares with her audience from spirit."

—Krystal Fenn, Richmond, VA

Fairfield Schedule of Events

Everyone is welcome to attend just one or all of the events.

Saturday, Oct. 9th, 1:00 p.m. - 3:00 p.m.

Heart Sounds: Sound Healing

Facilitated by Mark Torgeson

Learn how sound healing instruments can be used as a portal to access deep levels of healing and transformation
LOCATION: Fellowship of the Holy Spirit, 51 N Court Street (east side of Fairfield Square) (\$25 suggested).

Oct 10, 1:00 p.m. - 4:00 p.m.

High Heart Activation: Tools and Techniques for Opening the Heart

Facilitated by Carol Fitzpatrick, music by Mark Torgeson

LOCATION: Fellowship of the Holy Spirit, 51 N Court Street (east side of Fairfield Square)

During this session, experience the activation of the higher spiritual centers within the subtle body, which opens the heart and heightens one's ability to listen to the soul's desire for the fulfillment of path and purpose. (\$35 suggested).

Mon., Oct 11, 7:00 p.m. - 9:30 p.m.

Community Visioning Circle

Facilitated by Carol Fitzpatrick"

"Visions of the Heart Made Manifest"

What do you desire for you, your life here to create a joyful path of inner peace? Individual desire creates the new. (free and open to all).

LOCATION: Main Stay Inn, 300 Main St., next to the Fairfield Arts and Convention Center

Oct. 11, 12 and 13th

In-person private sessions by appointment

Carol Fitzpatrick: Soul path and purpose

Mark Torgeson: Energy / sound healing sessions

By appointment. To reserve a session time, please call 540-785-7770 before Oct. 6, 2010.

After Oct. 6, Carol: 540-729-0342, Mark: 760-8346