

## Coming Home to the Heart Releasing Intergenerational Trauma

With  
Diana Allen  
Shaman, Sacred Sound Musician, Artist, Author



To move ahead and create a future full of infinite possibilities, it is important to clear and heal the thoughts, feelings and actions that have been handed down by our ancestors.

If you have experienced abuse, alcoholism, addictions, depression, loss of cultural pride, loss of safety and respect, feeling worthless or hopeless, these limiting patterns can be released and healed.

If the past is glossed over with false positivity and not released from the DNA cellular memory the energies are active in the subconscious mind and the limiting patterns and beliefs are re-enacted and handed down to the next generation. The method Diana teaches is one of releasing, clearing and healing, not re-traumatizing yourself from what you have experienced. The ancestors have also given you unique gifts. Connecting to the heart of compassion is a step to reclaiming your freedom and inner wholeness, finding and sharing your gifts with your community.

Originally from Canada, Diana now lives in France and for the past 30 years has facilitated workshops around the world. She is happy to come back to the Shuswap to assist previous participants to continue their learning and welcome new participants to the powerful clearings and healing that she offers. A few years ago, Diana re-connected with her birth family and found her full blood Cherokee Great Grandmother. The intergenerational trauma is very evident in her birth family and even though she was adopted, the trauma held in the lineage was played out through a physically abusive adoptive mother. Healing the wounds of the ancestors held in the cellular memory so the past can be in its rightful place and not impact your present and future is powerful and important work.

Adams Lake Indian Band Hall  
6430 Village Road

NEW DATES. June 1st, 2nd, 3rd, 2018

Cost: \$250.00 ALIB band members & community members will have this cost covered. Please fill out an ALIB wellness application form with Daidri Marr. For more details email dmarr @alib.ca or call 250-679-7726 (ext 2372)

Neskonlith Band Health Centre,  
421 First Nations Rd. Salmon Arm, BC  
June 8th, 9th, 10th

Cost covered by band - contact Carla Sam 250- 679-3295 to register

This is also being offered to non band members  
Please call Talitha at 250-851-1312 to register.

Friday 7-9pm Saturday and Sunday 10am-5pm  
Please bring a notebook and a dish for the potluck lunch Saturday and Sunday.