

NURTURING M.O.M. in 2011
with Music, Oils, Massage Therapy
Relaxation/Rejuvenation for Emotional Connection
“A Christ-Centered Approach To Healing”
By Karyn Grant, LMT, VAMT, The Joy Coach

Each one of these seven Workshops, are a separate event or can be done as a three day event. Contact Karyn Grant, LMT, VAMT, The Joy Coach for details to sponsor a 1-2-3 day event. It is ideal to begin any workshop with a “Night-Time Nurturing Orientation” with music and explanation by Karyn Grant, LMT, VAMT.

Level I: The Healer’s Touch: Emotional Clearing Technique (Mending The Heart) Next Workshop:

Cost: \$250.00 includes The Healer’s Touch Course Manual/5 CD Set

Intention of Workshop:

The purpose of this workshop/course/ is to teach facilitators how to incorporate the use of kinesiology, music, massage and aromatherapy into an emotional clearing experience that will assist clients in identifying lower vibration-emotions and transforming them into higher vibration emotions through the power of nurturing, compassion, empathy and kindness.

The purpose of this technique is manifold; in utilizing the five senses to bring the heart-mind-body-spirit into alignment with Positive Core Identity; while addressing and releasing negative core beliefs originating in childhood and so on. Also, to mend the wounds in the hidden layers of the heart, mind, body and spirit, through the application of energetic touch, breathwork, and other healing avenues of vibratio (i.e. touch, music, essential oils). To raise the vibration of heart-mind-body-spirit of each client to a balanced state of love, joy and peace and to give the client tools for keeping an “emotional homeostatis” of Peace, Love and Joy in times of opposition and adversity.

Level II: Awakening Your Divine Essence: Emotional Connection

Technique: (Mending The Mind) Next Workshop

Cost: \$250.00 includes The Divine Essence Course Manual/8 CD Set

Intention of Workshop:

The purpose and desired outcome of this workshop is to identify one’s own Positive Core Identity and to separate the negative energies that are “wrapped around” negative self-talk, limiting thinking and belief systems about

oneself/client. To focus on identifying hidden strengths, gifts, natural talents and abilities and to access and accept one's reality as Divine and one's purpose as "Destined to Succeed". To identify "scarcity issues", and victim mentalities, and to transform these perceptions into the "Victorious Mentality" and into new definitions of Abundance. To outline a new belief system, based in higher vibrations which will create new pathways of achieving one's higher purpose, passion, calling, mission though "abundant-thinking-mentality." To identify your unique GIFT by reconnection with your DIVINE Source and DIVINE Essence. Anchoring this into Heart-Mind-Body-Spirit via the five senses; with touch, scent, visualizations, affirmations and song. Each attendee will give and receive "The Heroine's Welcome", a relaxation session that ministers the gift of mercy into the cellular level, thus creating greater pathways of peace, love and Joy!

Level III: The Lullaby Connection Technique: Emotional Connection Technique for the Inner Child Next Workshop:

Cost: \$275.00 includes The Lullaby Connection Course Manual/CD Set

Intention of Workshop:

The purpose of this workshop is to apply the five physical senses in an emotional clearing process for children using kindness, empathy and compassion through the medium of music, therapeutic touch, song, guided visualizations and affirmations. To connect the facilitator with their own "inner child" at previous age/time frames so that they can identify with and extend empathy to any child at any given age, irregardless of the misunderstandings the child may be having about themselves, the family in which they live, their values, their circumstances, their challenges, the community in which they live, or the world affairs/issues at hand.

The Lullaby Connection Workshop and Process has been created to assist facilitators/parents in reconnecting with the needs they did not have met as a child (or beyond) and to thus, correct, interact and connect, compassionately with children who stand in need of having unmet needs met, through an increase of TLC, tenderness, love and compassion.

Using the tools of aromatherapy, music as therapy, therapeutic touch, it is our belief that lower vibrations lodging in the heart, mind, body and spirit can be identified, addressed, brought up into the awareness (or conscious mind) and successfully released through Tenderness, Love and Compassion—and transformed into higher vibrations of peace, love and Joy!

Level IV: The Morning Light: Musical Meditations Technique: Cost:
\$250.00 includes The Morning Light Course Manual/4 CD Set

Intention of Workshop:

NURTURING M.O.M.- LEVEL FOUR with music, oils, massage

4 Hour Workshop Includes: "The Morning Light: Musical Meditations" Manual and The Morning Light Scripting Manual. Also, the 4 cd set (2 cds of instrumentals available). This workshop is designed, to "nurture the spirit" and to encourage women to be engaged in a compassionate awareness of their own needs as well as others, for renewing the heart, mind, body and spirit". It is our goal to assist each woman in her personal journey towards her divine potential, by creatively connecting to Christ, through a renewed love for her daily devotions; adding the nurturing gifts of music, scripture, aromatherapy, massage, etc. Come and learn the ancient art of aromatherapy and gain an increased awareness for the healing oils of the bible! Come learn a protocol and bless your friends, family, sisters, and children!

The Morning Light-4 cd set is a musical journey of the Savior's life, as seen through women's eyes. With songs serenading the pure love of Christ, from the New Testament, the tenderness and compassion of the Savior's desire to love, bless, heal and prosper women is evidenced through the lyrics and musical meditations that Karyn writes and sings about. We will be learning about the "healing oils of the Bible". Recipe book is available for purchase at the workshop or on line.

The Morning Light Scripting Your Daily Devotions Workbook: Daily Meditations by Karyn Grant for inspiring women in their journey to joy. Read and write your way to happiness, healing and hope! Ebook \$10 Hardcopy: \$25.00

The Morning Light: Musical Meditations Workbook: Use these daily devotions about women in the scriptures, coupled with "song and scent" by Karyn Grant, in your personal morning meditations. Ebook \$10 Hardcopy: \$25

The Morning Light: A Story of Miracles: E-BOOK-The personal journey of miracles in the creation of the work by Karyn Grant. Including songs and stories about The Morning Light Series", written by Karyn Grant. The story of a young mother's journey to Christ and how she learned to "Rejoice amidst Adversity" as she passed through divorce, single-parenting, and creating a "cherishing place" for women. As she journeys her way through divorce, she finds her solace, peace and tranquility to be in turning her heart to the Savior and to creating a place where others can discover the blessings in disguise. The heart-warming journey of a latter day woman at the well. (450 pages)

Level V: Awake My Soul: Morning Meditations- 4 Hour Workshop
\$250.00 Includes: "Awake My Soul: Musical Meditations Manual" and 4 cd set

This workshop is designed for those desiring to use The Book of Mormon as a healing manual; in their search for the pure love of Christ. Those who are broken hearted can find love, courage and strength to forgive those who have hurt them, by working through the principles of forgiveness found in these pages, songs and meditations (all inspired by the Book of Mormon).

Regaining the courage to love again, to put the past behind them and to reclaim the desire to cherish our fathers, brothers, husbands, sons and to become a part of healing the hearts of the 'wounded warriors'. Songs for the unsung heroes, learning the art of cherishing using music, massage, aromatherapy, musical meditations etc, in our soul-search of coming unto Christ.

Awake My Soul: In Search of Pure Love- 4 CD set- 2 vocal cds, 1 musical meditation cd, 1 instrumental cd

Songs and musical meditations inspired by Karyn's journey, as a wife and mother and as a single woman and single mother... Karyn portrays through her lyrics, the divine poetry she discovered in passages of ancient scripture. As she seeks to interpret the feelings of the "unsung heroines" that stood behind great men in ancient times, she asks like, "What did these women feel?" "What are the unspoken messages of the unnamed women in each scriptural account?" Through the gift of song, Karyn senses her way to the hearts of the nameless and forgotten women which becomes the theme that Karyn writes and sings about---encouraging women, in present time, to "awake and arise" to the divinity within and to inspire the men in their lives to do the same...

Awake My Soul: In Search of the Pure Love of Christ (Ebook) by Karyn Grant

Discover the serenading messages of ancient scripture, that manifest that this mortal journey is a life long search for the pure love of Christ. As we learn to sing the song of redeeming love, we are able to work through our afflictions, as well as our addictions, in the spirit of compassion and tender mercies. As we liken the journeys of ancient hero's, to our own personal quest for the same. Discover the symbolism between that ancient battles that righteous men fought to preserve our spiritual freedoms and our own personal, private battles fought on the unseen battleground of our hearts...No matter who we are, we are all discovering the private passage way that leads to the purest love of all...even the pure love of Christ.

Level VI: Heaven On Earth Twelve Chakra-Raising Your Vibration to Love, Joy and Peace with The Twelve Point Chakra Balancing System by Karyn Grant, LMT, VAMT

4 Hour Workshop

\$250.00 Includes: “An Angel’s Touch Chakra Balance 1-7” and “Heaven on Earth Chakra Balance 8-12” – 4 CD Set or Divine Oneness Twelve Point System For Generational Chakra Balancing for Chakras 4 CD Set for Repeat Students.

A Study of the oils used in the Chakra balancing protocol(s) originated by Karyn Grant using M.O.M. (music, oils, massage) with “Blessings and Blends” for the process.

This exciting course includes: “The Heaven On Earth Planner”, “Heaven on Earth Scripting Journal Pages” and the Course Manual/Workbook: “Heaven on Earth Manual and 4 CD Set. (Repeat Students will receive DIVINE ONENESS 12 POINT CHAKRA BALANCING -4 CD SET as part of the Advanced Chakra Coursework)

Intention: That Each Student will gain a basic understanding of *The 12 Point Chakra Balancing System, 12 Musical Meridians, and An Overview of the Seven Layers of the Auric Field.* To understand the Parasympathetic Nervous System and the Sympathetic Nervous System. To learn “The Singing Chakra Balance” by Karyn Grant, LMT and to be introduced to The Twelve Point Chakra Balancing System for Generation Healing by Karyn Grant.

To provide a basic understanding of the ENDOCRINE SYSTEM and the power of music, oils and massage in the raising of the vibration in the chakras, meridians and auric field. Karyn will demonstrate a simple protocol for “Musical Meridian Runs”, “Auric Field Brushdown-“A Shower of Light” and two Chakra Balancing Protocols.

To REGISTER for NURTURING M.O.M. Workshops by Karyn Grant, LMT:
www.karyngrant.com or call Karyn’s cell: 801-427-1047
Or: email: karynlynngrant@gmail.com/

Level VII: ENLIGHTENED JOURNEY: A WOMAN'S JOURNEY INTO WHOLENESS-Awakening Authenticity: Remembering A Sense of Dignity, Divinity by Karyn Grant, LMT, VAMT
4 Hour Workshop –\$250.00 Includes: “The Enlightened Journey” – 4 cd set

A Series of Songs and Musical Meditations, by Karyn Grant, LMT, VAMT, The Joy Coach. The purpose of the “Enlightened Journey” Workshop is to , lullaby a woman’s soul back into pure knowing of her divine worth, recognition of her gifts of “divine intuition” , her sense of inner peace, and her birthright and inheritance of joy. The intention of this protocol is to remind each woman, **“Your Birthright is Peace; Your Inheritance is Joy!”**

This course also moves into the “release work” of the emotional attachments to food, the addiction to pleasing, fears, etc. We will also address the common thread that connects basic “woman’s issues” that lead to insecurity, poor self-image, low confidence, etc.

The purpose of this workshop is to bring each woman into a heightened awareness of her own divinity and to assist her in identifying her own personal reasons for self-rejection, self-blame, lack of acceptance for herself, and thus, releasing the emotional hindrances that inhibit “joy in the journey”. This course includes a study of the *power of visualization* in manifesting a “joyfully ever after” and leads us to the discovery of Claiming Abundance in our lives, by identifying generational scarcity issues and more!

The 4 cds included in this workshop are: Enlightened Journey- Vocals CD, Enlightened Journey Musical Mediation CD: 14 Steps to Wholeness Musical Meditations CD. As we continue on the path of nurturing ourselves and one another, combining Music, Oils, Massage, we take each step of our 14 Step “Journey to Joy” with 14 Oils for conducting higher vibrations of light into the body, through the medium of aromatherapy.

This fascinating coursework compares a woman’s life to an “Enlightened Journey”. The Enlightened Journey Manual is included in the cost of the workshop, as well!

**LEVEL VIII: DANCING WITH JOY! “Journey With Joy!
*Begin with the End Result in Mind by Raising Your Vibration to
Joy!* by Karyn Grant, LMT, VAMT- 4 Hour Workshop –\$250.00
Includes: “Dancing With Joy!” – 4 cd set Part 2: Dancing With Abundance
also available as 4 cd set (optional)**

A Series of Songs and Musical Meditations, by Karyn Grant, LMT, VAMT, The Joy Coach. The purpose of the “Dancing With Joy!” Workshop is to refresh, rejuvenate and to re-create joyful passageways in the heart-mind-body-spirit to experience greater realms of joy! “Raising the vibration to Joy!” of the “whole” body should be a wonderful, exhilarating experience! Using music, oils and massage...this is achievable!

Dancing With Joy- 4 cd set includes one vocal CD, “Dancing With Joy: Fourteen Steps to Joy!”, “Joy in the Moment” & “Breathe in Joy!” Musical Meditations CDS. In combination with “Nurturing Music, Oils, Massage”, we take one step at a time, in our 14 Step “Journey to Joy” with 14 “Blessing and Blends” Oils for conducting higher vibrations of light into the body with the gift of aromatherapy.

LEVEL IX: DANCING WITH ABUNDANCE!

“Journey With Joy!

***Begin with the End Result in Mind by Raising Your Vibration to
Prosperity and Success!* by Karyn Grant, LMT, VAMT- 4 Hour
Workshop –\$250.00**

In the “Dancing With Abundance! Workshop, we are freed to identify our “scarcity beliefs” whether they be emotional, financial, etc, we discover that “misbeliefs” can be gently transformed into enlightened, positive core beliefs with the “anchoring” gifts of all five senses!

Dancing With Abundance!- 4 cd set includes – 1 Vocal (Heaven on Earth Pure Love Songs for Abundant Relationships) plus 3 Musical Meditations CDS. In combination with “Nurturing with Music, Oils, Massage”, we will gain clarity on the spiraling up process from financial weakness into financial strength and discover what “thought patterns” in our childhood (and after) created patterns of scarcity thinking. The focus on this workshop will be to learn how to identify our sabotaging thinking-behavior and begin creating more of what we do want in the form of opportunities, privileges, rewards and blessings!

LEVEL X: DANCING WITH ANGELS!

Who Will Lullaby The Mothers? by Karyn Grant, LMT, VAMT- 4 Hour Workshop –\$250.00

Begin with the End Result in Mind by Raising Your Vibration to Cherishing Ourselves, Our Loved Ones, Our Children

In the “Dancing With Angels” Workshop, we will be gaining insight into the gift of the ministering of angels here upon the earth. We will be gaining strength in the area of our role as nurturers and ministering angels here upon the earth, as well as our need to receive nurturing from ministering angels.

We will be reminded that “angels” come in many different forms. Our essential oils are “angels” in the sense that they bring healing gifts to us emotionally, spiritually and physically. We will come to comprehend their spiritual properties and value in a whole different light!

Dancing With Angels- 4 cd set includes – 1 Vocal (Dancing With Angels plus 3 Musical Meditations CDS. In combination with “Nurturing with Music, Oils, Massage”, we will gain clarity on the “spiraling up” process as we remember that we are not alone, that angels are dancing on our path every day.

A workshop to remind us that miracles have not ceased, nor has the ministering of angels ceased---essentially, we need to claim their divine assistance every day in our God Given roles as nurturers, providers, homemakers, parents, single parent families, etc. We will continue in our “scripting” and make journaling a tender part of every day....

This protocol, originated by Karyn Grant, has blessed the lives of countless women and is sure to enhance “the joy of nurturing”---as Karyn’s goal of “Women Nurturing Women” continues to move into the hearts, minds, body’s and spirit of countless more!.

LEVEL XI and XII: Arise, Daughter, Victorious!

Arise, Queen, Victorious! Arise, Son, Victorious! (TBA)

by Karyn Grant, LMT, VAMT, The Joy Coach

“Overcoming Victim Mentalities and Moving Gracefully into The Victorious Mentality!”

This workshop will be designed for those who are on the path to achieving a whole new perspective of their divine roles and callings as women! There is “Beauty in the Ashes”! There is “Life and Love After Loss”....and we are claiming it every joyful step of the way! We are moving gracefully through the grief into Joy! Enjoy learning about Queen Esther and how she is The Unsung Heroine, as our Example and Emblem of how we too can claim each victory for ourselves, our husbands, our children and our people! There is a Victorious Spirit in each one of us!

**FOR MORE INFORMATION go to www.karyngrant.com or
call Karyn @ 801-427-1047**