

## Healing

### *The Energy Healing Chamber*

The Chamber contains 5th dimensional technology that generates *Scalar Waves*. These unique 'waves' or energy fields are designed to enhance the body's capacity for optimum health and well-being.

*While you sit or lie in a comfortable, peaceful setting, the Chamber generates multiple life-enhancing energy fields to:*

- enhance your immune-system efficiency,
- detoxify and provide relief from your pain,
- activate cell regeneration in your body,
- elevate moods and increase energy levels
- enhance meditation, assist in balancing right and left hemispheres of the brain, and...
- heighten awareness or consciousness.

**“Installing the Energy Healing Chamber in my home-office was one of my life’s biggest challenges. Yet, it was easy and clearly driven by the Universe. It is by Grace that we all benefit from its likeness to Our Genuine, True Nature.” CA**

**“Making this available in Toronto, to the many appreciating a unique connection with their higher self, has been very gratifying. This process must be experienced. No words can explain what you will experience as you explore your own true self within.” MG**

*“Mobilizing attention and intention”*

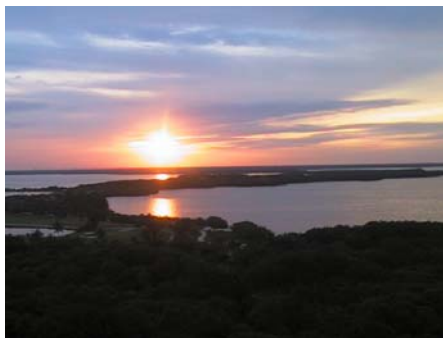
## Emotional Releasing

### *Radical Awakening*

is a counseling process, designed by Yukio Ramana, after the Saint, Ramana Maharshi, to heighten awareness of “Our True Nature” integrating both Eastern and Western modalities. Radical awakening quickens the process of therapy by releasing emotional patterns locked within the body from this and other lifetimes.

*The process of Radical Awakening is facilitated by Shanti Devi. It is a dialogue unfolding spontaneously in a meditative state between her and the participant.*

This process is used to relax you, to expand your awareness level, to access your core state, to dissolve and heal emotional patterns and to build your level of awareness – with the intention of lastingly empowering you to live in and experience the present moment.



*“Delving into the depths of consciousness”*

## Rejuvenating

### *Kundalini Yoga*

Kundalini yoga is a specialized form of a transformational yoga; taught by Shanti Devi, a certified Kundalini yoga teacher. Out of the 22 recognized techniques, Kundalini is one of the most powerful, dynamic and effective forms.

Employing simple techniques anyone can practice, Kundalini Yoga stimulates the potential for optimal health and a radiant sense of well being. When the body and mind are at ease and become one, a true body-mind connection appears. This link allows your inspiration to flow and peace of mind to be realized, with positive effects noticeable almost immediately.

Group and Private classes are ongoing.



*Shanti Devi combines these three modalities for you in a unique manner using knowledge, skills, right attitude, patience and precious timing to help you become the best you can be.*

*“Being in the silence”*

Soon to be published:

## UNIVERSAL PRINCIPLES FOR CREATIVE LIVING

1. *YOU CREATE YOUR OWN REALITY*
2. *YOUR BODY IS YOUR TEMPLE*
3. *DO/BE WHAT YOU WANT TO DO/BE or  
Do Be, Do Be, Do...*
4. *KNOW THYSELF – thy True essence*
5. *LET GO, LAUGH and LIGHTEN UP!*
6. *COMMUNICATE and KEEP THE  
DOORS OPEN...*
7. *ACCEPT, ALLOW and APPRECIATE  
YOURSELF EXACTLY AS YOU ARE...*



*Go easy on yourself! You are a child of the  
Universe! You deserve the very  
BEST!*



**Shanti Devi** has lived many lifetimes in this one. Her initial experiences while seeing the Russian tanks role in, as a child of Hungarian parents, during the Hungarian Revolution of '56, started her on a quest for Peace on Earth.

It is this quest that has taken her on a career of over 30 years of relentless occupation and volunteering in the service of families, children and needy people in both the public and the private sectors. It is this search for Peace, that took her to High Park for over 7 years, through the 90's, creating Annual Peace Festivals and *bringing awareness to a great need for all of us to work and play together and to live as ONE.* This is her dream: Being One, that we love each other as ourSelves, as children of All That Is.

**Catherine Allon**, BSc., MEd., also known as **Shanti Devi**, is a pioneering thinker and innovator, a holistic psychotherapist, a facilitator of the Radical Awakening Process, a Kundalini Yoga teacher, a spiritual advisor, a personal coach, a mother, and a joyful grandmother.

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**Website: www.energyawakening.com**

## *Shanti Devi*



*Come...*

*Be in the silence...*