

Transformational Workshop Sampler

Michael Ellison, Ph.D.

What follows is a list of possible workshops. In each case the workshop can be adjusted in size and scope to fill the needs of your organization or institution. Workshops combine sharing information for new perspectives, guided journeys (meditations), and experiential tools to assist anchoring in new possibilities, energies, and paradigms. Any of the workshops below could be anywhere from 1 hour to a 6 hour series. Talk to me about your needs and we will design a workshop program to suit your community. If you have any questions please feel free to text, call or e-mail me at:

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Michael Ellison, Ph.D. As a body/energy worker for more than 30 years as well as a teacher, director/choreographer and performer, Michael has explored on many levels what it means to be a spirit in a body. He is a graduate of Orin and DaBen's "Awakening Your Light Body" course as well as graduate light body "Landscapes of Consciousness" courses. Michael is a Reiki Master who has also studied Crystalline Consciousness Technique (CCT). He has worked with the Minnesota Aids Massage Project and at Pathways Health Crisis Resource Center to facilitate releasing of blocks and physical integration, encouraging individuals to find their own unique ways of bringing light into everyday life. He has worked across the United States, in Canada, Denmark and The Philippines both in person and remotely to assist people in integrating body, mind, heart and spirit. An Associate Professor Emeritus in Theatre at Bowling Green State University, his home in Toledo, Ohio is HeartWays: A Space for Healing. All of his work is dedicated to: * serving the highest and greatest good for all & * giving clients & workshop participants transformational tools to take w/them.

The Miracle of You

Clear away the debris of old limiting beliefs and patterns of behavior.
Say YES to ALL of who you are.

- **The power of witnessing.**
- **The magic of process**
- **Models of wholeness**
- **The wonder of constellation light**

Embodying Light Workshop

Exercises from the Soul for the Voice & Body

Michael will facilitate embodying light with specific exercises regarding:

- **Merging Polarities**
- **Releasing Old Forms**
- **Letting Go of Attachment**
- **Living in the Present Moment**

An exploration of guideposts to assist you in finding YOUR OWN WAY(S) to redefine who you are and what is possible you, for the only person that can define or redefine what is possible for you is YOU.

De-Stress Your Life

Explore techniques for relieving stress at home, work, play or in your car.

Live with greater ease and flow. A workshop of Relaxation Resources, including:

- **Breathing techniques**
- **Simple techniques for release of physical tension**
- **Guided Imagery**
- **Personal Stress Management**

The emphasis is on specific skills, techniques, thought patterns and the reframing of old beliefs you can apply to your daily life.

Cosmic Reset: Trusting Transformation

Explore techniques for releasing into the expansiveness of The Cosmic Reset as we are shifting from The Piscean Age to the Age Of Aquarius

A workshop of Cosmic Resources, exploring:

- **Breathing into our expansiveness**
- **What this shift represents**
- **What makes it a “Cosmic Reset”**
- **Letting go of old patterns of control and “figuring things out”**
- **Embracing FLOW as a primary tool for transformation**

The emphasis is on thought/feeling/sensing patterns and releasing attachments to old outmoded beliefs that have held you back.

Sound as a Source of Transformation

Explore techniques for utilizing the vibrations of sound to shake up and release stuck energy. A workshop of Sounding Resources, including:

- **Breathing techniques**
- **Humming, including humming hugs**
- **Toning**
- **Tuning forks**

The emphasis here is on sounding, listening, attuning to vibrations within and around us in order to release tension, be more fully present.

Energy Makeovers:

These “playshops” are designed to help you bring yourself up to date with who truly are NOW. Often we remain so attached to the past or to some imagined future that we do not truly claim the enormous power of THE PRESENT MOMENT. These workshops can help you consciously clarify who you are now and to claim the present moment as the **point of maximum potential**. The workshops are powerful individually or offered as a series. (90 minutes to two hours per session recommended)

Reclaiming Your Past

Redefine your relationship to the past. Updating old energetic patterns through

- **Rewriting history**
- **Clearing old patterns and beliefs**
- **Forgiving the past**
- **Releasing the past**

Claiming Your Future

Redefine your relationship to the future. Fine tuning the future through:

- **Attuning to future**
- **Setting free your vision of the future**
- **Expanding into the future**
- **Jumping into possible futures.**

Claiming Your Present: The Power of NOW

Redefine your relationship to the present through exercise and meditations which

- **Lead participants out of old constraining models, habits & belief systems**
- **Claim the present moment as the moment of infinite possibilities**
- **Claim the potential and potency of the present moment**
- **Practice attuning to which paths resonate most with your truth**
- **Embracing breathing as a tool for “present-ing”**
- **Embrace the present moment as the springboard from which all things are possible.**

Who Do You Think You Are NOW?

A playshop focused on reconceptualizing the present moment from MANY points of view (all of them yours), embracing the facets, aspects and contradictions of who you are. Tools for transforming the notion of “Who do you think you are?” right NOW while connected to the past and envisioning the future!