



SoulStar Healing Arts

Deborah Shields
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Paradigm Shift Yoga
Ancient wisdom, modern tools

The Problem: Troubled times wreak havoc with emotions

Do you get the sinking feeling we're all just rearranging deck chairs on the Titanic?

- Financial experts admit that with a global economic collapse we're in "uncharted territory."
- Scientists report that 25% of the world's mammals are threatened by extinction.
- Earth's magnetic field is weakening, but her vibratory frequency is accelerating, leading some experts to predict a coming dimensional shift.
- The magnetic field of the sun has increased 230% since 1900, generating more intense solar flares and heightened celestial electricity.

That's four core systems out of kilter. No wonder we feel wobbly. No wonder some of us are silently chanting "Beam me up Scotty!" Add to that: the darkening effects of the End Times narrative on our collective psyches and the unnerving prospect of the culmination of the Mayan Calendar in 2012. No wonder many are expecting, if only unconsciously, for this upheaval to shatter all that we know.

The Answer: Paradigm Shift Yoga

Paradigm Shift Yoga is a spiritual fitness program----- simple, gentle, powerful, mystical, and ancient. Your Soul's Guide to evolving your light body. Learn to:

- Downshift to a more relaxed, integrated energy signature where joy is your constant feeling.
- Get a tangible feel for how cosmic rhythms move through you and how to adjust them at will.
- Breathe life into your energy field.
- Sharpen your ability to safely receive high-voltage celestial information for fast track fulfillment.



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You'll learn a system of soul-care showing you how to:

- Comfortably negotiate turbulent times
- Access at will a parallel universe of peaceful stillness
- Finess the 7 essential elements as they filter through your energy system to fuel your biofield.
- Gather our collective energy together to create a more powerful force field of energetic stability
- Honor the GREAT MYSTERY through ceremony.
- Become responsible galactic citizens through *Sacred Service Meditation* anchoring blessings of hope, breath, love, compassion, expanded soul awareness, integration of matter into spirit and unity consciousness from our local star systems.

Sign up for the workshops at www.deborahshields.com.

About the Instructor

Deborah has practiced yoga for over 35 years and has been teaching it since 1995. She developed Paradigm Shift Yoga as the cornerstone of her healing arts practice because it awakens in her students the ability to heal themselves and take charge of evolving their own consciousness in a safe, systematic way.

Deborah also serves as the Northwest Regional Coordinator for the Association of Comprehensive Energy Psychology, an international nonprofit organization of licensed mental health professionals and allied energy health practitioners dedicated to developing and applying energy psychology methods for the treatment and relief of those suffering from emotional challenges.