

# DR. SUE MORTER

*Bridging Science, Spirit, and Human Possibility*

Hello, Welcome, and Namasté,

Thank you for saying “Yes” to yourself by engaging in The Energy Codes Workshop at Omega this June. I look forward to meeting, getting to know you, and sharing some amazing time together. I also look forward to being in the natural beauty of the Omega Campus and amongst the wonderful team there. And mostly, I look forward to introducing you to a new way of approaching your life and your exchanges in it.

In all of creation, everything is energy, and energy vibrates at different frequencies. Emotional states and mental dispositions determine our experience in life one way or another. Our charge is to learn to shift the vibrations consciously so that we can have the life experience we choose.

Rather than being caught in the dramas of life through our filters and misperceptions, we will learn to transcend that level of Consciousness by working underneath it with the fundamental energetics behind the scenes. We will learn how to manage the raw energy as it flows through the body, and as it flows through our lives. Through the use of some specific breath work and Nervous System Re-patterning, healing will happen; resolutions will happen faster; manifesting will occur with grace and ease without limiting beliefs getting in the way; and you will begin to experience yourself from an entirely different level of empowerment.

Please copy and paste the link below in your web browser to visit your resource page and download some material to brief yourself on some basic practices that we will start with:

[http://www.drSueMorter.com/coursework/levelone/omega-ec1/?inf\\_contact\\_key=b12d12ae836e4615c821bea4bef0499fa0927359bebe43a82c023a5f3e5ec97d](http://www.drSueMorter.com/coursework/levelone/omega-ec1/?inf_contact_key=b12d12ae836e4615c821bea4bef0499fa0927359bebe43a82c023a5f3e5ec97d)

This will help acclimate you, and help you get the most out of our experience together.

Wear comfortable clothing that you can move in easily, and wear layers, as you may run warm or cool given some of the exercises we will do. There is no need for any other particular preparations prior to our gathering.

We will dig right in and cover much. I look forward to sharing a new dimension of the Conscious Self with you.

Many Blessings,

*Dr. Sue*

DrSueMorter.com