



How to Talk to Trees North America Tour

Each class offered enriches the lives of your clients by increasing their communication and trust within themselves, and their communication and awareness with others. It is a great combination for empaths to support them in recognizing their abilities as gifts and being able to manage them, creating a more fulfilling and joyous life. While building the foundations to “learn to talk to trees”, these classes are a wonderful combination that also teach understanding and skills that can serve everyone in their journey to the self.

How the program works... You have options!

The whole program starts off with what started it all, the **Trees Talk**, building interest in the class series and igniting the passion that having a connection with nature brings us all. After the introductory experience, all five classes are available over the span of a week at individual prices for those only interested in just a few classes or a package price for those wanting to do the certification or condensed into a 2 day workshop with the TreesTalk done the day before the workshop starts. (3 days total). All those who attend all 5 classes receive a certification stating that they are certified to talk to trees!

Class 1 - Bodily Sovereignty – The Basics. Become aware of what you intake everyday and where it comes from.

Class 2 - Working with Your Guides. Understanding that you are not alone on your journey and build a conscious line of communication with your support team.

Class 3 - Tapping Into Your Natural Abilities. Recognize your natural gifts and how they can serve you in your everyday experience.

Class 4 - Intro to Channeling. Learn to trust what you get intuitively and on an energetic level.

Class 5 - Talking To Trees. Connect with the trees themselves! Guided practical exercise pulling together the lessons learned throughout the week.

1. The I Want to Talk to Trees! Package - How to talk to Trees. I get lots of people asking me, “Sandra, how can I talk to trees too?” Well, there are some basic foundational things you can do to open yourself up to the possibility. Presented in 5 classes.

2. The Empathics Choice Package- Pick and choose any classes from the program you wish and simply offer those!

3. The Symbiosis Combo - A combination of any of these with other add-ons like a meditation, one on one readings or coaching sessions or one on one or group facilitation sessions





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The Class Descriptions for Certification

TreesTalk

Sandra's TreesTalk has been trending on TikTok! Come see her in person!

She has a very special gift; she can connect and converse with trees much like she connects and communicates with others.

Over the last decade or so a lot of science has come out about the sentience of trees and because of this, a lot of focus is being placed on tree conservation and how we can support the trees. As we are becoming more and more aware of the consciousness of trees and our connection to them it is time to hear what the trees have to say. How do they feel about the world at large? Do they have ideas about how to live in harmony with nature? Do they like dogs?

Come join Sandra as she takes a walk through the park and relays the messages the trees wish to share, helping participants to connect with the trees and find a little balanced harmony with the world around them. Held in a nature setting.

Bodily Sovereignty – The Basics

This class will provide an introduction to the concept of bodily sovereignty and its importance for personal autonomy and how it serves empaths in understanding who they are. Participants will learn how to listen to themselves.

Throughout the class, participants will engage in discussions and activities that will help them develop a deeper understanding of bodily sovereignty and its significance in their personal communication system and how to listen and understand what is being communicated.

At the end of the class, participants will leave with tools to support them in being able to recognize what belongs to them as well as what doesn't.

Most importantly, participants will learn how to stop taking on others energy and issues as their own as well as a different way to support those around them.

Working with Your Guides

This class is designed to help participants connect with and work with their spiritual guides. The course will explore different types of guides, including angels, ascended masters, spirit animals, and ancestors, and others. It will provide techniques to develop and deepen participants relationship with their personal guides.

The class will begin with an introduction to spiritual guides and their role in our lives. Participants will learn how to communicate with them through meditation, visualization, and other spiritual practices.

Throughout the course, participants will be guided through exercises to help them develop their connection and trust, allowing them to receive clearer messages from their own guidance. They will also learn how to work with their guides to manifest their goals and intentions, as well as how to receive healing and support from them.

The class will also cover topics such as awareness of energy, setting boundaries, and discerning the guidance they receive from their guides. Participants will have the opportunity to connect with other students, share experiences, and receive feedback from the instructor.

By the end of the course, participants will have a deeper understanding of the spiritual realm and their connection to it. Participants will have developed a stronger relationship with their guides and understand how to work with them in daily life to achieve their spiritual, personal, and professional goals.





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Tapping Into Your Natural Abilities

This class is designed to help participants identify and tap into their natural spiritual abilities, talents, and strengths. The course will focus on practical techniques and exercises that will enable them to develop and enhance their unique skills.

The class will begin by introducing the concept of natural abilities and how they differ from learned skills. As a class, participants will take time to identify their own natural abilities, and then Sandra, with the help of participants guides will guide them through exercises and activities to help them develop and enhance these abilities further.

By the end of the course, participants will have a deeper understanding of their natural abilities and how to work with their guides to further develop and integrate them. Participants can plan to leave with a personal plan of action to explore more about their individual gifts, how these gifts can support them in their day to day life, and why they have them at this time.

Intro to Channeling

This class is designed to provide an introduction to the practice of channeling. The course will explore the concept of channeling, its various forms, and provide techniques to help participants connect with those beings of light that share a mutual desire to connect.

The class will begin with an overview of channeling and its purpose. Participants will learn about the different types of channels, such as automatic writing, trance channeling, and psychic channeling, and their unique characteristics. They will also learn about the benefits of channeling, including personal growth, healing, and spiritual development.

Throughout the course, participants will be guided through exercises and meditations to help them develop their channeling abilities. They will learn how to connect, receive, and discern messages through various channels. The course will also cover techniques to increase accuracy and trust in the messages received.

The class will also cover topics such as setting intentions and grounding before and after channeling.

By the end of the course, participants will have a deeper understanding of channeling and its various forms. They will have developed a stronger connection with the self and be able to channel messages and guidance to support their personal growth and spiritual development.

Talking To Trees

This class is designed to use the tools learned in the four other classes to connect with nature on a deeper level, specifically with the trees. The course will explore the communication and energetic exchange between humans and trees.

Participants will learn about the spiritual and energetic aspects of trees and how they can support personal growth and wellbeing. Participants will also get a sense of the benefits of connecting with trees, including stress reduction, increased creativity, and a deeper sense of connection with nature, and of course, communication.

In this experiential course, participants will be guided through exercises to communicate with trees, learn how to sense trees energy, connect with their spirit, and receive messages from them. Participants will also practice giving back to trees through energetic exchanges and other practices.

At the end of this course all participants of the full program will a receive certificate stating that they are officially certified to talk to trees.





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Symbiosis Add-Ons Meditations

Live Meditations

Meditation is one of the best practices for changing your world. Join Sandra live for a small talk and meditation. Whether you are new to meditation or a seasoned Guru, there is something for everyone with these meditation presentations. There are several to choose from. Options Include

- The Tree Meditation
- The Cord Cutting Meditation
- The Transmutation Meditation
- The Crystalline Grid Meditation

All 4 are part of the energetic hygiene series of meditations by Sandra.

Painting Meditation

Relax, sit back, and let go with the power of meditation and art! Bring your friends and let's get creative! In this painting meditation class, we will explore the intersection between creativity and mindfulness. Painting can be a powerful form of meditation, allowing us to quiet our minds and tap into our inner wisdom and intuition. Through a short guided meditation, we will journey to your peace pool located deep in your 'source seed'. Once there you are guided to make waves in your peace pool allowing the vibrations of peace to ripple throughout your body. This will pull up anything that doesn't match this resonant vibration and allow it to be released as you paint what you see, feel, and experience during this time. Through this process we will learn how to use painting as a tool for self-exploration and personal growth. We will also learn how to approach painting with a non-judgmental attitude, letting go of any expectations or preconceived notions of what our art should look like. By doing so, we can relax a bit more and cultivate a sense of freedom and spontaneity that can lead to new insights and perspectives. Through the act of creating, we will learn to connect with our deepest selves and express our emotions in a healthy and constructive way. By the end of this class, you will have a deeper understanding of the healing power of painting and how to use it as a form of meditation in your daily life. You will also have created a unique piece of art that represents your inner journey and serves as a reminder of the transformative power of creativity to take home with you! All painting supplies provided. Dress comfortably in clothes that could use an accidental paint mark or two!





Symbiosis Add-Ons (cont.)

One on One with Sandra

Trance-Channel Reading

Getting a reading with the Ascended Masters is like unlocking the secret express elevator to what you are really searching for. Sandra's readings are a type of spiritual guidance that involves connecting with the Ascended Masters, highly evolved beings who have mastered the physical plane and ascended to higher dimensions of existence. The Ascended Masters are teachers, guides, and healers who have a deep understanding of the universe and can offer insights, guidance, and healing to those who seek their wisdom. Sandra acts as an intermediary to The Masters, providing information relating to one's spiritual journey, life path, relationships, or any other area of their life that needs guidance.

The ascended masters may offer advice on how to overcome challenges, make important decisions, or tap into inner strength and potential. They may also provide healing and support, helping to release negative emotions and patterns that may be holding one back from living their fullest life.

Coaching Sessions

Come see how Sandra's unique blende of coaching, guiding and love can help shift your perspective and your way of life!

Facilitations

Facilitation modalities are a way to receive help in your own healing. No one can do the work for you, no one can heal for you, only you can do that but sometimes we need help in communicating with ourselves, sometimes we need someone to facilitate the process. That is where Sandra comes in. Through Facilitation and teaching Sandra uses empowerment practices to hold space for you to become your best Self and follow your greatest joy. Let Sandra support you as you face your personal challenges and take them head on. Session work is one of the best gifts you can give to yourself. Think of it as a self-care super boost sending messages to the body that you are listening and ready to do something about whatever is going on. Sessions with Sandra tend to be relaxing, insightful and filled with support for whatever you are choosing to face that day.

Sessions are 1 hour or 1 ½ hour

Reiki Sessions

Traditional Usui Reiki combined with Karuna Ki and other forms of Reiki. Used to clear, heal and strengthen the connection to the body and your connection to life.

7 Rays Healing with the Ascended Masters Sessions

Using the 7 color rays of light, and working with the Ascended Masters, take a journey through your personal healing facilitation. Highly recommended for those who want a supercharged boost to their personal healing practice.

Brain Tapping Sessions

Sandra's very own healing/facilitation modality. Understanding that all things begin in the brain with just a thought, Brain Tapping goes to the source of any issue; the very definition that created the trail. By changing the definition, and the thought that created the circumstance, you can literally rewrite the code that makes up your world. Dive deep with Sandra as, you recreate your world, and heal yourself from the inside out.





Symbiosis Add-Ons (cont.)

Certifications

Want to learn how to facilitate for others? Want to take your personal healing to a whole new level? Just want to understand the ins and outs of how it all works? Take a class! Sandra is proficient and able to teach all the modalities listed below.

Usui Reiki Courses

Created by Dr. Usui himself, this is a fantastic foundation for your healing and facilitation practices. Throughout this three class offering, learn to

1. Heal yourself
2. Facilitate others in a supportive and productive manor
3. Go deeper into the amazing world of facilitation and healing through the symbols themselves
4. Determine what you can create with the symbols
5. How to pass these gifts onto others

There is no prerequisite for level 1

Usui Reiki Level 1 – 1 day/8 hours – Working on the self

Usui Reiki Level 2 – 1 day/8 hours – Working on others (*must have Reiki 1 to participate. Reiki 1 does not have to be completed through Sandra but is helpful*)

Usui Reiki Level 3/Master – 2 days/14 hours – Master Level/Teaching (*must have Reiki 1 and 2 to participate. Usui Reiki 1 and 2 do not have to be completed through Sandra but is helpful*)

Karuna Ki Reiki Courses

Described by many as a rocket booster for Usui Reiki, Karuna Ki dives deep into the heart of the matter with more symbols, more ways to use and amplify energy and powerful healing possibilities. **Note: It is not necessary to have taken Usui Reiki to participate. There is no prerequisite for level 1.*

Karuna Ki Reiki Level 1 – 1 day/8 hours – Expanding Awareness

Karuna Ki Reiki Level 2 – 1 day/8 hours – Continuing the Work (*must have Karuna Ki Reiki 1 to participate. Karuna Ki 1 does not have to be completed through Sandra but is helpful*)

Karuna Ki Reiki Level 3/Master – 2 days/14 hours – Master Level/Teacher (*must have Karuna Ki Reiki 1 and 2 to participate. Karuna Ki Reiki 1 and 2 do not have to be completed through Sandra but is helpful*)

7 Rays Healing with the Ascended Masters Courses

Using the 7 color rays of light, and working with the Ascended Masters, take a journey through your personal healing facilitation. Highly recommended for those who want a supercharge to their personal healing and public facilitation practice. Gain tools like “Energetic Lysol” and an “obliterate button”. Create lasting relationships with a select few Ascended Masters which can lead to a supportive and creatively powerful rebuilding of your perspective on life and where to go from here. These are each 1 day courses. (*There is no prerequisite for this course*)

7 Rays Healing with the Ascended Masters Course – 1 day/8 hours – Learn to work with the Masters using Rays of light to heal yourself and to facilitate healing in others.

7 Rays Healing with the Ascended Masters Teachers Course – 1 day/8 hours – Learn to master this amazing modality. (*You must have taken 7 Rays Healing with the Ascended Masters Course to participate in this class*)





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Symbiosis Add-Ons (cont.)

Certifications (cont.)

Brain Tapping Courses

Sandra's very own healing/facilitation modality. In this course you will learn how everything is connected to how it is perceived by the mind and what that has to do with our personal path, our perception of ourselves and how it affects our inside and outside worlds; gain the tools necessary to shift your body, your mind and your emotions into a world you are passionate about and that can bring you to your greatest joy. You will also receive instructions on how to use these tools to facilitate others to do the same *(There is no prerequisite for this course). * No teacher course exists at this time for this modality.*

Brain Tapping – 1 day/8 hours. – Learn how to rewire the brain to heal, reshape and build your world for your personal preferences.

Contact Sandra Now!

All classes, facilitations, workshops, certifications, and one on one sessions are available to be hosted in your shop, home or space! Contact Sandra today to schedule!

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Or visit our website at www.thewanderingspiritualist.com



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