



# Recreating Eden: Heading for Home

*a workshop with Julia Rogers Hamrick, author of*

## **Recreating Eden**

The exquisitely simple, divinely ordained plan  
for transforming your life and your planet

**Sunday, Nov. 7, 2004 1-5 pm**

**PHOENIX RISING**

**9215 Monroe Road, Suite 130, Charlotte, NC 28270**

**\$35 in advance; \$40 day of the event**

*Julia will also be speaking just prior to the workshop at the New Directions Community Church morning service, 11:00 a.m at Phoenix Rising*

It's time at last to head for Home—not to some distant planet, but our true Home right here on Earth. We were created to thrive in “Eden,” the magnificent reality state described in the sacred texts of many religions, but for eons, humanity has been mostly absent from the Paradise matrix. We are currently operating in a lesser, fractionated reality where we can never find the harmony and peace our souls long for because it is simply not a feature of the matrix we now inhabit. But our original Whole, harmonious state, Eden, is still as vital, viable, and available to us as ever and is accessible *by virtue of the choices we make.*

As Lightworkers, our sacred mission is to return Earth to the higher reality that originally manifested here. *Regardless of your specific individual role, recreating Eden is your overlighting purpose.* And it is not the complicated and overwhelming task it may at first seem. It does, however, require consciousness and commitment—a commitment to making your own life joyful and harmonious! This workshop will show you the extremely simple mechanics of how the re-manifesting of Heaven on Earth is designed to unfold in an exponential way when even a few of us choose to commit ourselves to recreating Eden.

In this rich 4-hour experience, you will learn:

- To shift from a focus on merely trying to survive this treacherous world to a focus on joyously creating a world where suffering is non-existent (and *yes*, it really IS possible!)
- How to recognize behaviors and attitudes that keep you stuck in the schema for disharmony so you can choose differently
- Easy techniques for raising your frequency *instantly*
- What your Qualities of Origin are and how utilizing them will put you back in Eden
- How to keep your focus on the higher reality you were born to inhabit despite the siren call of the lower-frequency world
- How to deal with the “cleansing crises” that sometimes come with an increase in frequency
- How to recognize the voice of your all-wise Spirit...and SO much more!

*In addition to being an instruction in recreating Eden, this workshop will serve as a re-dedication and re-commitment to that which you “signed up” to do by incarnating on Earth at this time.*



Julia Rogers Hamrick is a visionary and spiritual teacher who has been designing and facilitating spiritual growth experiences for over two decades. Julia is known for her lively, authentic, open-hearted style and ability to present even the most complex concepts in a simple, easy-to-grasp way. The author of *Recreating Eden: The exquisitely simple, divinely ordained plan for transforming your life and your planet*, Julia spontaneously re-visited Eden in 1982 as the result of the naïve thing she did in response to a problem she could not solve in the ordinary human way and has dedicated her life since to shining a light on the path back to Eden. A native of North Carolina, Julia is currently based in Denver, Colorado. You can find out more about Julia and *Recreating Eden* at [www.recreating-eden.com](http://www.recreating-eden.com).