

You are invited to be part of a very special weekend devoted to

Increasing Your Tolerance for

JOY

with **JULIA ROGERS HAMRICK**, *author of* **Recreating Eden**

Everyone longs for more pleasure and less pain in their lives, but did you know that there is no greater service you can perform for the planet than to be authentically joyful?

In this tumultuous world, joy is a fleeting, conditional phenomenon for most of us, but joy is *not* a magical, unpredictable state—we can choose joy! And learn to stay in joy longer and longer! Increasing our tolerance for joy is not just the way to make our own lives vastly more pleasurable and to magnetize all that we desire, it is the way to raise the frequency of humanity so as to make Planet Earth's transition easier for all.

In our 2-day experience together, we will co-create an uplifting evolutionary synergy, explore ways to increase our capacity to sustain joy in our everyday lives, and practice utilizing our Qualities of Origin while immersed in the splendor and nurturing energy of Mother Nature.

MAY 13 7:30 pm *Free* introductory talk “**Why the World is Depending on Your Joy**” with *Recreating Eden* booksigning at the home of Rigsby Frederick, Baton Rouge, LA (call for reservations and directions)

MAY 14-15: 2-day co-creative experience “**Increasing Your Tolerance for Joy**” in St. Francisville, LA, at Shadetree Inn and Hemingbough \$144 (includes lunch both days)

\$44 deposit holds your place, balance due at registration. Deposit non-refundable after May 6. Visa, MC, personal checks accepted.

For event reservations, info. on lodging, or other logistical matters, contact Ellen Kennon by phone 225-635-0042 or by email: ellen@ellenkennon.com

THIS IS A NOT-TO-BE-MISSED, TRAVEL-AS-FAR-AS-YOU-HAVE-TO EVENT!

A message to you from Julia:

Our JOY weekend in South Louisiana promises to be very special indeed. We've been invited by internationally-known artist, Rigsby Frederick, to have the introductory talk and booksigning on Friday night at his gorgeous Baton Rouge private residence, which showcases a museum-quality collection of fine art. Our 2-day co-creative experience will be set in St. Francisville, on the bluffs overlooking the

Mississippi River, where travelers come from all over the world to enjoy the area's lush, natural beauty and gorgeous antebellum homes. Tourism has given rise to an amazing collection of bed and breakfast inns for such a small town, so there are charming accommodations available for us out-of-towners. Our host, Ellen Kennon (well-known interior designer and formulator of her wildly popular Full Spectrum Paints), says the community is excited to welcome us with the kind of gracious hospitality the South is famous for! Saturday's session will be held at lovely Shadetree Inn, and Sunday's, at the breathtaking Hemingbough.

My guidance says that this weekend will be far more than the sum of its parts—and its parts are pretty phenomenal! The natural beauty of the setting and our conscious communion with nature, the warm welcome of the community, the experience of co-creating an evolutionary synergy, and, of course, the time spent with kindred spirits would be enough to qualify this as “not to be missed.” But what I have to offer you, both through channeling higher wisdom, and through experiences designed to raise our frequency and open up the potential for a more joyful life, will be pretty special, too! And there is one more vital aspect of note: St. Francisville sits atop a vortex of feminine energy, which will amplify our experience of joy, as well as the profound effects our joy will have on the planet! *I truly believe this weekend will be a turning point for all of us.*

Please take this into communion with your Spirit and see if you are meant to be part of this magical weekend. I'd love for you to be with us!

In Joy,

Julia

P.S. Reading *Recreating Eden* in advance of the weekend is not a requirement, but will greatly enhance your experience!

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To learn more about Julia Rogers Hamrick and **Recreating Eden**, visit www.recreating-eden.com

Here's where we'll be increasing our capacity for joy! All the photos are of where our sessions will be, except for the one of the plantation house, which you can visit, along with other area attractions, if you are available prior to or after the weekend..

