

A Saturday Afternoon of Self-Discovery
with Catherine Allon and Gregory Ashid Possman



May 16, 2026. 2pm to 5pm
The Rising Sun Metaphysical Store,
10330 Yonge St, Richmond Hill,
ON L4C 5N1, Canada. (905) 884-3362

The mind that turns ever outward will have no end to craving
Only the mind turned inward will find a still point of peace.
~ Den Ming Dao.

**Are you ready for a Journey of
Self-Discovery and Fulfillment?**

Join Catherine and Gregory to:

- Fulfill your reason for being on the planet.
- *Raise your awareness and connect with your soul to guide you through the future.*
- Release your fear and anxiety while breathing in peace, harmony and calm.
- *Release old beliefs, habits and attitudes.*
- Learn to love yourself more deeply and give your monkey-mind a break.
- *Release your sadness and disappointment.*
- Enliven and restore your enthusiasm for life.
- *Enhance your meditation practice and more...*

Breathwork

Breathwork brings you into the present, while helping you to let go of your past and release your worries about the future. Catherine shares tools to balance and integrate your body, mind and spirit while energizing your whole system.

A Shamanic Journey

Gregory channels a Master from beyond the veil who will lead you through a journey in the world between worlds. You may experience your true self and your greater meaning in life, bringing you through some of the most beautiful wonders of nature, seeing your deeper truth and uniting with your inner self.

Guided Visualization

Meditation

Catherine will guide you into deep soul communication to heighten your awareness and help you to raise your energies. Are you ready for an awakening to your true essence of being, your eternal self? *Experience all of this through participation in spiritual exercises in a natural environment, where you will be safe and supported by your guides and like-minded spiritual people.*

Your Guides on this Spiritual Journey

Gregory Possman, BAdmin, PhD, (known as Ashid) is a psychic trance channel, bringing messages from over 40 entities. He is an author and leads spiritual workshops. He may be contacted at **(828) 773-4228** or by email at

Website: <https://www.gregorypossman.com>

Author: Future Vision and Wounded Healers.

Catherine Allon, BSc. M.Ed., (aka known as Shanti Devi) is a spiritual psychotherapist, Kundalini Yoga teacher, a personal coach, and an author. She may be contacted at **(416) 694-0232** or by email at

Website: <https://www.energyawakening.com>

Author: Be Free Here and Now, the Art of Universal Living

Suggested donation: \$89.00 (at the door)
Contact Catherine to register at (647) 223-2540