

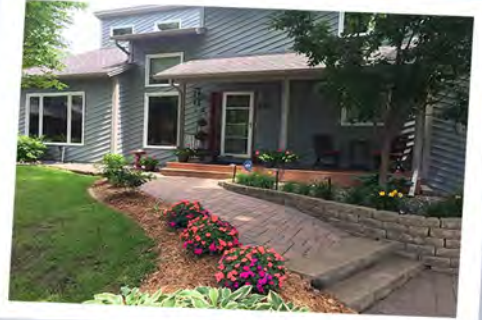
NatureScaping - A Mindfulness Outdoor Experience

A Message from Carolyn

Welcome to Gateways to Brilliance. All activities will take place on the land called Healing Places and Spiritual Spaces and The House of Joy.

NatureScaping - A Mindfulness Outdoor Experience was created because I am passionate about cultivating conscious environments. One of my greatest joys is sharing custom-curated experiences with others. Mindfulness activities have always been part of my work and extending out into the land was a natural expression for my training in Feng Shui and Sacred Sound. The activities you are invited to interact with have been thoughtfully planned out. Do as much or as little as you want. There is no right or wrong way. Embrace this invitation to open your heart, have a curious mind, a willing spirit, and tap into the wisdom of your soul. As you walk the land, may you feel the healing energies of peace, relaxation, and stillness. Let everything else go and immerse yourself in the energy of nature.

I encourage you to use this handout as your guide for your Mindfulness Experiences. Individual and group experiences are encouraged. I hope you enjoy YOU time.



GATHERING LOCATION



GRATEFUL HEART LABYRINTH



PINE TREE CONTEMPLATION



BUILDING CAIRNS



ANGEL WINGS



PATHWAY TO STILLNESS



STILLNESS



THE BLESSING TREE



THE REFLECTION SWING



WISDOM TREE ENERGY



PEACE POLE



PLANT ENERGY



Gateways to Brilliance

Experience Transformational Ceremonies That Awaken Your Higher Consciousness And Expand Your Inner Light.

To Schedule NatureScaping Experience for your team or group, call or email.

Email: Carolyn@CarolynVinup.com

<https://gatewaystobrilliance.com/>

Cell: 612-325-5162

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SACRED CONVERSATIONS



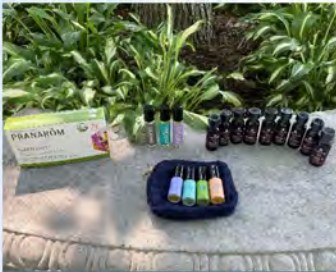
CRYSTAL GRIDS & OM CLOTH



SOUND HEALING TOOLS



FENG SHUI DOWSING RODS



AROMATHERAPY



COSMIC PORTAL



OCEAN JASPER STONES



COLOR THERAPY STONES



ZEN GARDEN



FIRE CEREMONY



INDIVIDUAL EXPERIENCES



ORACLE CARDS



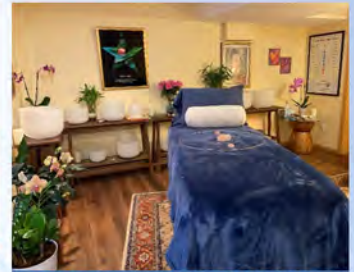
TIBETAN BOWLS



BROWSE RESOURCE BOOKS



SACRED SOUND CHAMBER



SACRED SOUND CHAMBER

Your Mindfulness Facilitator - Carolyn Vinup



Carolyn Vinup of Gateways to Brilliance - Awakening Your Higher Consciousness and Expanding Your Inner Light, has been part of the Wellness Revolution for over 25 years. Carolyn has been practicing Feng Shui for 20 years, specializing in Feng Shui Blessings and Creating Sacred Space in Homes, Offices and Wellness Centers. As a Sound Healing Professional, Carolyn guides spiritual seekers through transformative experiences called Sacred Ceremonies in her Sacred Sound Chamber in Eden Prairie, MN.



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