



## AWAKENING GRATITUDE

To release patterns and move forward  
with ease and grace.

**PETRA AERON LOHMANN**

29<sup>th</sup> May 2011

*Author of*

*Truth, Love, Unity – A Journey of Spirit*

*with*

*Daniel Coates – “Dreamsounding”*



Petra now shares her *Awakening Gratitude Experience* in the form of workshops which in turn are guiding others to reprogram the way their minds work – to shift the habitual negative thought patterns that in many ways keep us stuck on the round-about of modern life and negative thinking.

*“A few days ago, I had the great pleasure of catching up with the man that I first shared my awakening gratitude experience with,”* Petra says. *“He told me that a week earlier he came across the gratitude workbook I gave him in our first session a little over twelve months ago. He had tears in his eyes as he explained to me the experience of change that had manifested in his life and the goals he had been able to achieve in such little time on all levels – spiritually, emotionally, physically and intellectually and that he now realised, looking back on the notes in his workbook, that they came into being because he had simply discovered how to change the way he thought about the experiences that came into his life.”*

Anxiety ruled much of Petra’s adult life. Then, five years ago, at the end of an extremely challenging day, she took up a notebook and pen with the intention of making a list of all the things that she was grateful for. Fifteen minutes passed and not a word was written.

*“That night the lights went on within me,”* says Petra, *“I woke up. My intention was to write my gratitude list, but after fifteen minutes of staring at the blank notebook, I still couldn’t think of a single thing I was grateful for. How could that be, when I had the two most glorious children sleeping only metres away? That was the beginning. An hour passed and five pages were filled, and a peaceful calm settled within me, and from that moment on I began to experience myself as I truly am. I reconnected with my true self – the self I had left behind many years ago.”*



**WORKSHOP – 29<sup>th</sup> MAY, 2011**

**75 Bay Road,**

**Waverton. (opp. Train Station)**

**Cost: \$150**

**9.00am – 4.30pm**

**For bookings contact:**

**PETRA AERON LOHMANN on 0433 323 296 or The Academy 99674425**

## ABOUT DANIEL.

### DANIEL COATES “Dreamsounding”



Daniel Coates spent the 10 years from 2000 – 2010 travelling and searching for knowledge and meaning. His journey took him to all corners of the globe. He studied with healers, gurus and shamens and met many who had been cured of cancer and AIDS in Mexico and Brazil. He learned about healing with hands, herbs, faith, water, breath and most importantly for him, Sound.

In 2006 in London, Dan went for a session of “*Dreamsounding*” Sound Healing with Alexander Massey, an Opera Singer and Shaman from Oxford. The session was very powerful and got Dan out of his head and into his heart for the first time in a long time. As a result, straight after the session, Dan called the love of his life Rosarmy to ask her out on a date. The session moved his fears aside, quieted his mind and all the ways he rationalised why he shouldn’t start a relationship. He realised that *Dreamsounding* was a powerful way for anybody to get out of their own way and into their hearts.

Daniel went on to develop *Dreamsounding* over the next 6 years and has helped many get into their hearts with his resonant voice and musical instruments such as crystal bowls, Tibetan bowls, African drums and Andean flutes. The workshop also serves as a shamanic journey on sound, a chakra clearing using sound and is great way for people to begin to bring out their voice.