

# International Institute of Vibrational Wellness

**Denie & Shelley Hiestand**

6318 Katella Ave.

Las Vegas, NV 89118, USA.

Tel: +1.310.729.6710

Email: [info@vibrationalhealing.com](mailto:info@vibrationalhealing.com)

Website: [www.vibrationalwellness.com](http://www.vibrationalwellness.com)



2010 New Zealand Training

Hello fabulous people!

## Upcoming Seminar Dates in New Zealand:

**VB001: Energy Awareness June 21-25, 2010**

### VB001: Energy Awareness Training

Thank you for registering your interest in our Energy Awareness Training. We look forward to joining you on the greatest adventure into yourself that you could possibly imagine!

Each person who attends our trainings experiences something completely different depending on their background and how they have prepared spiritually, mentally and physically, but we trust that each and every one of you will receive exactly what is right for you and that this experience will propel you forward on your healing path with accelerated awareness. Please see our school brochure for testimonials from others who have attended our trainings.

We have a basic daily outline that we follow but the details do vary from group to group depending on who attends. The morning session is from 9:00am to 12:30pm with a short break in the middle. Then we break for lunch and the afternoon session is from 2:00-5:30pm with another break half way through the afternoon. We then have a dinner break where we will all eat together, then meet up for some lighter activities in the evenings.

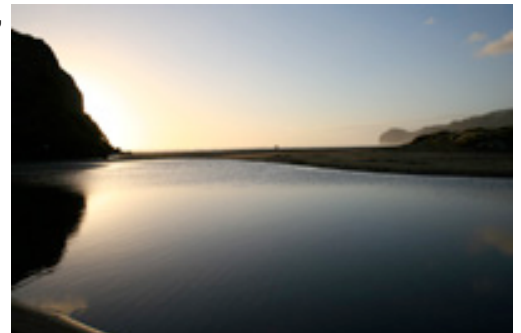
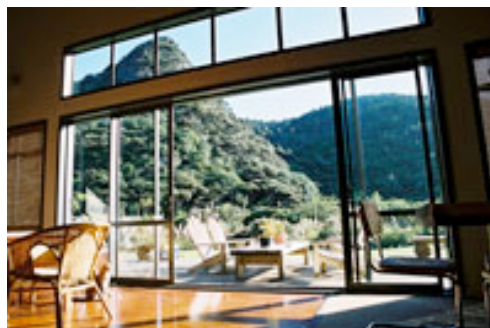
Please use the upcoming weeks before the training to prepare your body by walking and/or running daily, bouncing on your electrically-tuned rebounder (if you have one), dancing (to free up your cells), and eating electrically available food.

### Venue for the Seminars - Piha Beach, North Island, New Zealand:



We have discovered the most amazing venue for our trainings. Very exciting!

We travel all round the world and visit the most spectacular places on this planet but still New Zealand is very dear to our hearts and Piha is one of my favorite locations of all time! I love the native bush, the waterfalls, the black sand beach, the wild waves, and dramatic rock formations, the emptiness of it, and the energy!



We are excited to have found a very reasonably priced venue that we can have to ourselves for the entire training that is private, comfortable, with lots of outdoor areas as well. Check out: [www.pihabeachstay.co.nz](http://www.pihabeachstay.co.nz) (free wireless internet there too). Estimate your cost per night at NZ\$50. VB001: Five Nights (arriving Sun. evening, leaving Friday).

**Confirmation of your Attendance.**

We need to finalize the numbers for both seminars so please send me an email confirmation of your participation ASAP. Space is limited so make sure you register sooner rather than later!

**Payment:**

A non-refundable deposit of \$350 per training is required to secure your placement. Total cost of Tuition is NZ\$1,000.00 (which is great for those people attending from overseas!).

We limit our trainings to 12 people so please send your check as soon as possible to:

Denie Hiestand  
c/o Theresa Paki Paki  
2/22 Septimus Place  
Henderson, Auckland.

Or in America please contact Shelley at 702.789.8653 and you can pay by credit card.

We will process final payments for the tuition and accommodation on the first morning of each training. Tuition is half price for those of you who have attended a training in the past.

**Dates:**

**VB001:** Plan on arriving at Piha on Sunday evening June 20, 2010. We can help arrange transportation if you need it. The seminar will finish on Friday afternoon June 25.

We can help transport you to the airport afterwards too. Just need your flight details in advance.

**Food:**

We will coordinate car pooling to the closest supermarket etc. Please bring enough fresh food with you for the first couple of days. If you are being picked up from the airport we will make sure to stop off at a supermarket on the way to Piha so you can stock up.

**Bedding/What to Bring:**

Full bedding and towels are provided. Bring extra beach towels if you wish. Bring good walking shoes (for the bush walks and beach). Bring a warmer jacket for the evenings, plus inside shoes/slippers/thick socks. And don't forget to pack something for the last night cabaret - something you wouldn't normally wear or haven't worn in a long time. You may want to pack an elegant outfit plus something outrageous so you can choose on the night.

**Directions:**

Will be sent closer to the time.

Thanks!

Hope to see you in June! Please let us know asap!

Shelley & Denie Hiestand  
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### Testimonials from Recent Schools:

Dan wrote:

*“Everywhere we look we are seeing a quickening and awaking of our fellows. My awaking started several years back when I ran into a block wall with my health. I started searching for answers, and came across Journey to Truth. It was like a radiating light in my path. But it wasn't until last fall when I really hit my road block (really a mountain) and my life started to come apart. My lifework, finances, relationships, and basically whole life was being (and has) turned upside down. And I in a much, much greater way was propelled to search, to understand, to ask the deep questions of life.... Why?*

*Denie, and Shelley's course will be forever remembered in my mind as a major turning point in my journey. The big questions, like why me, why now, and what to do, all where answered for me. My purpose in life is so much clearer. And it's beautiful. During the course my lingering limitations and beliefs by our culture and religion were all challenged, especially in the area of my sexuality and how I had suppressed that. I'm able to see life so much more as whole and complete, and realize that there are no "bad" desires, just completeness and freedom in whatever area I choose to go in life.*

*Thank you Denie and Shelley for living your JOY, and radiating it out to the world. For those of you who are looking or seeking or maybe still riding the fence, I urge you to consider spending the time to take these courses for the benefit of your own consciousness, for the consciousness of the world and for the earth.*

*There's a familiar saying ringing in my ears, and it's: "We're not in kindergarten here, lets get with the program". Truly the time is now to wake up and see who we are! We will never regret it."*



Clive wrote:

*Have you every wondered why you keep getting annoyed at why you behave the same destructive way in a relationship despite a deep desire to not do so? Have you ever noticed that although you would like to do more your body does not seem to want to allow you too? Can you still hear the criticism your had laid on you when you were growing up or do you just feel that no matter how hard you try you can never seem to find happiness? Or have you spent years working at bettering yourself and your family in a job and for people who never really cared about you and your welfare and just kept taking from you the whole way?*

*Over the past 10 years I have faced up to a number of aspects of my life just like these and although I certainly managed to gain a higher sense of myself than that which I had by seeking answers through personal development training no one ever laid it out so plain and simple as Denie and Shelley Hiestand do in their Vbl and II courses that I attended recently. Right from the get go it is made clear that it is all about you, it is not kindergarten and you best get on with it. To take 2 weeks out of your life and spend it among other like minded people who do not judge, have their own issues and just simply want to switch onto life is probably the best gift you will ever give the most important person in your life –YOU!*

*Life does not come with a meaning – life just is. To be able to truly understand how simple it is to be happy and healthy all of the time and most importantly to be able to understand the true meaning of acceptance, then give yourself this precious gift and switch onto who you really are by attending these courses.*

*I will be forever grateful to Denie and Shelley for allowing me the opportunity to just be me and realise through the love and support of the other attendee's how much of a strong, happy and enlightened man I really am.*

And here is Ineke's Poem and email:

*"I just wanted to express a big "Thank you" to you both. I have had so many commends of how sparkly I looked over the last week and I feel so refreshed and inspired with new ideas. I really, really value the courses and it amazes me every time how much I get out of it. I hope this will inspire more people to do the VB schools!"*

"Denie and Shelley's Self-development and Awareness trainings have had a huge impact on my life. My journey of transformation started in 2001 when I attended my first VB001 course. The safe environment and unconditional support allowed me to let go of old belief systems and hold-on emotions; to totally accept and love myself for who I am. Over the last 9 years I also attended VB002 and VB003 trainings and have repeated them all several times. Their work is so unique and gave me the tools to work with, to dig deeper, learn more about myself and open up to experience all of who I am. The growing awareness, acceptance and deeper knowledge gave me the confidence in my own clinical practice.

"Denie's endless enthusiasm to get his message across is truly admirable. His passion and commitment to "his" journey and his work are such an inspiration for me. Shelley's vibrant and passionate energy and her knowledge about the healing release of dance and music is such a great contribution to the courses and feeds my soul and passion for dance and music. At least twice a year during the past 7 years, Denie has been traveling to New Zealand to do his healing sessions at my clinic in Christchurch. It has been a privilege to work with him, witness his amazing healing work and learn more about his nutritional advice.

"I have been using his fabulous skin products from the first batch he produced and I have never used any other products since. My skin has improved so much and at least I don't have to overload my body with toxic chemicals. The feedback from my clients has been: "Once you start using the EB skin products, you never want to use anything else anymore!"

"Denie's books are also a "must" to read. I have been translating "Back to Life" into Dutch (Yes Denie, almost finished) and it is an awesome exercise. It is like joining him on that journey and experiencing all the emotions, inner conflicts, challenges and the endless questions. The more you read it, the deeper the understanding."

### **Ineke's Poem:**

#### **Honor to all the Light workers.**

*The journey that I have chosen  
Has no options for delay.  
I don't know where it will take me  
But trust that I'm guided all the way.*

*My life has been full of illusions  
They have been my chains for years  
But now that the veils have slowly lifted.  
I can see the Light through my tears.*

*Oh, would it not be easier,  
Just to tell me where to start.  
To give me a map of directions  
and the key to open my heart.*

*The hardest thing I've ever done,  
Is not, to climb a hill,  
But waiting open and peacefully,  
simply, to be still.*

*Still doesn't have a sound or movement,  
It's more a state of bliss,  
being still, prepares me for something,  
I otherwise might miss.*

*I had to take this journey,  
Of contemplation and reflection,  
To discover that all I have been waiting for  
is, to come home, my Soul's connection.*

*I would like to honor each of you  
for playing an important role.  
Each teaching me in different ways,  
So my honor goes to every single soul.*

*We each hold a piece of the puzzle,  
Brought together to create the "whole",  
Each important for their participation,  
Each a wonderful, loving soul.*

*Denie and Shelley, words can never  
express my gratitude,  
For your enthusiasm and patience  
over the years,  
For the wisdom and loving guidance  
To open my heart and release my fears.*

*With love always, Ineke*