

Spark an Interest

EVENING CLASS

in

ENERGY HEALING/MEDITATION

*6 Alternate wks 7-8.45 pm Thurs 17th Jan
The Natural Health Practice, 2A Spicer Road, Exeter*

AIM: The course is an introduction to basic principles underlying energy work that can be used for personal healing and spiritual growth. We explore the nature of Consciousness and how the One energy is expressed through our different systems. It also provides a good foundation if you take up any of the healing arts. You are taught practical tools including activating & developing the Pillar of Light. This if practised regularly improves health, relationships as well as self empowering, enhancing and enriching your daily life.

METHOD: There is some theory but the emphasis is on practical so you start to feel your own energy systems. We do exercises and meditations based on the topics explored. Some exercises will use a technique called 'muscle testing'. Exercises are done individually, pairs and as a group. They help to increase sensitivity and awareness. Techniques to restore balance and flow of energies are given.

TOPICS INCLUDE

- What do we mean by Consciousness, Energy and healing?
- Relevance of breathing and relaxation
- The Muscle test and its implications in energy work
- The Pillar of Light
- Grounding and Cosmic energy
- Exploring the Meridian energies
- Exploring Chakra energies
- The Aura
- Concept of energetic patterns
- Relevance of Self healing and Spiritual growth

Contact/info from Jane 01626 891811 – jane1270@btinternet.com

www.energycourses.co.uk

Please complete and return to Jane van Spyk, The Natrual Health Practice, 2a Spicer Road, Exeter EX1 2SX

Introduction to Energy Healing:- I enclose cheque £48 made payable to K J van Spyk
Or request bank details if paying online

NAME

ADDRESS

.....CONTACT NO.....

EMAIL

