

Spark an Interest

EVENING CLASS

in

ENERGY HEALING

Cost £42

6 Alternate weeks 7-8.45 pm

Start September & January

at

The Natural Health Practice, 2A Spicer Road, Exeter

AIM The course provides an introduction to basic principles underlying energy work that can be used for personal healing/growth. It also provides a good foundation if you take up any of the healing arts. The course gives you practical tools that if used regularly can improve your health, your interactions with others, as well as self empower, enhance and enrich your daily life.

METHOD There is some theory but the emphasis is on practical so you start to feel your own energy systems. The practical involves 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 of the body's energies. Techniques to restore balance and flow of energies are given.

TOPICS INCLUDE

What do we mean by healing and energy ?
Relevance of breathing and relaxation
Exploring characteristics of consciousness
Grounding and Cosmic energy
What is the subtle lung?
Why Connection is so important & what is it?
Looking at the mechanisms through which the One energy is expressed
Another view of the Chakra energies
Principles of vibration and polarity
Concept of energetic patterns
Importance of self-healing

TUTOR Jane has been involved in spiritual growth and training for many years. She works as a Holistic Practitioner and teacher. In addition to her orthodox complementary health training she has also trained in the Western Mystery school teachings. The latter combine principles of West and East but the practices are specifically geared towards the individual who comes from the Western hemisphere. This is a refreshing change as so much is based on Oriental wisdom which is designed for the individual from an Eastern culture. However in her 20s she studied different branches of Yoga. She recently qualified as a tutor for The Academy of Systematic Kinesiology as it is based on principles that she works with. Her Introduction to Energy Healing draws on her wide experience and includes the muscle test to help identify energy imbalances.

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