

## Is this Workshop for You?

Are YOU involved in, or considering...

- spiritual development
- energy healing
- spiritual healing
- Reiki
- meditation
- psychic experiences

**OR...**

Are YOU mixing with people who give off "bad vibes"?

**IF SO...**

...it is important to be "up to speed" on the arts of..

- Raising personal energy level
- Grounding, Centring & Balancing
- Space clearing
- Visualisation, Intentionality
- Self-esteem enhancement
- Stress management
- Clearing energy blocks
- Psychic Protection
- Energy-field awareness
- Human Aura detection
- Chakra Clearing

## What You Will Gain...



- Personal Uplift, Stress-Clearing
- Clearer sense of inner-self
- Awareness & Understanding of...
  - personal boundaries
  - subtle energy effects
  - forms of psychic attack
  - psychic space clearing
- Practical options to deal with....

### **PRESSURE**

burdens, responsibilities, guilt, manipulation, co-dependent relationship "deals"

### **UNDERMINING**

back-stabbing, rejection, malicious gossip, "labelling", neglect, not being heard, over-riding, over-bearing, self-doubt, insecurity.

### **PERSONAL ATTACKS**

### **DRAINING & TOXIC PEOPLE**

### **INNER & OUTER DEMONS**

- Tools for clearing energy blocks
- Techniques for raising energy
- New friends
- Resources for further study
- A support network

## Build Your



## sense of Self



## Inner Strength &

## Psychic Protection



A Self-empowerment Workshop  
in

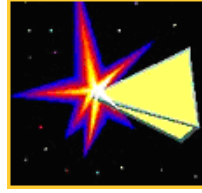
Newmarket - Suffolk

November 25th 2007

## Outline Workshop Content

Hot & cold drinks & nibbles provided in the breaks  
Bring lunch to share (label non-vegetarian items)

- \* **Introduction to the 'psyche'**
- \* **Breathing techniques**
- \* **Space-clearing** ("Personal space", "Sacred space", "Healing space")
- \* **Self-purification** (emotional clearing, smudging, rattling, bathing etc)
- \* **Native American meditative dance** (Grounding, Centring & Balancing)
- \* **Support** (connection to Divine beings/ Higher-self/Nature/Community)
- \* **Meditation, Prayer, rituals, chants etc**
- \* **Resonant protection** (music, movement, chanting)
- \* **Sharing of personal experiences & tips**
- \* **Clearing & Balancing chakras**
- \* **The Power of Intention**
- \* **Inner child Healing Dance**
- \* **Healing Touch**



## We Hope You Will Join Us...



### Michelle Hales & Rachel

Michelle & Rachel are qualified Health & Beauty therapists from the White Tara Complementary Health & Beauty Centre Newmarket Suffolk.



### Dr. Michael Meredith

Mike trained initially as a physiologist, then went on to study animal healing. He worked for over 30 years in veterinary practice and also as a trainer of thousands of vets and animal nurses. He is also a qualified martial arts instructor. He currently works as a Stress Management Trainer and Shamanic Healer.

**Sunday November 25th 2007**  
**10.30--4.30 pm**

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**White Tara Health & Beauty Centre**  
Newmarket  
Suffolk  
CB8 0NH  
**www.whitetara.co.uk**

**Booking & Enquiries**  
Tel: Michelle & Rachel on 01638-669933  
or Email: [mjm@lovehealth.org](mailto:mjm@lovehealth.org)  
For further details & link to map visit  
**[www.sunflower-health.com/workshops.htm](http://www.sunflower-health.com/workshops.htm)**

Cost: £35

**There is a 7-day money-back guarantee on this workshop!**

**Drinks & Nibbles provided**  
**Please bring a packed lunch**

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**CAMBRIDGESHIRE HEALING & STRESS**  
**MANAGEMENT EVENTS 2007**

For more workshops & events, or to post news of an event not listed here, please go to  
**[www.CHEAL.org](http://www.CHEAL.org)**

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**(Cambridge Healing & Holistic Lifestyle Group)**

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