

## Soul Connections through Mind Body & Soul

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| <b>The Power of Thought</b><br><br>Our thoughts create our reality.<br><br>Thought >> Emotions >> Feeling >> Vibrational Output<br><br>Are your thoughts creating 'white noise' and sabotaging your attempts to connect with the intuitive Wisdom of your Soul? | <b>The Chakra System</b><br><br><b>Introduction to the Chakras</b><br><br>A 1 day workshop introducing the Chakra system, what it is, how it works and why and how to balance it.<br><br><b>8 week Personal Development Journey through the Chakras</b> | <b>Soul Plan</b><br><br>A Soul Plan reading outlines your 'map'. It takes the sound vibration of your birth name and from this maps your Challenges, Talents & Goals from a Physical and Spiritual perspective and culminates in outlining your Soul Destiny or Life Purpose   | <b>Professional Qualifications</b><br><br>Each course is certificated and insurable and offers the opportunity for personal development.<br><br><b>Usui Reiki</b><br><br>First & Second Degree, Master Practitioner and Master Teacher<br><br><b>Soul Plan Practitioner</b><br><br>Qualify to practice as a Soul Plan Practitioner |
| <b>Meditation &amp; Mindfulness</b><br><br>Learn to still your mind; regular 5 week meditation courses. An opportunity to explore different styles of meditation & mindfulness.   | Clearing the clutter & getting out of your own way by understanding how your emotions affect your physical, mental & spiritual health. A transformational personal development journey.   | <b>Soul Coaching®</b><br><br>Aligning your Soul with your Physical self through a 28 days programme that takes you to your spiritual source. Through daily assignments you clear mental, physical & emotional clutter enabling you to face fears, release old negative patterns and really connect with the intuitive Wisdom of your Soul.<br><br>Offered in a variety of formats. | <b>Understanding the Soul Plan system – a DIY Kit</b><br><br>This 1-day workshop gives you the tools to be able to offer Lite readings to friends and family.  |
| <b>Sound Healing</b><br><br>A wonderful way to still the mind.<br><br>“If you want the truth, I'll tell you the truth; Listen to the secret sound, the real sound, which is inside of you”<br>Kabir   | <b>Reiki</b><br><br>Reiki treats the whole person & helps to balance mind, body and soul. It is deeply relaxing and helps with emotional clearing and a general sense of wellbeing.   |  |  |
| <i><b>It is when we silence the chattering of our mind that we can truly hear what is in our heart and find the still, clear purity that lies within the Soul.</b></i>  |   |  |  |



