



Developing Your Healing Skills

By Anne Jones

In this workshop I demonstrate ways you can access and use natural healing energies that can benefit the wellbeing your clients and yourself. These healing abilities are within you and I will show you simple techniques to enhance and develop these skills.

- The Human energy field and how it responds to emotions and thoughts.
- What are negative thought-forms and imprints and how do they effect our wellbeing?
- Your own perspective on your work and how to become more positive.
- How you can help improve the emotional state of your clients.
- Protecting and preserving your energy during your work.
- Relaxing and clearing the energy of your client.
- Releasing energy burdens of responsibility.
- Consciously channelling positive and uplifting energies for your client without depleting your energy.
- Visualisations that can help improve your vitality and that of your client.

This one day workshop will include practical exercises and opportunities to practise the techniques and processes covered in this course.