



Enhance your Personal Energy

By Anne Jones

In these days of pressure and stress we often complain of lack of energy. This workshop will show you ways that you can uplift and enhance your energy levels. Stress, negative thinking and attitudes and carrying emotional baggage from the past are some of the causes of energy depletion that we address in this seminar. We will also look at ways that we can simply uplift our energy levels through accessing natural universal energy sources.

The seminar will include exercises and meditation and cover the following topics:

- Looking at our energy field and energy centres
- How our thoughts and attitudes affect our energy
- Negative thought forms and imprints
- Clearing our energy field of negativity
- Emotions and their effect on our energy
- Making a conscious change in our perspective – think positively
- Bringing in energy