



Protect Your Personal Energy

By Anne Jones

Whether we are aware of it or not we are constantly bombarded by negative energies – bad vibes. These can come from a multitude of sources from our cell phones to difficult work colleagues. In this seminar we look at ways that we can protect ourselves from the draining effects these have on our personal energy levels. We will also connect to a source of clear uplifting energy to enable us to be fully energised and active throughout our day and therefore get the best out of our lives.

The seminar will address the following questions and issues:

- The journey of the soul through birth to death and beyond.
Where did it originate from? What is it made of? Why was it created?
- The cord that connects us to physical and energy form – astral travelling
- Soul agreements and vows and their implication on our life
- Soul mates and the role they play in our lives
- Soul rescue – helping souls that have departed from the body
- Fragmentation of soul and soul retrieval
- Refreshing and caring for your soul with peace, the arts and nature
- Meditation to connect to your purest form – your soul.
What does it want? Connect to your intuition.
- Soul healing – individual healing session with Anne

This is an all day seminar with a break for lunch.