

# Anne Jones



## SHAMBALA RETREAT CENTRE

FINDHORN, SCOTLAND

14th to 18th June 2010

£385 4 nights fully inclusive

## Healing and Releasing Negative Forces

In this three day workshop I will share the techniques I use to clear and heal the negative forces that can affect your mind, spirit and physical wellbeing. You will learn how to heal, clear and manage the negative energies that can pervade yourself, your home and your workspace.

We will cover the following topics:

- Negative thought forms and their effects on emotions, words, mind, body and spirit dissolving them and demons
- The art of positivity and how to protect yourself from other people's energies, clearing auras and clearing rooms

### Shock and trauma

The effects of accidents and traumatic events on personal and spiritual energy and how to heal these  
Incarnate spirits and accidents

### Addictions and depression

Alcohol, drugs and others, their effects on the aura  
Schizophrenia, Autism – its spiritual meaning  
Depression, M.E. and other depleting conditions

### Recognising and healing possession

Incarnate spirits, demons and elementals  
Methods of clearing and healing

### Black Magic

What is it and how can we detect it?  
Releasing curses and clearing the karma

### Buildings

How they hold past experiences  
Clearing, smudging and uplifting homes and offices  
De-cluttering  
Electrically generated negativity

### Earth Energies

How the land can be affected  
Dowsing for geopathic stress, underground streams etc  
Clearing Earth energies  
Blessing the Earth and our Homes

### Protection

Recognising Psychic attack  
Visualisations that protect  
Crystals and essential Oils

### Uplifting the your own energy and your home

Crystals, Sound, Invocations

### Group healing and clearing for the planet

of the effects made by mass consciousness  
and our country, race and culture. Clearing vows

If you know of someone or place affected by any of the causes then please bring a photograph but ask permission from the person as their positive intention to heal will make it much easier for our work to be effective.



[www.shambala-retreat.org](http://www.shambala-retreat.org)