

Healing and Releasing Negative Forces

A Two day workshop

with Anne Jones

Author of “Healing Negative Energies” (Published in Japan)

In this 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**
 - **How they are created and why**
 - **Their affects on your mind, body and spirit**
 - **Dissolving your own negative thoughtforms and demons**
 - **The art of positivity**
 - **How to protect yourself from other people’s energies**
 - **Clearing auras**
 - **Clearing rooms**

- **Shock and trauma**
 - **The effects of accidents and traumatic events on personal and spiritual energy**
 - **How to heal these effects**
 - **Incarnate spirits and accidents**

- **Addictions and depression**
 - **Alcohol, drugs and other addictions and their effects on the aura**

- **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**
 - **Clearing the karma that attracts this energy**

- **Buildings**

- How they hold past experiences
- Clearing, smudging and uplifting the energies of homes and offices
- De-cluttering and cleaning to detox
- Electrically generated negativity – how to manage this in and around your home

- **Personal Effects**
 - Second hand jewellery and clothes
 - Furniture

- **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
 - Essential Oils

- **Uplifting the your own energy and your home**
 - Crystals
 - Sound
 - Invocations

- **Group healing and clearing for the planet**
 - How we can clear the effects created by mass consciousness fear and hate
 - Clearing the karma of 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 to the workshop and we can work on the problem together. Please ask permission from any person you wish to help as their positive intention to heal will make it much easier for our work to be effective.