



What could we achieve if we truly understood the power we have within ourselves, the perfection of our inner being and the transformation that awaits us?

Come and join us in a very enjoyable and thoroughly positive healing workshop to:

- *Discover your spiritual self and the healing power within you.
- *Tap into the energy of the universe or life force.
- *Experience the energy through various exercises.
- *Learn the basics of how to heal using energy and homeopathy.
- *The healing power of oils (aromatherapy).
- *Receive encouragement to help you on your path to a more spiritual life.
- *Explore the importance of being positive.
- *Understand negative energy. (Emotional clearing).
- *Experience other powerful healing tools.
- *Learn some meditation practices.
- *Share lots of fun.

Workshop Details

Date: Sunday 5th June 2011
Time: 10am – 5pm
Location: Herons Brook, Chelwood Gate, Haywards Heath, RH17 7LS
Cost: £70
Also included – materials, lunch and refreshments.

For more details and information about the workshop please contact Karim: 01444 453310
– Mary Jane: 01273 841800 or Carole: 01825 740075.

We are spiritual beings exploring what it means to be human. Part of being human is the fact that most of us can become so overwhelmed by physicality and physical life that we separate ourselves from spiritual reality and become convinced that we are simply our personality with its body, mind and emotions.

However, our spiritual reality actually means that we are able to align with the Source to channel the healing energies that can operate at every level of our being and to extend this ability to the rest of the earth family and the environment.

It is very clear that the human family has been receiving a series of wakeup calls in terms of environment, climate change, extinction of species, societal breakdowns and alarming trends in human health. Through the practice of spiritual healing we can play a creative role in addressing these problems, and we invite you to take part in it.

That which transforms your life is what you practice and what you practice you embody, paving the way for breakthroughs, insights, fresh realizations and the evolution of consciousness. In this workshop you will experience and participate in a variety of exercises that will give you the opportunity of learning by practising.

This positive healing workshop will be presented by Karim and friends:
Mary Jane Sharrat (Homeopath and NAET allergy elimination practitioner)
and Carole Thornton (Aromatherapist, Holistic healer, Massage Therapist and Life Coach).