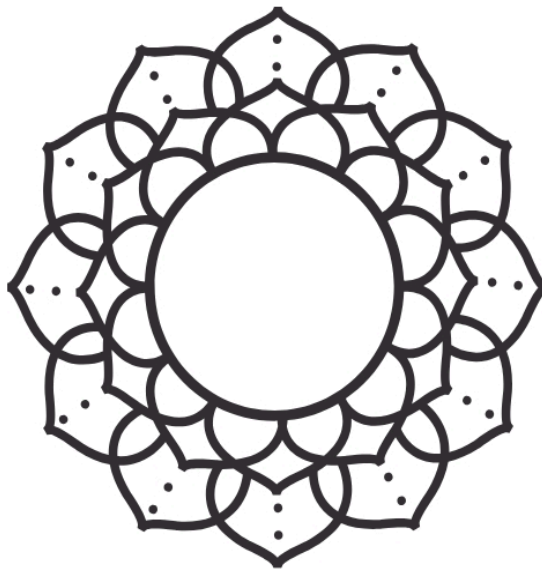


Energy Healing & Sacred Space

Facilitator Training Level 1&2



Embark on a Life Changing Journey

A training course that will teach you how to sense energy & work with the subtle bodies of the human being, deepen your knowledge of physical & psycho-spiritual anatomy and facilitate deep healing for yourself and for others.

Welcome,

This introductory documentation will give you all the information you need to feel into whether the Energy Healing & Sacred Space accredited training course is right for you.

What this course will teach you:

- Deepening of 'Know Thyself'
- Energy fields, Chakras, Nadis & Subtle anatomy
- Meditation, Alignment & Attunement practices for self and for preparation of Energy Healing sessions
- Sensing Energy
- How to work with the Four Bodies and Energy Fields
- Practice Protocols for working with Clients
- Self Work and Looking After Your Own Energy
- Being the Conduit of Source Energy
- Sensing & Interpretation of 'Soul language'
- Basic Anatomy and Physiology
- The Responsibilities of Becoming a Healing Practitioner/Facilitator
- Explorations of Cosmology, Esoterica & Ancient Wisdom
- Integration of the Soul into Daily Living
- How to work with different systems of the body
- Working with & Enhancing the Senses
- Distance Healing
- Explorations of Holistic, Spiritual & Alternative Medicine
- Exploration of Greater Energies
- Listening Skills
- Leading a Group session/Circle
- Group Awareness & Co-operation
- Shamanic Practices & Rituals
- Multidimensional Self
- Metaphysical Healing Methods
- Higher Wisdom

Throughout your training you will be shown energetic, metaphysical and shamanic healing methods, discuss and explore support mechanisms to offer your recipients, learn and build confidence in how to hold space for those you work with and most importantly discover your own unique approach to facilitating healing and offering guidance for yourself and for others.

Energy Healing & Sacred Space Practitioner Training:

Overview:

Awaken the healing powers within you, harness your abilities to hold space for another and learn ancient teachings in an informative and practical way.

The course will run over approximately 9-12 months including time for case studies to be completed and assessments to be held.

The training will take place over 2 training days a month. Each month's training time will consist of in-depth teachings and practical learning.

Homework will be set for between sessions to guide you with your practice and support your case studies

Energy, Shamanic & Metaphysical Elements:

Throughout the duration of the training we work in both the physical & spiritual realms, using meditation, journeying and communing with the Soul to support all you will learn.

The healing methods that you will be taught will give you an extensive and in depth energy healing ability, one that will enable you to go on to help others to restore harmony & balance within themselves whilst also helping them to discover the root causes of their imbalances, leading to deep healing and change in their lives. You will be taught many practices to use for yourself to support the harmony brought about by the energy healing which leads to maintaining the harmonic state. As you embody these practices throughout the course of the training you will then be ready to support others through your practised learnings.

Each session when we meet will take a similar format, we will begin with a 'check in' to see how each participant is doing, whilst strengthening our listening skills and personally evaluating how attentive we are required to be when someone is sharing their story.

We will spend time exploring the many ways and means there are to 'come into centre' or to 'align'. We will do this through meditation, guided visualisation and shamanic journeying.

The type of healing that you will train in is a 'hands off' approach (meaning it isn't necessary to lay hands on your clients) this means you become sensitive very quickly to the subtle energies of the human being and will be able to tune in to a client's Soul wherever they are in the world.

Alongside your healing training you will also receive extensive teachings in how to respectfully and harmoniously hold space for others whilst you facilitate their healing.

Knowledge & Deeper Spiritual Learning:

You will gain an extensive library of information throughout the duration of your training, focusing around the energy fields, chakras and subtle bodies of the Human Being as well as discussing and learning about ancient/ageless wisdom, schools and approaches to spirituality, what it means to live life as Sacred and integration of Soul into daily life and much more.

You will also gain basic/intermediate knowledge of the anatomy and physiology of the physical body, the healing techniques and sequences that you will be taught work with energy centres that reside within the organs of the body so to support your healing abilities learning this knowledge is essential. You will be surprised at how inspiring and healing it can be to know how the body works.

You will be given book recommendations that will support your learning and the most importantly the unfolding of your unique healing skills.

Self Healing:

Many of us find spirituality through life changing events such as health issues, grief & loss, relationship breakdowns. These unfortunate events are often the catalysts that direct us down a path of self healing, we seem to discover the longing or knowing of life meaning so much more when we are thrown off course. The weekend gatherings can bring up emotions and memories in you as you progress through the course. As much as this may feel disruptive to your learning, I encourage you to see it AS your learning and to know that you will be supported through all that may arise for you.

You will discover that a vast amount of self healing takes place throughout the course, this is a wonderful opportunity to become your own first client - practising the healing methods on yourself is a great way to in-still confidence in all you are learning. Among the many benefits of this course, you will see an enhancement in your intuition which will enable you to develop a strong sense of trust and confidence in all aspects of your life.



Course Framework:

There is a beautiful blend of practical work, discussion time, and meditation that will make the course feel like a weekend retreat.

The course will run over approximately 12 months - 9 months of study and extra time for completion of your case studies if required and assessments to be held.

Each meeting will take place over two days - always a Thursday & Friday consecutively.

The days will be laid out between 9.30-5.00 with 40 minutes for lunch & 1-2 tea breaks.

You will be taught both levels 1 & 2 throughout the duration of the training; the course has been designed this way to familiarise you with sensing energy and basic healing methods, we will then build upon them as you deepen your learning and progress through the course.

For example:

During the first weekend we may begin sensing energy in our hands then explore the energy of the chakras. Once we have familiarised ourselves with the sensations of energy moving through our hands we will then go on to explore the Chakras in more depth - sensing the related organs and glands as well as emotional storing in this Chakra and the areas of the body it governs.

A practical task will be set each month for you to do at home. This will allow for embodiment and experimentation of all you are learning and will build to become your case study work.

Towards the end of the training we will begin scheduling your one to one assessment interview that goes towards your accredited certification alongside the completed case studies.

Gemma will be available for any questions you have throughout the duration of your training and after.

You will receive a detailed workbook with all of the practical work we cover as well as some of the knowledge, support work and practices we work through. There is also space to add your own notes, but you may wish to bring a notebook along to the weekends for your own note taking.

Dates and times: 2 full days of training (Thursday & Friday) for nine months laid out as follows:

May - 23th & 24th

June 20th & 21st

July - 18th & 19th

Please note that there will be no training in August & December

The remaining course dates will be confirmed within the course.

About Your Teacher:



Gemma Jones is an accomplished energy healing practitioner and Soul Reader whose methods have evolved over her years of practice to include abilities of interpreting energy of the soul and translating it into messages and/or healing as guided. Her techniques combine the learnings through her own training in Esoteric Healing with the INEH as well as practices and healing methods taught and remembered through her studies on Shamanism, Ayurveda, Sekhem Heka, Metaphysical & Alchemical Healing, Subtle Body Anatomy training and much more.

Gemma has worked to create an intuitive blend and method of healing and energy sensitivity that allows for all the knowledge she has learned, as well as the natural spiritual gifts she has mastered to create a healing technique that is gently powerful, reveals root causes and brings about change in all aspects of life to those who receive the healing.

Gemma runs a Studio called The Sanctuary which is dedicated to the opening and awareness of Spirituality, Sacredness & Self Empowerment where she holds Cacao Ceremonies, Meditation & Development Circles, Healing sessions and Soul Readings.

Gemma works closely with her Soul & Spirit teachers who have assisted and guided her to bring through her remembered gifts that she has held for many lifetimes. These gifts include teaching and holding space for mystic teachings, self empowerment, spiritual enhancement and most importantly embodying and bringing the Soul and Spirit aspects of who we are as Humans (Sacred Vessels) into the daily lives we lead. Gemma believes that this is the path to ascension of Earth and all her children - it arrives through us.

Gemma has an intimate and confident connection with many of her guides, including the Neteru (gods & goddesses of Egypt), plant spirits such as Cacao & Blue Lotus, Animal and elemental guides and Ascended Masters. Working closely with these illumined Beings, Gemma is a conduit for bringing great ancient teachings into the awareness of the collective and respectfully carrying forward the ways of the Ancients - for our ancestors of the times to come.

Certification, Accreditation & Commitment:

The Energy Healing & Sacred Space Facilitator Training is a fully accredited course, this ensures both you and your teacher that you have completed the training feeling confident and capable of carrying out healing sessions for others and secures your future as a facilitator/practitioner of Energy Healing. As well as commitment to your competence, this certification ensures that you will be able to obtain the recognition and insurance that you'll need to set up your own energy healing practice.

The Energy Healing & Sacred Space Facilitator Training is accredited through the International Practitioners of Holistic Medicine (IPHM) and there are avenues of referral and discounts on your own accreditation as a practitioner available to you through this training course.



In order to receive your certificate of competence you will be expected to submit five case studies and undertake a one to one assessment with Gemma at the end of your training.

Practical homework tasks will be set where you will be given instructions on carrying out energy healing firstly on yourself, then for others. The homework tasks will require you to record the healing you carry out by taking notes and asking for written feedback from your recipient. When you feel competent, the homework tasks can become part of the case studies you have to complete.

You will also take part in a one to one informal assessment interview with Gemma.

Completion of five case studies and confirmation of your abilities through your assessment interview grants your Energy Healing & Sacred Space facilitator certification.

The case studies and assessment is mandatory to complete the training. - If you do not complete the training there will be no accredited certification issued and your workbook will need to be returned.

The entire course is built to support you through all that you need to carry out your case studies and for your final assessment. You will be guided and supported throughout the entire journey. The assessment & certification process is security for you to go on as a fully certified practitioner.

You will have a three month grace period from the end of the training to complete your case studies and attend your one to one assessment.

Energy Exchange & Terms:

The Energy Healing & Sacred Space Facilitator Training Course is open to a limited number of Spaces to ensure that all those who embark on this journey are supported, attended to, and have their needs met accordingly.

You will be required to make a deposit payment of £100 to secure your place when you sign up, this will be deducted from your choice of payment plan when it is set up.

The full course is £945

Payment plans are available as follows:

- Full payment £845 (minus deposit)

This option requires you to pay the entire amount as the training course commences.

- 3 instalments £315 x3

This option allows you to pay in three instalments every three months.

- Monthly instalments £105.00 for 9 months

This option allows you to make your energy exchange monthly - for each month we meet for the duration of the course. A total of 9 payments.

If you have any holidays or other commitments already booked that clash with the timetable of the course we will arrange a suitable time for you to catch up before the next session.

Any missed time will have to be caught up before the following group gathering.

Refunds & Cancellation:

If for any reason you or your teacher decide that continuing on with the training is not right for you, you will be reimbursed any monies owed for time paid for but not yet attended only, minus a refund transaction fee.

No refunds will be made for weekends that you have already attended.

You will also be asked to return your workbook and understandably, will not qualify for certification.

I'm interested. How do I confirm my space?

You can book right away via Light of the Soul, or if you would like to arrange a 30 minute call or meeting for any questions you may have this can easily be arranged.

To book and reserve your space go to
www.lightofthesoul.co.uk/energy-healing-facilitator-training

To book a discussion call/meeting with me please email:

If you have any further questions please email: gemma@lightofthesoul.co.uk

Thank you for your interest this far and I sincerely look forward to embarking on this journey with you.

Gemma Jones.

www.lightofthesoul.co.uk