

Why become a Professional Healer and/or deepen my Self Development?

The offering of Universal energy with the specific aim of restoring a state of balance; physical, mental, emotional and spiritual by a Healer involves a great deal of commitment as regards the Healer's own development of their inner energetic matrix; and their own Self Development. In return, Universal consciousness shows us as Healers the best way to undergo our life which is congruent with our spiritual life's journey. This gives us a great degree of fulfilment and personal satisfaction. It is continually surprising how Healing enables our clients to effectively deal with issues in life which really matter.

The key is that Healing should always be given as an offering of *unconditional love, with an approach of 'thy will be done'*. It is not for the Healer to determine what the client needs or desires. The Healer may use their many skills to help the client to achieve their own state of balance within any given circumstance; this is not necessarily the same as 'cure'.

The side effects of this state of balance and healing may be a cure from the illness or disease; alternatively there may be a new attitude within the individual on how to deal with their circumstances. The client regains their own sense of centredness and harmony. Releasing the client's innate inner healing energy assists the removal of blockages in their energetic system, thus allowing the whole system to return to a more balanced state. The Healer is able to help the client to achieve the changes they desire in their own way. These changes can happen on every level of the client's being: physical, emotional, mental and spiritual.

The Healer's task is to use their skills to create the space for the individual to enable their own healing - rather like a physician who creates the space for mending a broken leg by applying a plaster cast to the leg. But it is actually the individual's own leg that heals itself. By giving healing, the Healer may be able to effect a change in the mental or emotional state of the client, which allows them to deal better with their disease process.

The process of offering Healing

We attune to the relevant Healing energy for the client according to their needs and ask that this energy flows - *from the perspective of the person receiving the Healing* and allows their spirit to integrate this Healing energy into their own energetic matrix; the aura and chakra systems. We are inviting their spirit to connect to the Universal Consciousness; as well as the loving Universal spirit of limitless potential which is already inside the client – as well as around them. During the Practitioner course we look at this process using both Distant Healing, when the person is not present, and 1:1 (contact) Healing when the person is in the room. The Healing process may initiate a response in the person and we explore how to deal with this and how we may support the person through any changes.

A positive outlook for the person may be encouraged with the use of positive affirmations (statements) and by inviting them to imagine they are in a comfortable supportive place, using the power of their imagination to inspire them to find a calmer place inside themselves which they can use at home on a daily/hourly basis.

This is the beginning of a spiritual journey which can take your client as far as is right for them now – in their own way in their own time. Both you and the client benefit from your positive Healing intent and the unconditional love that you are channelling.

How do you describe in a picture the Healing process?

Imagine for a moment sand flowing through a minute minder. The Healer is represented by the narrow part. The wide area at the top of the minute minder is the limitless Universal consciousness which is complete unconditional love. The part of the minute minder at the bottom is the spirit of the person who has asked for Healing which is also limitless. At the narrow part we have the conscious part of the Healer within a physical body; energy flows more slowly here.

The aim of the Healer is to be as pure a vehicle for the Healing energy as possible. The Healer carries and supports the Healing energy and allows it to flow through themselves and then to the person who has asked for Healing; offering the Healing energy to their spirit which carries out the Healing work. The pure unconditional love balances the energy matrix of the Healee as much as possible at that time. The Healer is simply a catalyst who is not affected in any way by the process of Healing.

Healing is an offering which may be accepted or rejected according to the wishes of the person and their spirit at that moment in time.

Identifying the quality of Healing energy which is right for this person.

Each Healer will choose a particular quality of Healing energy each time which is compatible with the Healee according to their needs and level of development. This demands a deep level of training and knowledge by the Healer. The level of Healing energy which is allowed to flow will be dictated by the level of training of the Healer and their own self development and dedication to their own Healing journey. Your training shows you how, from within a calm meditative place, you identify the right quality of healing energy, from your own portfolio of Healing energies, which is right for the particular client in front of you. You will explore the many ways in which healing energies may be used.

I already hold a Healing qualification so how may your course help me become a better Healer? How will my practice/clinic become more successful?

You will gain an increased depth and breadth of understanding of the many Healing energies and qualities which go together to form the Universal unconditional love around us. This knowledge and experience increases your confidence when dealing with the many types of Healing cases which you are presented with. As you experience these Healing energies and put them into action you become more strong and confident in your own Healing abilities; and in life as a whole. This confidence is passed on to your clients who in turn understand better how they can carry out Self-Healing at home.

How can I further my own self-development? Listening to our inner guidance

An important part of the training is for us to take time to Heal and care for ourselves and to become more aware of the issues which hold us back from expressing our spiritual selves. Listening to and spending time with our wise 'Higher Self' (the part of our spirit which is not incarnate within our bodies) is the key. Working with and trusting this aspect of ourselves has a major effect on how we look after ourselves making us more effective Healers for others.

Positive everyday messages

The use of positive affirmations (statements) as well as regular meditation practice builds within you a positive place where you create a comfortable supportive haven from which place you are able to offer relevant Healing to your clients. Our imagination is the bridge between the mind and our consciousness.

How do I get started if I am not already a Healer?

Come on our 4 day **Foundation Course** which covers self-care and self-healing, and provides an introduction to spiritual and energy healing.

This course begins the process of becoming more centred and feeling more grounded with a strong sense of protection whilst becoming more focused in all we seek to achieve. We are able to support ourselves better and create a more balanced lifestyle. Protecting ourselves from the imbalances which are generated by all of the everyday pressures is very important; keeping them and their effects outside our protective aura. We learn how to balance our **aura and chakras**.

We learn a simple routine for offering healing to family and friends and learn how to send Distant Healing to people and situations which we are not able to travel to ourselves.

THE FULL 2 year PRACTITIONER COURSE

Opening more to our spirituality guides our thoughts and actions

Our spirit gently guides us and prompts us into actions and thoughts that fit into the overall pattern and flavour of energy which 'resonates', or is in tune, with our very being. This resonance is specific to us as an individual. When our lifestyle fits in with (is congruent with) this resonance then, life, just somehow clicks into place. It just works and feels a bit like magic.

Opening more to and developing further our spirituality, combined with channelling healing energy allows us to become more aware of our deeper selves. We must begin by simply healing ourselves and using meditation and spiritual practices to access our inner guidance more easily. It is important that we are as grounded and centred as possible and that we maintain a strong aura around us at all times. Our trust in our spiritual support and guidance is paramount.

Identify your own particular portfolio of Healing energies

Sensitive communication skills are enhanced during the Practitioner course. Your intuition will further develop as you grow into your Healing presence and way of being as a Healer. Your listening skills will be developed as you learn to listen to yourself better; 'Healer Heal thyself'. You will become aware of the difference between Healing in a yin or yang way and how to use these qualities effectively even within one Healing session. You will gradually awaken more and more your Healing power and confidence in your Healing skill and how you may help your clients.

We encourage acceptance and understanding of many belief systems.

Your own Healing journey; reflections and opportunities from the people around us

The many people we bring into our lives are the right people to make us more aware of ourselves. They help us see where we are going and give us the opportunity to see things differently. When we resist seeing things differently these people don't seem to do the right things for us; but actually they are because they give us this experience and invite us to explore ourselves more deeply. Can you possibly trust this process? Can you allow yourself the insight which this person is showing you – and then move on? A study of past lives and their possible effects on our life now, as well as our dreams, can shed light on what we are experiencing and why the experience is so strong and often confusing.

Yes, it takes courage and a great deal of patience with both that person and, more importantly, yourself. Hang on in there and all will be revealed! We are able to explore the impact of past lives, emotional links and negative influences.

The Wounded Healer

When we are working as a Healer inevitably we are bringing to the surface our own issues that we deal with as they arise. This is an important function of the Healing journal which our students write. The classroom is not the place to ask for advice and it is important that you undergo a course of Healing treatments yourself from another Healer while you are on this course allowing you to process any issues which arise as well as experiencing Healing yourself. This process is very transformative for you as a person allowing you to process and remove many of the issues which may have been holding you back to date.

Your commitment to this course opens up the time needed to support and hold you through this process and continue your own Healing process. Your lifestyle has a real impact on your energy levels and the exercises we use help you to see ways to improve your lifestyle work/play balance

How we become aware of the Healing process

Our unique and beautiful spirit works through our layers of experience that we can only become aware of through our senses. What is commonly thought of as our sixth sense is an inner knowing which we use when we feel another person's aura or sense any blockage in their chakras or in the chakric system.

Any person who sees colours and/or pictures is seeing the quality of the energy matrix in the way their particular system interprets them. It's important that we remember that these pictures are only *representations of the energy* as our sixth sense interprets the energy; and it important that we make sense of these interpretations of the energy we 'see' rather than thinking they are 'real'.

Your successful Healing practice

Your preparation of the healing environment, especially to accommodate difficult healing conditions, is of vital importance and you will learn about the scientific basis of Healing which will aid you in explaining the benefits of healing to your clients helping to expand your Healing practice. A positive therapeutic relationship with your clients allows them to feel safe to share with you those things which are worrying them. If a relationship they are experiencing is felt to be disruptive this can be rebalanced using various exercises. If a client, friend or family member presents with cancer you will be able to deal confidently with this particular situation.

This journey of knowledge, exploration and excitement benefits from development over a period of 2 years

The College of Healing has found over the years that this transformation needs around 2 years. You may already be a therapist and the journey you take during this course will uphold and integrate your current way of treating. This under pins all you do with an inner knowing and integrity which clients recognise. They may not put it into so many words; but they keep coming back because they know you are helping them. You may simply be interested in the self-development which this course offers you and which will enhance any work or job which you are carrying out. Healing energy impacts on every second of our lives.

The support you receive in creating a stronger more structured practice is reassuring and you leave the course with a greater sense of direction and an increased focus as to where you are going with your therapy and all aspects of your life.

You have become a part of a well-respected Healing College and are now eligible to be registered with the government bodies – The Complementary and Natural Healthcare Council (CNHC) and the General Register Council of Complementary Therapy (GRCCT).

You are also able to join **The College of Healing Membership Association**, a dedicated and well-structured and supportive Membership organisation which offers you access to our on-line service, the Members' Forum, which is regularly updated with all that is new in the Healing world.