

# THE HEALING SPIRIT

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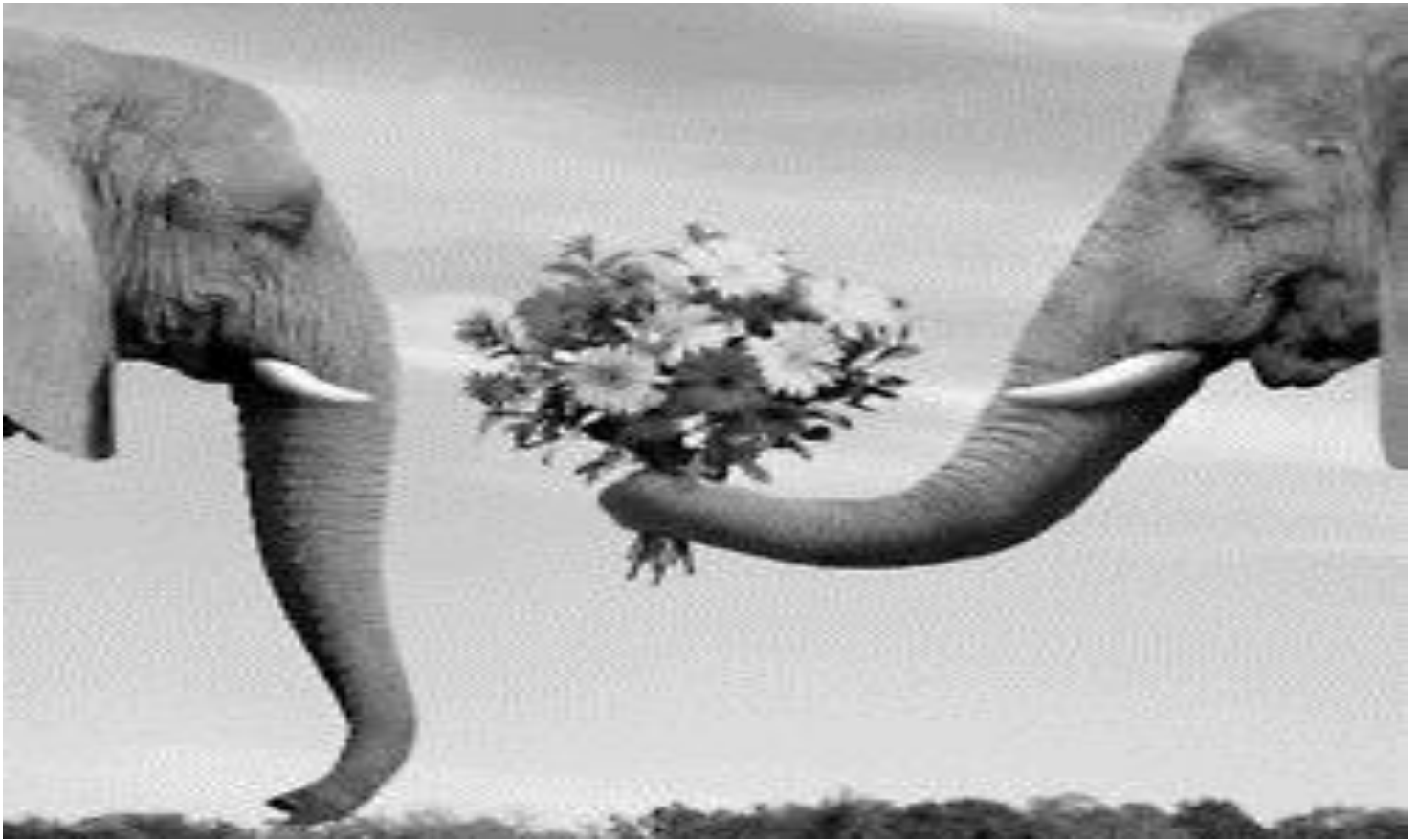
2015



## Greetings & Updates

Namaste

The New Year has started quickly and promises to be another year of great learning. The thing I love most about the beginning of a new year is the opportunity for one to reinvent oneself. To really take stock of your life and to assess if it matches up to your dreams and goals. If not, its is exciting to know that we have a whole year ahead of us in which we can change things...we can change everything and anything; the way we think, operate, respond to situations and create... Isn't it wonderful to know we have the power daily to start new and to create who & what we are, just by making the decision and believing we can!! Yes change can be scary and difficult but when we persist in our mission, we will find the rewards plentiful. So this year I would like to offer assistance through my mailers, workshops and individual sessions to those who seek to empower themselves and assist them in obtaining the tools to make the required changes and create the lives they wish to live and richly deserve.

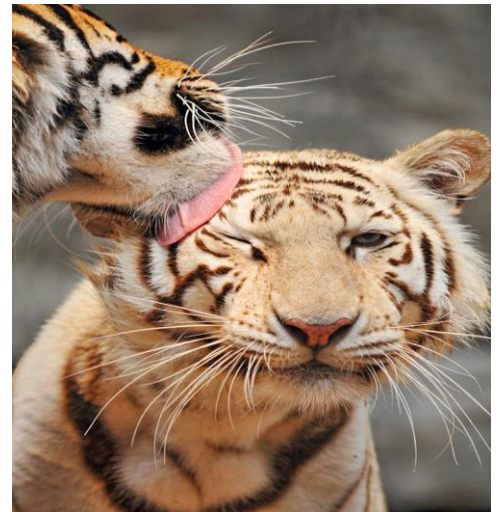


## February - March special

I would like to extend an offer to all interested parties to come for a Reiki session this month. Reiki healing is a very gentle healing modality which uses divine energy to heal the person on all levels (physical, emotional, mental & spiritual) and restore balance to all the energy centers. The process normally leaves a person feeling relaxed, uplifted and energized and has been known to induce great physical healing. It creates calmness of the mind which assists creative thinking and thus problem solving.

A perfect time for cleansing and giving yourself that lift to move ahead. This special will only apply from 16<sup>th</sup> of February – 31<sup>st</sup> of March 2015. I am available for sessions Monday – Saturday, only on appointment.

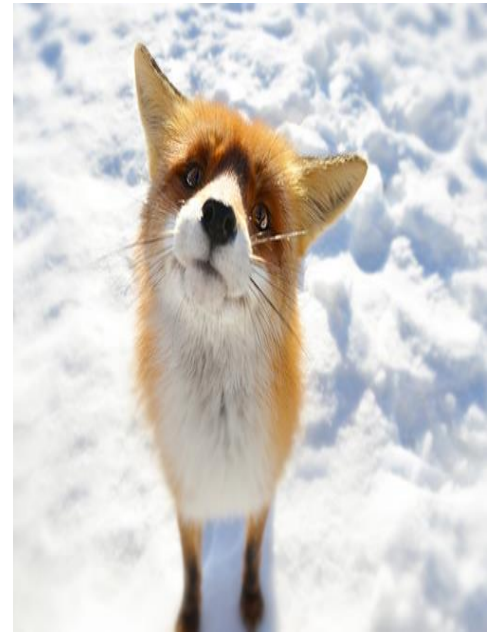
<b>Duration</b>	50 minute sessions
<b>Cost</b>	R 500 per person
<b>First Session</b>	





## Courses

I believe we are never too old to learn. If there is something in your life not working the way you would like it to, you owe it to yourself to find the tools to change or heal it. We are in this world to learn, not suffer. I offer these courses to assist others with things I have struggled with, and know others are too, as a way to shift this life's experience from one of struggle to one of joy.



### Knowing how you think, understand how you behave (part 1) . . .

Have you noticed how you seem to repeat the same patterns over and over again but can not seem to heal or break the cycle of destruction? No short from phenomenal is the mind since it absorbs all kinds of “truths” throughout our lives which we then source from as tools to respond to our outer world. The way we behave is no accident! Our minds have carefully absorbed and translated information it has received since birth to create the way we think, perceive and react to the world we live in.

When we comprehend the ways in which we learn and interpret things, we can acquire the tool sets to change our day to day thinking, our interpretation of what we are presented with and how we respond to it. We have the power to change; the key is just to find out how. With this in mind I would like to invite you to a 2 part course in learning how to reprogram your mind. The first part will cover the basics of the mind: conscious vs. unconscious (subconscious), which we use most to operate from and how it works. Understanding that the mind is not restricted to the actual brain & what can influence you and why . . . .

Refreshments provided.

Please bring your own packed lunch

<b>Duration</b>	4 hours
<b>Cost</b>	R750 per person
<b>First Session</b>	Saturday 7 March 2015 from 11am – 3pm.

### Understanding the mind, understanding the thought . . .

In the second part of the course we look at your specific way of thinking and how it impacts on your life. Assessing all behaviors and cycles which show up in your life unwanted. We will then work through all kinds of practical tools to assist you in the art of reprogramming your mind, which in turn will alter the reality you are experiencing. It is as Gandhi profoundly said: “be the change you want to see in the world”. By changing your inner world and how it operates, you automatically change your outer world.

Refreshments provided.

Please bring your own packed lunch

PS: payment arrangements can be made for those who require it.

<b>Duration</b>	4 hours
<b>Cost</b>	R750 per person
<b>First Session</b>	Saturday 28 March from 11am – 3pm

## MEDIUMSHIP & INTUITION DEVELOPMENT SESSIONS

We are all born divinely connected. This means we are connected to each other, our creator, crossed over loved ones and all that is deemed divine, all the time. The connection takes place through energy. Our world is a wonderful map of energy which we form an integral part of. This energy matrix holds all the information we require in life to be successful and happy. We access this energy information by what is referred to as intuition or “knowing”.

In our physical world the mind is the only aspect deemed important to function and survive. When we disconnect from the energy system (our spiritual side), by being only mind driven, life becomes meaningless and empty. In connecting to our spiritual side, by quieting the mind, we tap into this energy matrix and access our divinity and experience real inspiration. In this space we become one with all that is, was and will ever be, thus becoming one with all of creation. Intuition empowers & uplifts us and life starts making sense.

In this space, we are also able to connect to guides, angels and crossed over loved ones. A true gift, since it is rare that we encounter such unconditional love in this physical plane.

If this sounds like something you wish to re-awaken and experience, join the group as we all learn & develop together.

We meet once a week on a Wednesday night from 6:30pm – 8:30pm. In every session we work on a different aspect of connection and quieting the mind so you can unite with the energy matrix.

All interested parties are welcome!!

<b>Duration</b>	2 hours per session
<b>Cost</b>	R200 per person per session
<b>Sessions</b>	Every Wednesday night from 6:30pm – 8:30pm, starting 25 February, 2015



## Additional Services

This year my aim is to expand the range of services I offer even further in order to assist more. I currently offer: animal healing /communication, house/ business clearing & blessing, crystal healing, color therapy, dietetics, Reiki healing, general therapy, vow releases, behavioral changes, corporate wellness/ motivational talks & sessions, mediumship (connecting to crossed over loved ones), psychic work, past life regression & BARS. Should you wish to know more, please feel free to contact me.



## ANIMAL HEALING & COMMUNICATION

I have always loved animals and find them to be an integral part of our existence on earth. Animals, like us, require emotional and physical assistance from time to time. The service I offer entails the assisting sick or problematic animals with healing and guidance (this includes the humans involved). When pets are lost I can also assist in tracking them down. I work with both domestic and wild animals. The service is rendered on a session basis either at the premises of the animal or at my office, depending on the merit of case. I do offer distance healing too for those too far away or in some wild life cases. All animals deserve the best care . . . give it to them!!

### DIETARY ASSISTANCE:

As a qualified Dietician I can assist with any dietary / nutritional requirements. Please feel free to ask should you not be sure what this covers.

## HOUSE CLEARING & BLESSING

Every experience we have holds and energy. When we choose or create our spaces, that energy gets transferred to the physical environment. We then keep experiencing the same negative energy over and over again, since it surrounds us all the time. Clearing old negative energy assists in creating wonderful new experiences and provides the people involved with new found, optimistic energy.

This service is for those who have private or office spaces where the energy is not conducive to peaceful, loving, nurturing or successful existence. As per arrangement I shall visit the place of residence or business to clear all negativity and blocks in order to provide the desired space. During the clearance I shall also provide the individuals involved with information they may require to keep the premises clear and conducive to positive energies. It is a wonderful process to have done and can make a huge difference in someone's life since we spend so much time in places where we are drained, disempowered and unwell.

## BARS

This healing / balancing modality is a non-evasive, yet effective way to assist in clearing old energies, patterns and beliefs from the individual leaving the person feeling relaxed, energized and empowered. We work mostly on the persons head using trigger points to assist in the release, balancing and empowering of the individual. Specific issues or general imbalances (physical, emotional or mental) can be resolved through the use of BARS. A definite must for all those who are really struggling and feel overwhelmed.

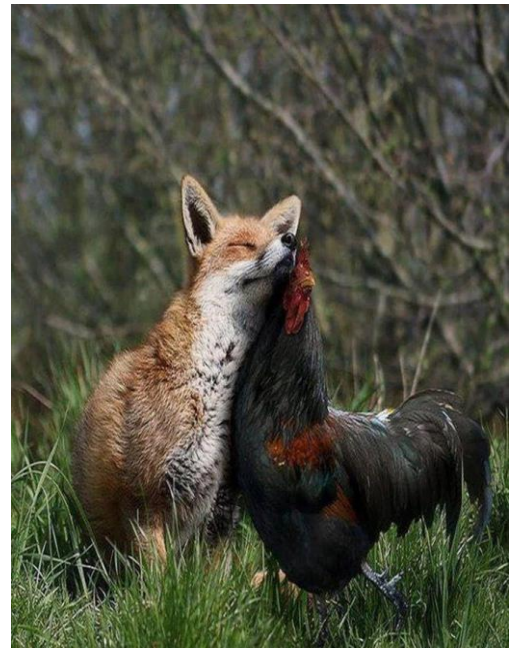
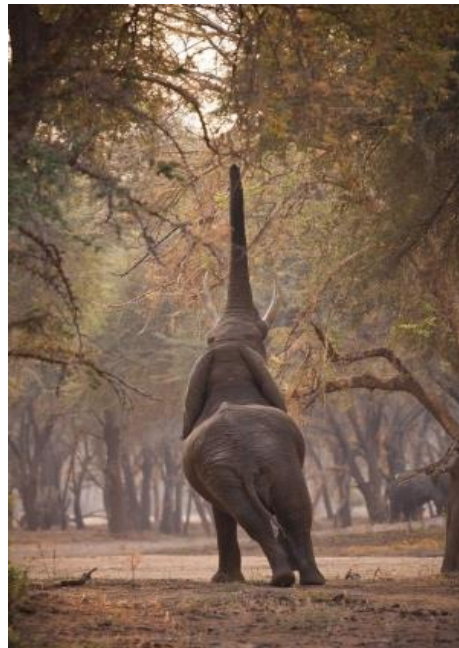


## Dare to dream ....

When life gets too much with many trials and tribulations; it is easy to feel trapped in your situation. This is exactly what I was feeling; trapped.

Then the realization came: Things always have a way of working out as they should. When we become clear about what it is we want & let go, trusting it will happen, it most often does!! It is only in our minds where the limitation exists & it's an illusion. If we allow the connection to spirit, miracles happen.

The impossible becomes possible, when we allow it. So my beckoning to you is: keep dreaming, hoping & believing for what you want since it will show up, as long as you can let the limitations go! It is through contemplating how ships float that they now sail, not through worrying about how they sink. . . .



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