

# Spirit Release Foundation



## Practitioner Training 1 Module A (Intuitive)

**Venue:** The Garden Halls, Cartwright Gardens, London WC1H 9EF

### Friday 29<sup>th</sup> October 2010

- 2:30 pm Introductions
- 3:00 **Intuitive Diagnostic Techniques** - Developing a wide range of diagnostic techniques, dowsing, clairvoyance, divinatory cards, channelling etc.
- 3:45 Tea Break
- 4:15 **Intuitive Diagnostic Techniques** - Practical exercise in pairs.
- 5:30 Discussion (Finish at 6:00 pm)

### Saturday 30<sup>th</sup> October 2010

- 9:30 am **Inner Balancing Exercises** - Inner light, grounding, sieve etc.
- 9:45 **The Power Within** - Energy healing modalities, sources of power, channelling healing energy, distant healing etc. Theory and practice
- 11:00 Tea/Coffee Break
- 11:30 **Protection** - Theory and practice; working in pairs and in a group to create different types of psychic protection, for the home, work-place and in spirit release work.
- 12:30 Lunch Break
- 1:30 pm **Space Clearing 1** – The theory behind space clearing and why it is important in spirit release work.
- 2:00 **Space Clearing 2** – Practical exercise, working in pairs on clearing and setting the energies of a room or space.
- 3:30 Tea Break
- 4:00 **Creating Your Sacred Inner Space** - Guided induction exercise for creating your own inner healing and energy balancing space; working collectively and in pairs.
- 5:30 **Feedback and discussion**
- 6:00 **Grounding**  
Grounding the day through movement and dance (Finish at 6:30 pm)

### Sunday 31<sup>st</sup> October 2010

- 9:30 am **Inner Attunement** – link to Sun and Earth + inner exploration
- 9:45 **The Role of the Ancestors in the Healing Process - Part 1**  
The significance of ancestral energies and how these can create negative patterns that seem like forms of possession. Ways to set up and establish ancestral charts and the first steps in releasing negative ancestral patterns
- 10:30 Tea/Coffee Break
- 11:00 **The Role of the Ancestors in the Healing Process - Part 2**  
Ancestral releasing exercises
- 12:30 Lunch Break
- 1:30 pm **Soul Rescue Work** – Working as a group to release spirits; theory and practice.
- 2:30 Tea Break
- 2:45 **Chakras, Polarities and Inner Balance** – working with eight chakras and their relevance to spirit release; polarity balances, paradoxes and opposites; the mandorla; lecture and group exercises.
- 4:00 Discussion and ending (Finish at 4:30 pm)