

Soul Connections through Mind Body & Soul

Mind	Body &	Soul	Too
<p>The Power of Thought</p> <p>Our thoughts create our reality.</p> <p>Thought >> Emotions >> Feeling >> Vibrational Output</p> <p>Are your thoughts creating 'white noise' and sabotaging your attempts to connect with the intuitive Wisdom of your Soul?</p>	<p>The Chakra System</p> <p>Introduction to the Chakras</p> <p>A 1 day workshop introducing the Chakra system, what it is, how it works and why and how to balance it.</p> <p>8 week Personal Development Journey through the Chakras</p>	<p>Soul Plan</p> <p>A Soul Plan reading outlines your 'map'. It takes the sound vibration of your birth name and from this maps your Challenges, Talents & Goals from a Physical and Spiritual perspective and culminates in outlining your Soul Destiny or Life Purpose</p>	<p>Professional Qualifications</p> <p>Each course is certificated and insurable and offers the opportunity for personal development.</p> <p>Usui Reiki</p> <p>First & Second Degree, Master Practitioner and Master Teacher</p> <p>Soul Plan Practitioner</p>
<p>Meditation & Mindfulness</p> <p>Learn to still your mind; regular 5 week meditation courses. An opportunity to explore different styles of meditation & mindfulness.</p>	<p>Clearing the clutter & getting out of your own way by understanding how your emotions affect your physical, mental & spiritual health. A transformational personal development journey.</p>	<p>Soul Coaching®</p> <p>Aligning your Soul with your Physical self through a 28 days programme that takes you to your spiritual source. Through daily assignments you clear mental, physical & emotional clutter enabling you to face fears, release old negative patterns and really connect with the intuitive Wisdom of your Soul.</p> <p>Offered in a variety of formats.</p>	<p>Qualify to practice as a Soul Plan Practitioner</p>
<p>Sound Healing</p> <p>A wonderful way to still the mind.</p> <p>"If you want the truth, I'll tell you the truth; Listen to the secret sound, the real sound, which is inside of you"</p> <p>Kabir</p>	<p>Reiki</p> <p>Reiki treats the whole person & helps to balance mind, body and soul. It is deeply relaxing and helps with emotional clearing and a general sense of wellbeing.</p>		<p>Understanding the Soul Plan system – a DIY Kit</p> <p>This 1-day workshop gives you the tools to be able to offer Lite readings to friends and family.</p>
<p><i>It is when we silence the chattering of our mind that we can truly hear what is in our heart and find the still, clear purity that lies within the Soul.</i></p>			



