

USING YOUR SUBTLE SENSES FOR INNER GUIDANCE 2

*Identify the subtle sense which works best
for you to hear your Higher Self
with FRAN DOIDGE*

Saturday 25th January 2020



***Those attending this workshop will already have a basic knowledge of the aura and chakras and know basic dowsing
Bring along with you your tools - pendulum/cards/crystals etc***

- Opening to our spiritual selves through guided meditation
- Ways to use dowsing with a pendulum
- Learn how to choose cards from a pack plus spreads
- Time to explore crystals and dowse for an essential oil blend
- Sensing another persons aura and chakras; sense of touch?
Sensing and respecting their spiritual self
- How being open to hearing your Higher Self impacts on your spiritual energy matrix

Guided meditations

- Becoming still; grounding centring and protection
- Connect to your inner Higher Self; refine your 'anchoring' symbol
- Identify your best tool to hear your Higher Self

This is a follow on workshop; from Subtle Senses 1 which is your introduction to this topic and which will be running again on February 9th in Malvern with Subtle Senses 2 being run again in April.



Date; Saturday 25th January 2020

Venue; The Centre for Wellbeing, Malvern WR14 3PP

Time; 10am to 5pm **Cost;** £60

Information and booking; fran@coachingforwellbeing.co.uk
or call Fran on 07974 400575 www.coachingforwellbeing.co.uk

Fran Doidge has been a member of the College of Healing for 28 years integrating Healing into her successful Aromatherapy and Coaching practice. Founder of The Centre for Wellbeing in Malvern Fran enjoys building traditional Healing practices into modern situations in a way which is relevant to the individual person.

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