

## **The Northumbria School of Healing**

*(Affiliated to Northumbria Healers, a not-for-profit organisation)*

We will be introducing the first of four parts of the Foundation Certificate in Energy Healing in the north east (venue to be arranged) on the weekend of September 2/3<sup>rd</sup>.

The Foundation Certificate in Energy Healing has been developed for those individuals who seek a deeper understanding of the healing arts, perhaps (but not essentially) having learned or experienced healing for themselves, or those who are ready to take up the challenge of self-enquiry that always precedes a period of spiritual growth.

Throughout this course we will focus upon simplicity and demonstrate the basic standards of healing practice required by the major healing organisations such as UK Healers, The Healing Trust and the Guild of Professional Healers. Students will be encouraged to develop a personal meditative practice; they will learn to listen to their inner voice and explore the subtle messages from the body.

In order to have the ability to heal ourselves and others effectively and function powerfully in the world, we need to understand and consciously work with our own energy field. This process of deep experiential learning is one of gentle unfolding into the truth of who we really are, and it will be a life-changing experience as we allow ourselves to experience that truth as a spark of the infinite Divine intelligence that connects us all.

The topics for this first part of the training will include:-

- What is our understanding of “healing”;
- Where does it come from and where is the evidence;
- Understanding Energy and the Nature of Illness;
- Preparation for Healing and working with the breath;
- Introduction to the Healing Act;
- Distant Healing;
- Relaxation and Meditation techniques.

The full foundation training takes place over a period of 18 months -2 years, and students will be provided with course notes and certification, and will be fully monitored and mentored throughout.

Please contact Liz for further details, or to register your interest as soon as possible.

Tel 07814595724 or email [liz@liz-weir.co.uk](mailto:liz@liz-weir.co.uk)