

Two Day Intensive Self-Healing Workshop: Healing the Self to Heal Humanity.

What is this workshop about?

This workshop is designed to teach/remind participants how to tune into and heal and integrate all the many aspects of the self (spiritual, intuitive, mental, emotional, energetic and physical). We will look at all the anatomy that makes up our holistic selves and learn how to recognise/tune into the health within in order to help us heal our minds, emotions and bodies.

Why is this healing needed?

In the world we are living in there is an enormous amount of suffering, conflict, confusion, dis-ease, illness and a general forgetting of how to tune in and heal the self from within out. We have collectively it seems, forgotten how to tap into the inner self and become aware of our inner health and guidance system. We have become 'out of sync' with our own 'inner' Nature (ideal blueprint) and therefore also 'outer' Nature.

In order to get back in sync and heal the world, it all starts with learning to go within and tune into our inner health, to recognise the presence of health and dis-ease within and then to align all of the conflicted elements of our being once again with our ideal healthy blueprint. Having done this, we can bring ourselves back into balance and then naturally and lovingly overflow this out onto others. In this way, we can become responsible (RESPONSE-ABLE) healthy 'decent' human beings able to form healthy relationships without (because of the healthy relationships within) and spread health and wellness to others in a WIN-WIN loving caring, uplifting and empowering manner.

The weekend will be divided up into five sections, each designed to create or enhance awareness of different elements of the self and the healing process and then put this into practice with self-awareness and healing exercises.

Thus, this course will cover the ABC of healing.

Our goal will be 'TO HEAL OURSELVES SO WE CAN SPREAD HEALTH INSTEAD OF DISEASE' and thus create a better WIN-WIN sharing and caring world for all.

Course Details.

- **Date and Time:** Saturday and Sunday, Oct 28-29th. 9 a.m. – 6 p.m.
- **Location:** 47 Silvertown Drive, Ferntree Gully, Victoria 3156.
- **Cost:** \$220.00 (G.S.T. Included)
- **For more information and to book a place:** Contact Paul on Ph: 0417 110 755 or email; paulturner@iprimus.com.au
- A.m. and p.m. tea provided; BYO Lunch (there are shops nearby if needed)



Workshop facilitator: Paul Turner. I am a holistic Osteopath & energy healer, practicing since 1993 and involved in teaching and education since 1996. I use an integrated and multidimensional approach to healing. This is designed to help practitioners and clients learn how to recognise, understand and heal the various relationship imbalances within the self, in order to restore harmony to the whole being. Website: www.turnerpublications.com

Workshop Timetable: Over the two days we will cover the following topics.

Part 1: Principles of Healing. This provides an overview of the WHOLE Person and the holistic model; Investigating Health and Dis-ease (e.g., what having a healthy system actually means and how it protects us, keeps us safe and guides us through life); Finding the co-ordinates of Health and Dis-ease; Reaction vs. Response. How to use the mind and senses to become aware of health and disease within ourselves (to restore healthy relationships); Visualisation as a tool (tuning in vs. tuning out); The four stages of healing; Coming to 'Neutral' and its importance to set the stage for healing; Centring vs. Healing: Centring exercises.

Part 2: The Energy Centres: We will discuss the centres of energy/force within the body and perform healing exercises to align these energies.

Part 3: The multidimensional self. Here we more deeply explore the different levels/layers and elements of our being as well as learn exercises to tune in, centre, align and heal these many aspects to function as one integrated unit.

Part 3: Forms and Time: Begins to integrate parts 1, 2 and 3. We Discuss FORMS (thought, emotional etc), perspectives on healing, time, dealing with complex (chronic/difficult patterns) and the impact of past trauma and reaction patterns in the healing process and healing exercises to recognise and balance these.

Part 4: Relationships. starts to integrate the preceding steps further in that only once we are aware and clear of our own health and imbalance patterns can we truly begin to understand our part in the healing of relationships with others and in healing the world. If we know 'not' what is our own responsibility, how can we hope to heal our external relationship conflicts and thus be conscious, responsible co-creators in the external world?

The approximate time to cover these topics will vary depending on the needs of the group but the rough plan is as follows.

In DAY 1: We should be able to explore parts 1 and 2 and the theory section of part 3.

In DAY 2: We will start the day with a self-healing exercise on dimensions and then move on to Parts 4 and 5, finishing with ideas and exercises to fill ourselves with health and overflow this health onto others to help form healthy win-win relationships.

Note: The Visualisation exercises we will perform will be catered to the needs of the Group and so may vary depending on these needs. This is the benefit of an intensive workshop. It will be adapted to the needs of each individual and allow opportunity for your input and to answer any specific questions you may have in order to improve both theoretical and practical understanding/application of this knowledge. This should enhance the effectiveness of this information in your personal lives and also give you some helpful tools to meet future life challenges with expanded holistic context and understanding.