



Self-Healing & Meditation Group: Semester 2 2018

Possible topics (subject to amendments depending on the group and life circumstances)

Topic	Proposed Meditation
<ul style="list-style-type: none">• The Holistic Model• Using the Mind as a Tool in healing	Muscle contraction exercise and moving a light through the body.
<ul style="list-style-type: none">• Visualisation as a tool in healing• Centring versus Healing	Centring meditation
<ul style="list-style-type: none">• The Energy Centres (in Detail)	Vortex (flow) meditation
<ul style="list-style-type: none">• Special Topic: The 12 Sets of Twin Characteristics	Colour and Quality meditation
<ul style="list-style-type: none">• Open Topics – Group choice	To be decided on night
<ul style="list-style-type: none">• Dimensions (part 1)	Mountain pool meditation
<ul style="list-style-type: none">• Forms (mental/emotional etc) and the 3 perspectives on healing	Iceberg meditation and/or peeling the layers of onion exercise
<ul style="list-style-type: none">• Healing through time	Time line meditation
<ul style="list-style-type: none">• Special Topic - Meditation and the 8 steps of yoga	Exercises to illustrate each step of the process – breathing, concentration, meditation etc.
<ul style="list-style-type: none">• Dimensions (part 2)	Building of Self meditation
<ul style="list-style-type: none">• Healing Relationships	The Healing triangle
<ul style="list-style-type: none">• The Seven Rays	Ray exercises (qualities, feelings and thoughtforms)
<ul style="list-style-type: none">• Special Topic - The Senses and the Super Senses	Dimensional Meditation

Facilitator: Dr Paul Turner (Osteopath)

Venue: Ferntree Gully. See website for details: www.turnerpublications.com

Mobile: 0417 110 755 (contact Paul if attending on the night to confirm a spot)