



Joyful Ascension Courses

Are you on a spiritual path?

Have you felt switched off or disconnected for a while?

Do you doubt that you are on the right path?

Are you trying hard to progress but not really managing?

Do you feel that you have no control over your life?

Do you feel physically or emotionally burned out?

Do you want to hide from the world?

Do you have old ailments or pains return that you thought were healed?

Do you feel blocked, thwarted or constrained?

Are you lacking energy or motivation?

Are difficult situations arising regularly?

If four or more of the above questions are true and your life seems to have been turned upside down recently, you have probably started the ascension process and this can be a bewildering and frightening place on your own. The Joyful Ascension Course helps you to complete conscious expansion with understanding and joy and, consequently, day to day living becomes very much easier and happier.

We are now entering the Age of Aquarius where each of us is being called upon to incorporate spiritual ethics into our practical lives. To do this we have to ascend to work from the Soul level rather than the personality. We are being initiated into this process, which is a 2 to 2½ year cycle, without consciously deciding to do so and many people are finding that it is a real challenge; we are faced with experiences that reflect all our lower personality concepts and traits in turn so that we can let them go.

The experiences will not go away until we each change our old outmoded personal patterns and beliefs. The Joyful Ascension courses will facilitate this process so that you will find the process of spiritual development and ascension very much easier and happier. It will help you to release adverse personality patterns easily so that you do not experience repeating difficulties, crises, recurrent physical illness, pain or anxiety.

When ascension is complete, we find ourselves in a different space; life is full of wonder and joy and our drive and energy return; our bodies begin to heal, our minds become clear and sharp and we open to abundant living.

The Joyful Ascension Course is designed to help everyone, whether just beginning this demanding inner journey or already partway through. It will enable you to release fears, limitations and old emotional and mental patterns easily and to move forward into new ways with joy. It will help you awaken and unify your Lightbody and to remove old regulatory structures to enable you to be infused with higher vibrational energy. It will help you to work from the Soul and to access the higher dimensional energies available to earth at this exciting time.

You will come together with a small group of like-minded people who will be there to support each other during their journey. With others to help you to interpret the events in your life and to move forward, you will find that the process becomes much easier. If, however, you are unable to attend the courses but wish to have help, I can work on a one-to-one basis with you for Ascension.

The Joyful Ascension Course is a programme of personal development in which the separate workshops are completed at 2 to 7 month intervals taking from ten months to two and a half years according to your individual rate of progress. It uses the techniques taught in Spectrum Healing 1 as well as meditation, visualisation, intuition and ritual to help you release deep patterns easily and permanently.

You will need to understand the energy systems of the body and be able to dowse to find the individual healing that you need at certain times in the programme and so **Spectrum Healing, Stage 1, is a prerequisite for the Joyful Ascension Course.**

The Joyful Ascension Course includes:

Spectrum Healing I: Healing the energy systems of the body—4 days

JAI Embracing Divine Love – 3 days

JAI Ascending to Live from Soul – 3 days

JAI Reconnecting and Embracing Divine Will – 2 days

JAI Being Light (strengthening the Luminous Light of your Soul) – 3 days

JAI Enjoying the Higher Way (accessing Higher Dimensional Energies) – 2 days

JAI Embracing Divine Love

- ❖ Change your fear-based understanding and beliefs to those based on knowing that you are Worthy, Unlimited and Able to create your life to be Abundant, Beautiful and Free.
- ❖ Awaken and Unify Your Lightbody, your fifth dimensional body, and the body of each higher dimension as you are ready to do so.
- ❖ Heal the unhelpful patterns that have evolved from repeated events in your life and create a happier, more fulfilling life without being pulled back into the past.
- ❖ Heal the karmic patterns that have bound you for many lifetimes and set new, wonderful, prosperous and joyful patterns. Reprogram your DNA on all levels so that you can create everything that you need in your life, so that you can flourish and prosper, unhindered by anything.
- ❖ Remove and recalibrate old regulating structures to allow you to bring in higher vibrational energy and help your Lightbody to grow and to function better.
- ❖ Heal karmic and conceptual devices that are blocking the free-flow of energy.
- ❖ Fully embody your Spirit into your physical body.
- ❖ Awaken, Unify and Activate Your Divine Purpose so that you no longer have to battle to achieve things and can flow forward, feeling a true sense of fulfilment in what you plan and achieve.
- ❖ Plan your journey over the next few months so that your development is continuous and as free from stress as possible.

In later stages

You will be able to identify key points in your journey and find the best ways of helping yourself at the earliest opportunity so that you alleviate any possible physical or emotional stress that could ensue.

- i) Ascend to Live from the Soul Energies of Tiphareth rather than from the confusion of the personality.
- ii) Connect to and Embrace the seven rays of Divine Will
- iii) Awaken the connections that will enable you to be free from doubt; doubt erodes your Worth and pulls you back into old patterns. Being free from doubt leads to a totally joyful way of being.
- iv) Strengthen the Luminous Light of your Soul so that you are a body of radiant light undimmed and unaffected by anything around you.
- v) Evolve your chakras so that they can accept the higher vibrations.
- vi) Create systems that will nourish your Soul in the best way.

After this we meet to troubleshoot your personal difficulties and take you on to the next stage of your journey.

Booking Joyful Ascension Courses

Group JA Courses

The cost of the Joyful Ascension courses is £70 per day including explanatory notes and techniques to support you on your journey. These courses are conducted in very small groups of like-minded people and once they start on JA1 together they usually find that they wish to stay together as a group and support each other in their understanding and progress.

As the energy systems, healing techniques and dowsing methods from Spectrum Healing are all needed in the Joyful Ascension courses you will need to book into Spectrum Healing Stage 1 first. To do this download details from the Spectrum Healing course page, complete the booking form on the final page and send it to me.

After this preliminary course I will arrange the JA courses according to the needs of the group.

Individual Ascension Help

If you wish to have individual help, I can work on a one-to-one basis with you for Ascension. For this go to the contact page from the main menu and state that you wish to make an appointment to help with your ascension process. I will then get in touch with you.