



Spectrum Healing

For Vitality and Harmony of Body, Mind and Spirit

Spectrum Healing Courses

The five stages of Spectrum Healing are progressive and will teach you a wide range of healing skills, including the ability to heal five different sets of chakras, the first seven subtle energy bodies of the aura and the energy meridians. As well as healing on a physical or emotional level you will also clear adverse mental and spiritual patterns.

Individuals wishing to learn how to improve their health and well-being can progress through the stages of Spectrum Healing as they are ready. Prospective practitioners will need to complete Stages 1 to 5 of the Spectrum Healing training satisfactorily as well as modules in Anatomy & Physiology, Nutrition, Practice management and Interpersonal Skills.

Trained Kinesiology practitioners will find the Spectrum Healing courses very different from other kinesiologies and will find it easy to integrate in their practice. It makes an ideal CPD course after training in Health Kinesiology, Classical or Systematic Kinesiology. Spectrum Healing courses are accredited by the Kinesiology Federation for Kinesiology Continuing Professional Development.

Spectrum Healing, Stage 1

This course is a foundation course both for development and healing. You will workshop the techniques in a small group and experience valuable self-healing and growth of self-worth during this process. The healing is identified by muscle testing and asking verbal questions.

What you will learn:

- ❖ To stabilise and maintain the human energy system and to ensure that both you and the person that you are helping are centred and grounded.
- ❖ How to muscle test effectively to find a safe programme of healing.
- ❖ Channel Chi energy and use it to heal the aura and chakras with the hands.
- ❖ Understand the Major Chakras and to detect and heal possible causes of damage to both the Fundamental and Sensory Chakras.

- ❖ Understand and heal the first seven subtle bodies of the aura.
- ❖ Age regression and healing significant past events.
- ❖ Identify priority goals and learn to attract the energies that you need in order to achieve these goals.
- ❖ Experience appropriate spiritual journeys based on the Shamanic tradition. These can be used to resolve conflicts in your present life or for Karmic healing.
- ❖ Intuitive Healing of the Energy Fields of the body
- ❖ Vibrational remedies such as herbs, crystals, homeopathic remedies, foods, Bachs flower remedies and aromatherapy oils will all be available and will be used to heal the Aura and Chakras.
- ❖ Explore the healing power of creative activity, movement, imagination, visualisation, meditation, and dreams.
- ❖ Become more in touch with your intuition and spirit and to support yourself in the best possible way.
- ❖ At the end of this stage you will be able to identify and resonate with key vibrant energies, which will lead to a more healthy and fulfilled life.

Appropriate corrections are identified by a system of muscle testing, which determines beneficial corrections in a priority order for each individual. The beneficial energies from natural substances such as crystals, colours, sounds, foods and vibrational remedies will be used to directly heal the energy field of any individual. A sure and safe system of healing will be taught that is flexible enough to allow each person to include special skills or other therapies that they have. A supportive environment and a small group enable you to learn healing enjoyably and in the most effective way.

A preliminary consultation with Jay, at least 2 weeks prior to the course is advised if you have not previously experienced Spectrum Healing. It would help you to feel its healing benefits and also give you a chance to find out more about the course and its suitability for your career, personal healing or development needs. Also we could ensure that factors, which may inhibit full benefit from the course such as lack of confidence, difficulties in muscle testing or 'tuning in', could be healed. This would enable you to get the most from the course. If you live at some distance from East Leake and would prefer a telephone conversation and remote healing, this could be arranged.

Spectrum Healing 2 to 5

These following four courses include: -

- ❖ Healing the physical body, emotions, mind, soul and spirit.
- ❖ Further chakra systems, such as:
 - a) the Regulating Chakras, which allow you to respond appropriately and beneficially to any external stimulus or stress.
 - b) the Vital Chakras, which beat out the message of who you are and your innate needs which may need to be established more strongly.
 - c) the Balancing Chakras, which act as stabilisers for the body, absorbing shocks and imbalances of energy.
 - d) the Alignment Chakras, which align a person's energies with their higher spiritual purpose.
- ❖ Understanding the energies stored in each of the first seven subtle bodies of the human aura and how to heal them.
- ❖ Healing with colour, sound and symbols.
- ❖ Methods of curing fears and phobias and restoring correct neurological pathways that have previously been affected by stress.
- ❖ Using magnets to heal the electromagnetic field of the body to improve cellular functioning.
- ❖ The healing power of fun, laughter, ceremony, dance and ritual.
- ❖ The 14 major energy meridians and the meridian reflex points. Finding the priority meridian points that will fix them all.
- ❖ Allergies and intolerances, eliminating toxins, chemicals or latent pathogens from the body.
- ❖ Healing non-physical allergies and intolerances.
- ❖ Finding and healing adverse memory patterns stored in body tissues.
- ❖ Identifying conscious and subconscious limiting beliefs together with their defence patterns and how to let them go.
- ❖ Ways of improving our effectiveness and reliability as healers.
- ❖ Correcting interference to our energy system from external sources. These can affect our aura, chakras, meridians or mind energy.
- ❖ Familial traits, weaknesses and disease patterns that are passed down through successive generations of a family.
- ❖ How to use supplements, herbs, homeopathics and essences safely.

Booking a Spectrum Healing Course

The cost of the four-day workshop, including a reference and a working manual, is £320. There is a reduction of £20 if the full payment is received at least 6 weeks prior to the course and a further £15 reduction for people who have attended a healing session as a client at any time before the course. There is a 50% reduction in fees for the repeat attendance of any stage.

Places are limited on these courses, as we shall be working in small groups. If you wish to attend, send a deposit of £50 or the early bird payment of £300 or £285 as soon as possible together with your details below.

*If you wish to attend a Spectrum Healing course, please complete the form below and return it together with the correct fee to: **Jay Cubitt, 37 Potters Lane, East Leake, Loughborough. Leics, LE12 6NQ.***

Please specify the Stage of course that you wish to attend _____

Please state the date of the course that you wish to attend _____

Please complete **one** of the following:

I would like to attend this course and enclose my deposit of £50.

I would like to attend this course and enclose the 'early bird' payment of £300. (to be received at least 6 weeks before the course date)

I am an existing client and enclose the 6-week 'early bird' payment of £285. (If you are not yet a client and wish to experience a Spectrum Healing session and take advantage of this reduction, arrange a consultation by visiting the contact page from the main menu before making your course booking.)

I have attended this course before and would like to repeat it. I enclose my payment of £160.

Name: Tel:

Email address:

Address:

Please state other relevant information: e.g. previous courses or experience.