



Spectrum Healing Courses

In these workshops you will gain a practical and intuitive understanding of the energy systems of the body and the healing energy that is available to you. You will learn to connect with the purest healing field of consciousness and use it to help you heal in the easiest way. You will investigate the nature of this energy and learn to 'get a feel' for it and to release conscious control.

Spectrum Healing can be used for healing yourself or others or for buildings or places, for development, repatterning or achieving goals. It can heal the physical body's cells, organs or systems, release cellular memories, retained trauma, limiting feelings, thoughts or beliefs from the past, present or future and Soul or spiritual patterns. The energies that Spectrum Healing helps you to heal includes six different chakras systems, the 49 subtle energy bodies of the aura, the lightbody and meridians. The healing corrections are identified by muscle testing and asking verbal questions.

You will learn the reasons why chronic illness arises and how our feelings and beliefs affect our internal chemistry and the way our bodies work. You will learn about the subconscious mind, how it operates the body in a powerful way and how it is programmed by our experiences. You will then learn to gradually clear any adverse patterns in the subconscious and help it to operate our bodies and minds in a better way.

Spectrum Healing is a very open system that provides a safe means of identifying the most appropriate method and order of working for each individual. The system will grow and expand to include new skills and remedies as your knowledge increases.

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 initial kinesiology or other energy training. Spectrum Healing courses are accredited by the Kinesiology Federation for Continuing Professional Development.

On each course you will practice the techniques in a small group and experience valuable self-healing during this process. Most students find that they heal many patterns over the two days.

Spectrum Healing, Stage 1

You will learn to balance the body appropriately and safely, with the aid of muscle testing, correcting any imbalance with the energy from your hands. You will also be able to help the person resonate with positive energies such as Self-Confidence, Self-Belief or Vitality. By imagining an emotionally charged situation, such as taking an examination, we will illustrate the effect of the emotions on the energy systems of the body and learn to rebalance them. In this way you can learn a safe and effective process to repair the damage to the energy systems caused by the different stressors encountered during someone's life.

On the Spectrum Stage 1 course you will learn to:

- ❖ muscle test in order to find an effective, individual and safe programme of healing.
- ❖ enter the field of pure consciousness in which disharmony can be identified and released easily and effortlessly. This space allows wonderful, quick, efficient healing.
- ❖ identify clearly the primary causative factors of any problem so that they can be healed.
- ❖ use a simple healing menu to form a healing intention and know how to accomplish this.
- ❖ heal the Major Chakras of the body. You will learn their position, how they relate to our self-expression as well as how to detect and heal possible causes of damage or dysfunction of these Chakras .
- ❖ channel chi energy to heal the energies in a person's aura and chakra system.
- ❖ identify key beneficial positive resonances and connect each person with them; this leads to living a healthier and more fulfilled life.
- ❖ regress someone in age and heal significant past events.
- ❖ identify priority goals and learn to attract the energies that you need in order to achieve these goals.
- ❖ become more in touch with your intuition and spirit and to support yourself in the best possible way.

Appropriate corrections are identified by a system of muscle testing, which determines beneficial corrections in a priority order for each 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.

If you have not previously experienced Spectrum Healing you may wish to have a preliminary consultation with Jay prior to the course. It would help you to get a feel for the energies and healing that you will be doing on the course. It would 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 that may inhibit full benefit from the course such as lack of confidence, difficulties in muscle-testing or 'tuning in' could be healed, although these will be addressed on 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, Stages 2 to 5

These following four courses include the following:-

- ❖ 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
- ❖ Healing with colour, sound and symbols.
- ❖ Methods of curing fears and phobias and restoring correct neurological pathways that have previously been affected by stress.
- ❖ 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.
- ❖ Limiting Beliefs and their defence patterns.
- ❖ 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.