



## An Introduction to Personal Clearing

Understanding how our past has conditioned our present and future is the first step to setting ourselves free from that past.

Over the many years I have been teaching personal clearing I have come to understand that we are all expressing ourselves for the most part without awareness. It can be hard to take a step back and view our life objectively, it can be hard to acknowledge and work with the 'shadow' aspects of our personality.

Personal Clearing takes us gently into a place where we can notice old patterns and slowly move out of them, working with them in a unique way that changes us on a cellular level. This change not only ensures a liberation from the past, but allows a more healthy, balanced life in the now.

Through developing the skills, which are inherent in all of us, to notice an emotion and recognise that the emotion is a result of some external stimulus and is simply how our body has conditioned itself to react we can start on a journey of change.

This work is safe and noninvasive, open to all who desire to find greater health and happiness on a fundamental level. Age and experience are irrelevant, all that is required to unlock the power of your true nature is an openness to experience the many hidden wonders the self has to offer.

This program will give you the tools and awareness to make a difference not only in your own life, but in the lives of those around you

### In this workshop you will learn to:

- recognise and release the causes of stress
- move beyond past limitations
- support yourself and others on the road back to greater balance
- make changes to your life on a fundamental, cellular, level
- experience the liberating realisation that you are not your trauma

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**To Register or for more information:**

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## Heal Your Ancestors ~ Heal Yourself

Most of us live out our lives working through issues handed down from our parents, grand parents, and often even great grand parents. When any group of people or individuals are repressed, or suffer significant trauma they carry this with them.

The memory, pain and frustration of the past does not die with the person who experienced it. Instead it is passed on down through the line and manifests in their children in various ways. Often obscure, sometimes as physical dis-ease, sometimes as anti-social behaviour.

### Your Children:

When children are punished because they exhibit behaviour patterns that the parents themselves can identify with but are ashamed or unable to deal with, then that child will carry that scar and pass it onto their children in turn. This pattern is not conducive to a healthy family / community life.

Somehow we need to break the cycle, so while at one time dealing with the results of the past, we should be taking steps to ensure that the future is not the result of a traumatic past.

### Your Health:

Often these old patterns show up as health issues, mental, physical or emotional. When you clear the ancestral patterns you are in a better position to move into a more balanced life because the cause for imbalance, that which holds you in distress, is no longer there.

### What you will get:

This one day program will show you how to deal with this charge in a safe and gentle manner, it is not necessary that you get in touch with the old patterns, they will or will not arise in their own good time, what is required is that you change your understanding, and relationship to the charge you carry. This one day will give you the tools and awareness needed to move out of past limitations and discover a you you perhaps only dreamed about becoming.

### In this workshop you will learn to:

- Understand the nature of energetic charge
- Realise where charge comes from and the affect it is having on your day to day life
- Develop a different way of dealing with old patterns
- Release emotional charge that has been passed down through the ages