



### **Why book a Healing Hour?**

BECAUSE they are Spiritually Guided Self-healing Meditations to help you get back into balance, feel more grounded, relaxed and positive, after releasing the build-up of personal inner stress that we have accumulated over the past year. Most people feel a sense of immediate relief after one session, **all for just £6!** Regular bookings will help to maintain this and work to create a lasting effect on your wellbeing.

More people are privately feeling depression and loneliness this year, as well. Video calls just aren't the same as meeting up with people. The rush to stay in touch with everyone is also subsiding as we 'get used to lockdowns and hearing about Covid' and withdraw at home. Many have little choice but to do this, but the energy of such resignation does deplete our enthusiasm for life. *Not good!*

Such a sense of resignation can impact on general health, lower the resistance of our immune systems, make us feel fed up - and so the downward spiral begins.

These uplifting Healing Hours are designed to release this hidden build-up of stress, do something for yourself that is positive and strengthening, recharge your batteries and get back on track - despite the continued restrictions we are under right now. This really will help you look forwards to the future, instead of dwelling on the past.



### **The Meditations**

The visualisation meditations are spiritually orientated but do not involve psychic development work. The aim is to relax you and help you feel refreshed. Each meditation will balance your chakras and Aura energy system, help you release negativity and aim to repair your whole system through self-healing exercises. Some classes will be gentle, others will dig deep.

Last year, when the Pendragon Group was able to meet up, I channelled a Covid Shield Meditation and that seems to have been very efficient in keeping up the vibration of people's immune systems, giving added protection to resist any infection. This will continue to be incorporated until the vaccine program has been completed.

Evening sessions ~ every Thursday. Zoom door opens at 7pm for 7.15 start.

Weekend sessions ~ every Saturday. Zoom door opens at 10.15am for 10.30 start.

### **And Finally...**

There is a welcome simplicity to these Healing Hours. Held twice a week, on Thursday evenings and Saturday mornings, they provide a chance to keep you to a discipline of self-healing care, so easy to keep putting off! You can book whenever you choose - there is no requirement to come every week or on the same day. Regular attendance will bring personal benefits to you by not only restoring a sense of inner balance but also improve your resilience, so that you don't lose hope and improve your ability to cope with the current crisis.

Most of all I hope you enjoy coming! My approach is a cheerful and positive one, even though the release of negative influences and thoughts can be a serious matter.



*Spring will soon be here...*

### **Booking is Easy!**

1. **Email me** with the class you wish to book. Contact details below. You can also book up to 6 classes at a time, to save having to rebook all the time!
2. **Payment** by bank transfer: £6 per class
3. **You can ask to move a booking** if you can't make it. Bookings are not refundable but can be rebooked for a different date.
4. **Then I will send you the Zoom link** which shows the date and time, and any extra details you need to know beforehand.



**Relax, Let Go, Breathe...**  
*for Inner Peace and Inner Strength*



*You too can be as chilled as Thomas & Bertie!*



*Dorset - an ancient English landscape  
A place of peace*

## **CONTACT**

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