

Healthily Surfing the Waves of Change

Three 90 min online seminars including Q & A

We're living in a profound time of transformation, prophesized as the prelude to our entry into a new world of peace & prosperity. As the caterpillar transforms into the butterfly, change can often feel chaotic & confusing as we release our hold on the old ways & prepare to float in the Great Mother's cocoon until our wings are strong enough to fly.

Seminar 1: Strengthening Our Immunity for Change

Are you ready to take back control of your life by tapping into your own remarkable inner resources?

Change can be scary when we feel we lack the necessary tools and information to deal with every new challenge. But our body is well equipped to deal with change and this is a great time to tap into these inner strengths. Immunity is a natural filter that helps us decide what nurtures us and what we need to unload from our lives. Come and learn how to strengthen your natural immunity.

During this seminar you'll learn:

- ❖ Practical advice to enhance the optimal function of our immune system
- ❖ How the mind plays a part in the natural protective actions of the body
- ❖ The nature of a virus and how it affects our psyche
- ❖ The value of emotions during times of change
- ❖ Practical ways to clear and maintain ideal levels of energy
- ❖ Why this is happening at this particular time

Seminar 2: Connecting to what Matters

Are you ready to feel more rooted and connected to the precious things of life?

Current events were prophesized a long time ago as we move into a new world of unity through the acceptance of diversity: a world of peace and prosperity. But the old ways still have a hold over us often offering a false sense of security. The safest way of bridging the worlds is to connect to what really matters to our soul, releasing our hold on mindsets and identities that are so heavy that they could literally drown us.

During this seminar you'll learn:

- ❖ How to stand strong in the midst of change
- ❖ The importance of self-love
- ❖ Practical ways to connect to Mother Earth
- ❖ How to trust love again
- ❖ Tips to enhance the power of your intuition
- ❖ How to recognize and release beliefs that have outlived their usefulness

Seminar 3: Moving Forward with Courage & Inspiration

Can you feel the fires of inspiration flow up through you until there is no other choice but to express them out into the world?

It's easy to feel that others are more skilled and valuable during times of crisis. But this is not true: each of us possesses a unique piece of the jigsaw that needs to be laid in its place in order to create this world of unity: to manifest Heaven on Earth. It time to stop comparing our piece with someone else's or helping others with their task and avoiding our own destiny. Given the space that's appearing in our lives, this is time to focus with what lights your fire, feeds your soul & already makes you feel excited within.

During this seminar you'll learn:

- ❖ How to clear the mental chatter of self-doubt
- ❖ How the old world wants to keep us trapped
- ❖ How to connect to the natural kingdoms
- ❖ Practical ways to not only hear the intuition but follow through
- ❖ Why your piece of the jigsaw is so unique
- ❖ How to tap into the fire of creation so your inspiration can fly!

Who am I?

Described as a mystical physician, I was raised among healers and wise intuitives who taught me the value of looking outside the box while having my feet planted firmly on the ground. Qualifying as a medical doctor from the University of London over 40 years ago, it soon became clear that true healing means focusing on wholeness – body, mind, and spirit – and not just mere fixing. I turned my attention to holistic medicine and was initially involved in the education & holistic treatment of AIDS, then became enthralled by psychoneuroimmunology, epigenetics and complementary medicines.

As an intuitive pioneer, I have been fortunate by deep teachings and wise practical advice which I offer to both clients and students. But my most important mission is to help those I meet to tap into their own inner strengths and healing abilities and ultimately to support them in their quest for wholeness.