

**9&10**  
**MARCH**  
**2024**  
**FROM**  
**10AM-5PM**



# "BEFORE YOU HEAL OTHERS...."

"...Heal Yourself" is a popular quote that emphasizes the importance of self-care and personal growth before attempting to help or support others. In this two-day workshop you will learn the concept behind this, namely that by taking care of your own physical, mental, emotional and spiritual well-being, you can also effectively help others.

Self-caring is not a selfish act, on the contrary; it is an essential aspect of maintaining your overall well-being. When you take the time to heal yourself and grow personally, you become a more effective and empathetic source of support for those around you.

*For more details see the next page...*



## **Programme Details**

### **Day 1: Use of Crystal Grid - and Energy Lines Healing**

- \* The Planetary Grid System and its links with the Human Body with Sacred Geometry
- \* Demonstration of Crystal Grid Healing individually and how to do a treatment
- \* Crystal Programming and the uses of Crystals
- \* A simple symbol will be given which allows access into the Earth Grid
- \* The use of Crystal Grids with Pyramids and Tensor Rings for accelerating healing
- \* How to clear negative patterns from your home or office and Ley Lines
- A look at EMF Electro-Magnetic-Fields and how to protect yourself and family
- \* Questions and Answers session

### **Day 2: Bio-Energetic Massage**

- \* Introduction and Demonstration of the Bio-Energetic Massage technique
- \* Activation of the Galactic Grids within your body
- \* Massage techniques and the Meridian System
- \* Practice of the Bio-Energetic Massage technique
- \* Discussion of Sacred Geometry and how it plays a part in our lives
- \* Introduction to Nutrition and Exercise
- \* Practice of the Bio-Energetic Massage technique on a chair and then on a massage table

*Bio-Energetic Massage is a technique devised by Gordon John Hughes, who will teach us how to activate the meridians (which can be practiced on a person wearing clothes). It is a simple but very powerful massage and healing technique. It can also be carried out in an office i.e to help the staff relax.*

*Hand-outs will be given to everyone for this workshop. You will need to bring a notebook and colored pens. Also 6-12 clear, single or double terminated quartz crystals. There is no need for large ones. There will be some for sale at a nominal cost if you don't have any.*

***The workshop is given in the English language with Dutch translators for non-English speakers.***

**LOCATION: CONCERTZAAL OOSTERBEEK, EVENTTHEATER  
ROZENSTEEG 3, 6862 DH OOSTERBEEK**

**COST: €225 (INCL. VAT) WITH LUNCH FOR BOTH DAYS; COFFEE,  
TEA AND SNACKS DURING THE DAY.**

**DATES: SATURDAY AND SUNDAY MARCH 9 AND 10, 2024.  
YOU ARE KINDLY REQUESTED TO MAKE AN NON-  
REFUNDABLE ADVANCE DEPOSIT OF €75 ON BANK ACCOUNT  
NL55 RBRB 0706 5716 81 (UNIT 2 PLUS 2).**

**FOR MORE INFORMATION OR QUESTIONS PLEASE CONTACT**

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