



ART OF HEALING

Self-Healing I

A Spiritual Energetic Course

Art of Healing
Healing Reading
Sound-Therapy
Sessions Courses

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Self-Healing I
A Spiritual-Energetic Course

Self-Healing I

A course to connect with our own inner source of well-being and creativity

We sometimes might feel stressed, unable to focus, spiritless, burnt-out, depressed or just not comfortable in our own skin etc.

On a spiritual and energetic level this is a sign of not being really connected with ourselves. Something is distracting us from our real self. But often it's just happening to us and we don't understand why. And as long as we're not aware of what is going on, we can't be in charge – and change it.

This course is about awareness, how to come in real contact with your own life-resources, how to build up, organize and take care of your own energy. You learn how to activate and trust your intuition and how to use your physical body, chakra's, aura's – the energetic system.

You learn the basic techniques to ground thoroughly, to bring up earth-energy, to connect with the cosmos, to balance your system, to live from your own heart, your inner core (and not from the outside), to exchange energy with others, to keep your own space clean and protect it – and to maintain all that, also in the long run.

So you will have the choice to live more in harmony with your true self, to reduce the pressure of stress, to keep yourself healthy. Or in other words:

Being in contact with your true self brings you into the flow and frees up your own inner potential and source of creativity.

Place: Bolholti 4 (in the rooms of Rósin)

Dates and Times: Þriðjudagur	Fimmtudagur	Sunnudagur	Þriðjudagur	Fimmtudagur
23. febrúar	25. febrúar	28. febrúar	2. mars	4. mars
kl. 19–22	kl. 19–22	kl. 10–17	kl. 19–22	kl. 19–22

Fee: kr. 25.000

To sign up for the course, just click on info@art-of-healing.nl to send us a short mail. We will confirm your participation by return.

For more information, please do not hesitate to contact us or browse our website (see below).

Sabine Burger (1964) and **Alexander Schwarz** (1964) are both born and raised in the Black forest, Germany, and live in The Netherlands since 1990. Sabine originally has a degree as social worker. Alexander has a university degree for German language and literature and is still part-time working as an editor-at-large. Both are we certified at Cico, School for Aura-Healing and Aura-Reading in Utrecht, The Netherlands, as Aura-Healers and Aura-Readers.

Sabine is also Reiki-Master and certified in Pleiadian Lightwork (FSP). Alexander is a Trance-Medium healer. Together we are also certified (in the USA, Great-Britain and The Netherlands) as Practitioners and Teachers for Reichian bodywork (Sound & Sexual Energy and Body Reading) and as Soundtherapists and -teachers (Tuning Forks, Autophonetics, Personal Music, Listening Programs) by the founders of the School for Inner Sound, Arden and Jack Wilken.

We enjoy sharing our knowledge in sessions and courses mostly in The Netherlands, Iceland (since 2004) and Germany.

Although Self-Healing I is the first part in a series of five Healing-courses we're introducing in Iceland, it stands alone. There is no obligation whatsoever to subscribe to other courses.

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