



**Spectrum Healing**  
For Vitality and Harmony of Body, Mind and Spirit

## *Joyful Ascension*

*Are you on a spiritual journey?*

*Have you felt switched off or disconnected for a while?*

*Do you doubt that you are on the right path?*

*Are you trying hard to progress but not really managing?*

*Do you feel that you have no control over your life?*

*Do you feel physically or emotionally burned out?*

*Do you want to hide from the world?*

*Have old ailments or pains, you thought were healed, returned?*

*Do you feel blocked, thwarted or constrained?*

*Are you lacking energy or motivation?*

*Are difficult situations arising regularly?*

If four or more of the above questions are true and your life seems to have been turned upside down recently, you have probably started the Ascension Process and this can be a bewildering and frightening place on your own. The Joyful Ascension Course helps you to complete Ascension with understanding and joy and, consequently, day to day living becomes much easier and happier.

We are now in the Age of Aquarius where each of us is being called upon to incorporate spiritual ethics into our practical lives. To do this we have to ascend to work from the Soul level rather than the personality. We are being initiated into this process, without consciously deciding to do so and many people are finding that it is a real test of faith; we are faced with experiences that reflect all our lower personality concepts and traits in turn so that we can let them go.

The experiences will not go away until we each change our old outmoded personal patterns and beliefs. The Joyful Ascension courses will facilitate this process so that you will find the process of spiritual development and ascension very much easier and happier. It will help you to release adverse personality patterns easily so that you do not experience unnecessary repeating difficulties, crises, recurrent physical illness, pain or anxiety.

As the ascension process continues, we find ourselves in a different space; life is full of wonder and joy and our drive and energy return; our bodies begin to heal, our minds become clear and sharp and our finances are replenished.

The Joyful Ascension Course is designed to help everyone, whether just beginning this demanding inner journey or already partway through. It will enable you to release fears, limitations and old emotional and mental patterns easily and to move forward into new ways with joy. It will help you awaken and unify your Lightbody and to remove old regulatory structures to enable you to be infused with higher vibrational energy. It will help you to work from the Soul and to access the higher dimensional energies available to earth at this exciting time.

If, however, you are unable to attend the courses but wish to have help, I can work on a one-to-one basis with you for Ascension.

It is a requirement to complete the first six stages of Spectrum Healing before doing the Ascension courses as it is vital to know how to heal the different patterns that arise.

On the Ascension Courses, you will come together with a small group of like-minded people who will be there to support each other during their journey. With others to help you interpret the events in your life and move forward, you will find that the process becomes much easier. You will be able to identify key points in your journey and find the best ways of helping yourself at the earliest opportunity so that you alleviate any possible physical or emotional stress that could ensue.

The courses are tailored for each group and the stage of development of the members. The benefits that you can gain include:

- ❖ Changing your fear-based understanding and beliefs to those based on knowing that you are Worthy, Unlimited and Able to create your life to be Abundant, Beautiful and Free.
- ❖ Awakening the connections that will enable you to be free from doubt about your capabilities and opportunities; doubt erodes your Worth and pulls you back into old patterns. Being free from doubt leads to a joyful way of being.
- ❖ Healing your lower patterns and stepping into Unconditional Love.
- ❖ Enabling you to live in the present moment and not be dominated by your previous experiences or the 'What ifs' and 'If Olys' of life.
- ❖ Learning to attract the things that you need in life and to manifest your dreams and desires.
- ❖ Awakening and Unifying Your Lightbody, your fifth dimensional body, and the body of each higher dimension as you are ready to do so.
- ❖ Removing and recalibrating old regulating structures to allow you to bring in higher vibrational energy and help your Lightbody to grow and to function better.
- ❖ Enabling your physical body to support your spiritual growth.
- ❖ Evolving your chakras so that they can accept the higher vibrations.
- ❖ Awaken, Unify and Activate Your Divine Purpose so that you no longer have to battle to achieve things and can flow forward, feeling a true sense of fulfilment in what you plan and achieve.
- ❖ Connecting to and Embracing the rays of Divine Will.
- ❖ Understanding the journey that you are on, and how to meet your current challenges.
- ❖ Planning your journey over the following few months so that your development is continuous and as free from stress as possible.