



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

Spectrum Healing Courses

Spectrum Healing is open to anyone, whether you have studied any other form of therapy or not.

The Spectrum Healing courses are now just 2 days for each of the seven stages and will teach you to heal safely, easily and effectively in the quantum field of Pure Consciousness. It develops and utilises your intuitive knowing as well as using muscle testing and verbal questions to identify the particular items to heal.

Spectrum Healing is very powerful and in just 14 days provides a complete healing system which can address every aspect of healing health and life issues. After this there are advanced courses or personal development courses that you can choose to take to expand your expertise or raise your vibration and capability.

The system can be used for healing yourself or others or for buildings, places or animals for development, repatterning or achieving goals. It can heal the physical body's cells, organs or systems, release cellular memories, retained trauma, limiting feelings, thoughts or beliefs from the past, present or future and Soul or spiritual patterns. The energies that Spectrum Healing helps you to heal includes six different chakras systems, the subtle energy bodies of the aura, the lightbody and meridians. The healing corrections are identified by muscle testing and asking verbal questions which will be taught in the first stage.

You will learn the reasons why chronic illness arises and how our feelings and beliefs affect our internal chemistry and the way our bodies work. You will learn about the subconscious mind, how it operates the body in a powerful way and how it is programmed by our experiences. You will then learn to gradually clear any adverse patterns in the conscious or subconscious mind and help it to operate our bodies and minds in a better way.

Spectrum Healing is a very open system that provides a safe means of identifying the most appropriate method and order of working for each individual. The system will grow and expand to include new skills and remedies as your knowledge increases.

Trained Kinesiology practitioners will find the Spectrum Healing courses very different from other kinesiologies and will find it easy to integrate in their practice. It makes an ideal CPD course after initial kinesiology or other energy training.

On each course you will practice the techniques in a small group and experience valuable self-healing during this process. Most students find that they heal many of their own issues over the two day course.

Spectrum Healing, Stage 1

On this course you will learn to balance the body appropriately and safely, with the aid of muscle testing, correcting any imbalance with the energy from your hands. You will also be able to help yourself and your clients resonate with positive energies such as Self-Confidence, Self-Belief or Vitality. By imagining an emotionally charged situation, such as taking an examination, we will illustrate the effect of the emotions on the energy systems of the body and learn to rebalance them. Then you learn how to repair the damage to the energy systems caused by the different stressful situations encountered by someone during their life.

On the Spectrum Stage 1 course you will learn to:

- ❖ muscle test in order to find an effective, individual and safe programme of healing.
- ❖ enter the field of pure consciousness in which disharmony can be identified and released easily and effortlessly. This space allows wonderful, quick, efficient healing.
- ❖ clearly identify the primary causative factors of any problem so that they can be healed.
- ❖ use a simple healing menu to form a healing intention and know how to accomplish this.
- ❖ understand and be able to heal a person's physical body and their energy system.
- ❖ heal the Major Chakras of the body. You will learn their position, how they relate to our self-expression as well as how to detect and heal possible causes of damage or dysfunction of these Chakras .
- ❖ channel chi energy to heal the energies in a person's aura and chakra system.
- ❖ identify key beneficial positive resonances and connect each person with them; this leads to living a healthier and more fulfilled life.
- ❖ heal significant past events by identifying the age at which it took place and a key factor related to the event, such as an emotion.
- ❖ identify and enable key goals to improve your well-being. Learn to attract the energies that you need in order to achieve these goals.
- ❖ become more in touch with your intuition and spirit and to support yourself in the best possible way.

There is no guesswork in this system: muscle testing will determine appropriate beneficial corrections in a priority order for each individual. A sure and safe system of healing will be taught that is flexible enough to allow each person to include special skills or other therapies that they have.

If you have not previously experienced Spectrum Healing you may wish to have a preliminary consultation with Jay prior to the course. It would help you to get a feel for the energies and healing that you will be doing on the course. It would also give you a chance to find out more about the course and its suitability for your career, personal healing or development needs. If you live at some distance from East Leake, in the East Midlands and would prefer a telephone conversation and remote healing, this could be arranged.

Spectrum Healing, Stages 2 to 6

On these courses you will learn to:

- ❖ Heal the physical body, emotions, mind, soul and spirit.
- ❖ Learn the importance of further chakra systems and be able to heal them:
 - a) Regulating Chakras allow you to respond appropriately and beneficially to any external stimulus or stress.
 - b) Vital Chakras beat out the message of who you are and your innate needs which may need to be established more strongly.
 - c) Balancing Chakras act as stabilisers for the body, absorbing shocks and imbalances of energy.
 - d) Alignment Chakras align a person's energies with their higher spiritual purpose.
- ❖ Create sacred space and use healing vibrations of colour, sound, symbols etc.
- ❖ Cellular Health: Clear the effects of long-term stress, rehydrate the cells and restore optimal cellular functioning. Identify the chemical imbalance that deeply held feelings generate and learn to heal them.
- ❖ Release Cellular Memory: patterns that are locked into the cells of the body and are causing repeated negative patterns of illness, emotions or thinking.
- ❖ Cure fears and phobias and restore correct neurological pathways that have previously been affected by stress.
- ❖ Release trauma, limitations, preconceptions and things that disturb peace of mind.
- ❖ Age regression to release unhealthy patterns that have been absorbed earlier in life.
- ❖ Identify and release unhealthy thoughts, beliefs and ideas from the Conscious or Subconscious mind and replace them with healthy, fulfilling patterns.
- ❖ Stimulate growth, freedom, simplicity, joy, effortlessness etc in all parts of your life.
- ❖ Heal the Assemblage Point. This is the centre of our Energy Field and when trauma causes it to move position it can lead to diverse health problems.
- ❖ Identify and heal underlying issues that perpetuate other problems.
- ❖ Heal allergies and intolerances, both physical and non-physical.
- ❖ Eliminate toxins, chemicals and pathogens from the body.
- ❖ Correct interference to our energy system from external sources. These can affect our aura, chakras, meridians or mind energy.
- ❖ Heal familial traits, weaknesses and disease patterns that are passed down through successive generations of a family.
- ❖ Channel the ancient Masters' healing energies.
- ❖ How to use supplements, herbs, homeopathics and essences safely.
- ❖ Know how to resolve disharmony in interpersonal relationships.
- ❖ Improve your effectiveness and reliability as a healer.

Spectrum Healing, Stage 7

This final course focuses on preparing you to practice Spectrum Healing and raises your competence and confidence as a practitioner. It also clarifies the practical details of how to set up your practice.

Spectrum Healing, Advanced Courses

Courses are offered on the following subjects once students have completed Spectrum Healing 1 to 7. Some of these are:

- Healing the Nervous System and Neurotransmitters**
- Healing known and Hidden Food Allergies and Mitochondria**
- Metabolic Healing**
- Integrating the Primitive and Postural Reflexes**
- Healing the Musculoskeletal system**
- Using the Kabbalah for healing and development**
- Using the Enneagram for healing**
- Using Sacred Templates for healing**
- Shamanic Journeying as a means of healing and gaining guidance**