

*Holistic Training*  
**College of Vibrational Medicine Events**

## **Empowering the True Self**

A weekend of transformation and empowerment  
November 13th & 14th at The Self Centre: Bury St Edmunds, Suffolk.



- Learn how to see life from the perspective of your true Self.
- Understand the changes taking place on the planet and how you are a part of the creation of a new reality.
- Explore the stories, limiting beliefs and unconscious patterns that hold you back from being your true Self.
- Learn how to use Vibrational Essences (Flower & Gem/Crystal) to promote a powerful process of inner change & transformation.
- Enjoy a wonderful weekend of transformation and empowerment with a group of like-minded people.

Many people are currently responding to an inner urge that pushes them to search for a greater understanding about themselves and their true purpose in life, while others are seeking holistic ways of dealing with difficult health situations or challenging life events. All are responding in their own way to the wake up call that the collective higher consciousness of humanity is currently broadcasting. It is a clarion call that stirs our ancient memories and reminds us that now is the time to take up our responsibilities as evolving humans by stepping into our spiritual empowerment.

Consider this: if the square root of 1% of the population were to do this it would create a major shift in consciousness within the whole human family.

This workshop is for anyone who would like to explore how to empower the true Self rather than the limited self and to learn how Vibrational Essences can be used to support and facilitate this process of powerful inner transformation and empowerment. Ongoing support and follow up workshops available



### **Workshop details**

*Venue:* The Self Centre, Bury St Edmunds, Suffolk, IP32 7AR

*Times:* 10am – 5pm on both days

*Cost:* £95 for weekend (includes light lunch on both days)



*Facilitator:* Catherine Keatch. An experienced tutor and practitioner of vibrational essences, Catherine is Principal of the College of Vibrational Medicine and a partner in the East Anglian based vibrational essence making business, Crystal Herbs.

*Contact:* The College of Vibrational Medicine, 1 Rectory Road, Tivetshall St Mary, Norfolk, NR15 2AL. Tel: 0845 4786373, info@collegeofvibrationalmedicine.org.uk.

*Booking:* Please fill in the attached form and return with your deposit. Booking essential.

*Information:* For more information please contact me as above, I will be happy to help.

