

Dear reader,

Explaining what I do in order to better understand the steps taken in a workshop would be like telling you how it feels when drinking water. You instinctively know what I will demonstrate but nobody explained the mechanics.

In a few words healing can be applied in any situation; for instance to heal yourself, or another person, to make a decision in your existence or to understand the dynamic of your relationships. Everything is actually possible, I have seen it all.

First you will introduce yourself and tell the rest of the group what you are here for. (it has to be about you)

This will be the direction you will take and will be supported by the rest of the participants. As a guide, I will facilitate your learning process in a comfortable way in order to reach your goal or be well on your way to obtain what you requested.

In theory you will learn how to:

1. Get familiar with energy and know how to direct it with your decisions
2. Learning how to heal yourself with energy and trust the process
3. Learning how to give a feedback to your partners from a view point away from the realm of judgment and thoughts (stick to the feeling)
4. Learn how to rely on your intuition and imagination through certain tools and specific techniques
5. Learning an effective and simple language to show the relationship between your body, your energy system and your perceptions
6. Learning to use thought forms in a healing and see how efficient it really is
7. Experience altered states of consciousness through meditative exercises

At the end of the two days workshop you will know how to put into practice the tools you have learned and use them in your own existence through any form you choose to have; whether it is in your profession, with your family and friends, in your dreams or everyday life situations. During these two days you will also have time for questions and explore more specifically your own being in relation to energy, healing and life.

Hope this little résumé will help you understand better what to expect in a healing workshop. But of course there is more to experience than words.

Giorgio