



Protection, crystals and talismans in 2021

Traditional Therapy Training

Workshop - 2 days (total 8 hours inc breaks)

Pre requisites: None

Price: £40 per person per day – Limited to a maximum of 9 learners. 6 learners via zoom and 3 in person.

Booking is secured on completion of application form and on receipt of deposit.

Visit: elementalhealth.net/training to download or request via email



These sessions will explore some basic principles for energy management, protection and crystal talismans.

Techniques covered in these sessions have been guided through channelling, dreams and meditations following a series of experiences brought to show what is occurring in various timelines and how to remain high vibration following connection with lower vibrational fields.

Below is a basic outline for each day:

Day 1: Radiating light and energy management

- Breathing, motion and fluidity (The breathing wave)
- Centering, grounding, sealing within the 12 chakra system
- The evolving energy system (central rod of light)
- Energy orbits
- Heart centered protection and flow.

Day 2: Clearing negativity and amplifying protection

- Moving negative patterns through the physical and subtle bodies
- Selecting crystals for protection and talismans
- Listening to crystals
- Creating talismans
- How your talisman works with you