



Secrets of Spiritual Health and Happiness (BC-ACE E4D)

Connection

Compassion

Consciousness

NEXT ONLINE COURSE: 3RD FEBRUARY 2024 – 9TH MARCH 2024

COST: £95 for all six sessions

TIME: 3:00pm – 4:30pm UK Time

This short course is the result of ten years of research and development, exploring the connections between spirituality and good health.

It is not affiliated with any particular spiritual or religious tradition and is open to anyone interested.

It offers a gentle way to explore your own spirituality, develop peace of mind and awaken to compassion – within a guided and supportive small group setting.

The *Secrets of Spiritual Health and Happiness* course is recommended if you wish to explore our approach before signing up for the *Level 3 Diploma in Spiritual Coaching & Caregiving* offered by the Spiritual Companions Trust.

It offers benefits to enrich our personal as well as our professional lives – discover how to bring these benefits into your life.

Join me on a journey to explore

- What we understand by “spirituality”.
- Practices to nurture our own spiritual practice and our overall health and wellbeing.
- How we can develop care and compassion in our relations with others.

On this journey you will learn to

- Conduct a daily practice of spiritual connection.
- Give compassionate care to self.
- Be a benevolent presence for other people.
- Recognise that every experience is an opportunity to develop love and consciousness.
- Be motivated and guided by your highest ethics.
- Ask for spiritual help.
- Understand the links between spiritual practice and wellbeing.

The course will consist of talks and experiential guided exercises including

- Identifying the positive triggers, circumstances and gateways that most easily create your spiritual connection.
- Using simple mind-body strategies to experience, sense and develop your spiritual connection.
- Clarifying your own language and understanding.
- Amplifying, anchoring and embedding your experience, appreciating how it supports your physical and mental wellbeing.
- Practising compassionate and wise care towards yourself based on the “Inner Smile”.
- Stepping back into an attitude of mindful self-guidance and responsibility.
- Appreciating that your whole life is a spiritual journey in which every moment is an opportunity to grow and develop love and mindfulness.
- Being comfortable with unknowing.
- Clarifying and committing to your highest ideals and ethics.
- Compassionately empathising with the realities of suffering.
- Practising silent whole-body listening with family, friends and clients.
- Being a stable and benevolent presence in challenging situations and circumstances.

Deepen your connection to the wonder and energy of life

The course is limited to ten participants, allowing ample space for discussion. Please sign up only if you can attend all sessions.

This is a user-friendly, holistic, inclusive, person-centred, multi-faith, open hearted and open-minded course.

To book your place please email harmony@chf.energy or telephone 07895-079278



**Tutor: Pauline Wickens
Spiritual Health Educator / Coach and member of the Spiritual
Companions Trust**