



CONSCIOUS DEVELOPMENT AND MEDITATION SCHEDULE 2014



**With Justine Evans
Reiki Master/Teacher
Meditation Teacher**

Exploring Meditation
Sunday Chanting
Conscious Development
Sunday Workshops
Reiki I
Reiki II
Reiki III/Master/Teacher

About Justine Evans

Justine Evans is a qualified Naturopathic Nutritional Therapist, CAM professional (reflexology, massage and healing) and a practising Reiki Master/Teacher. She is also a qualified meditation teacher. Justine is based in Twickenham Middlesex and facilitates a variety of workshops and courses throughout the year. She regularly offers articles, audio visualisations/meditations and meditation e-books. These may be downloaded from www.justineevans.co.uk. Justine offers one-to-one consultations, insightful healing and energy medicine @ The Conscious Health Centre, 64 Hampton Road, Twickenham TW2 5QB



Creation Fertility, Nutritional Therapy, Holistic Body Therapy, Energy Healing, Meditation
The Conscious Health Centre, 64 Hampton Road, Twickenham TW2 1QB
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At A Glance

Spring Term 2014

Title	Date	Time	Cost	Where
Exploring Meditation	January 28th February 25th March 25th	Last Tuesday evening per month 7.30 pm – 8.45 pm	£33 for the term	The Greenwood Centre, School Road Hampton Hill
Conscious Development	March 3 rd March 10 th March 17 th March 24th Sunday 6 th April	7:00 pm – 8.30 pm Mondays 10.00 am – 12 noon	£100 for term	The Conscious Health Centre, 64 Hampton Road, Twickenham TW2 5QB
Sunday Chanting	January 26th February 23rd March 23rd	Last Sunday of the month 10:00am – 11:00 am	£10 per meeting pay-as-you-go	The Conscious Health Centre, 64 Hampton Road Twickenham TW2 5QB

Summer Term 2014

Title	Date	Time	Cost	Where
Exploring Meditation	29 th April 27th May, 24 th June	Last Tuesday evening per month 7.30 pm – 8.45 pm	£33 for the term	The Greenwood Centre, Hampton Hill
Conscious Development	June 2 nd , June 9 th June 16 th , June 23 rd , July 6 th	7:00 pm – 8.30 pm Mondays Sunday 10.00 am – 12 noon	£100 for term	The Conscious Health Centre, 64 Hampton Road, Twickenham TW2 5QB
Sunday Chanting	April 27 th June 29 th	10:00 am -11:00 am	£10 per meeting pay-as-you-go	The Conscious Health Centre
Higher Crystal Workshop	Sunday 18 th May	10 am – 1.30pm	£30	Lyndhurst Avenue, Sunbury on Thames

Autumn Term 2014

Title	Date	Time	Cost	Where
Exploring Meditation	September 30th , October 28 th , November 25 th	7.30 pm – 8:45 pm	£33 per term	The Greenwood Centre, Hampton Hill
Conscious Development	September 8 th , 15 th , 22 nd , 29 th plus Sunday October 5th	7:00pm – 8.30pm Mondays 10:00am -12 noon	£100 per term	The Conscious Health Centre, 64 Hampton Road, Twickenham TW2 5QB
Sunday Chanting	September 28 th October 26 th November 30 th	10:00 am – 11:00 am	£10 per session	The Conscious Health Centre, 64 Hampton Road, Twickenham TW2 5QB
Archetypes	September October	To be confirmed To be confirmed		

Reiki Attunements are offered as adjunct weekend modules to the Conscious Development Programme

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Meditation - 2014

During 2014 the Exploring Meditation Programme focuses on The Importance of Cycles – Specifically The Seasons. We will be working with pranayama (breath work) and visualisation mindfully linking the seasons with our wellbeing. We will finish each meeting with a complimentary cup of seasonal soup, juice or herbal tea

Venue: The Greenwood Centre, School Road, Hampton Hill TW12 1QL

Winter/Spring Term Meditation : January – March 2014 - Last Tuesday evening of each month, January 28th, February 25th, March 25th 7.30 pm -8.45 pm. Led meditation in group format. £33.00 for the 3, and Reiki healing. This group suits all forms of meditators

Summer Term meditation: April- June 2014 Last Tuesday evening of each month, 29th April 2th May, 24th June 7.30 pm -8.45 pm. Led meditation in group format - some of which may be outside . £33.00 for the 3, and Reiki healing. This group suits all forms of meditators

Autumn Term Meditation September – November 2014 - Last Tuesday evening of each month, September 30th, October 28th and November 25th 7.30 pm -8.45 pm. Led meditation in group format. £33.00 for the 3, and Reiki healing. This group suits all forms of meditators

Sunday Chanting

Learn to mantra chant! Different mantras per month! 5 full rounds of 108 chants per meditation
We begin with either Bio-dynamic pre-meditation, or finish with relaxing yoga nidra.

10:00 a.m. – 11:00 a.m @ The Conscious Health Centre, 64 Hampton Road, Twickenham TW25QB.
£10.00 per meeting. We meet the last Sunday of most months

January 26th - Aum/Om Its prolonged intonation vibrates throughout the entire body. It represents the past, present and future.

February 23rd - Om So Hum - I am that I am

March 23rd - Om Namō Narayanaya - maintains balance and harmony

April 27th Om Shanti – I am peace

June 29th - Om Gum Gunapatayi Namaha –mantra to avoid and overcome misunderstandings

September 28th Aum Ham Yam Ram Vam Lam. Chakra cleansing

October 26th - Om Mani Padme Hum - May my soul shine brightly

November 30th - Om Yam Wei Doom Namaha - May I be guided through my heart

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Conscious Development 2014

The Conscious Health Centre, 64 Hampton Road, Twickenham TW2 5QB

An on-going course demonstrating a wide range of “tools”. You may complete one term but continuing 3 consecutive terms will significantly progress development and offer a certificate of completion. Reiki attunements are offered as adjunct modules (additional cost).

Suitable for:

- a) Anyone interested in Conscious Development and who are wishing to become Reiki attuned.
- b) Those who work with “Energy” or who have a healing/psychic modality.

Each term consists of 4 evening meetings 7:15 pm – 8.30/9 pm plus 1 Sunday morning (10:00 – 12noon).
Cost £100 per term. Course notes will be provided. Home study may be recommended. You will need to bring: Pen and paper. Each meeting includes some practical.

Spring Term - 7:15 pm – 8.30/9pm pm.

Sunday 10 am – 12 noon

Monday March 3rd, 10th, 17th and 24th March plus Sunday 6th April

Protection and Grounding – forms, exercises, relevance

Developing sensory skills and peripheral vision (audio, smell, sight, touch), Sensing Colour - its meanings and interpretation.

Putting it all together - 1 morning practical

Summer Term. June 2nd, June 9th, June 16th, June 23rd, Sunday July 6th Understanding and Sensing Energy :

The 7 layers of the Aura plus exercise of feeling energy close by.

10 Energy Bodies (yogic philosophy)

Yin and Yang

Putting it all together - Practical morning workshop

Autumn Term September 8th, 15th, 22nd, 29th plus Sunday October 5th . Using Energy:

Working with The Elements - East, West North, South

The relevance of The Seasons

Using Pendulums

Clearing Energy using sound and smudging

Putting it all together - Practical morning workshop

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2015 Programme : dates to be confirmed

Term 1: Working with Intention

Preparing and maintaining a Sacred Space
Understanding the Moon and rituals
Practice

Term 2: Feeling Energy

The Still Point
13 Chakras
Healing Practice

Term 3: Other Dimensions

World Peace Healing
Animal Guides, The Elementals
Practice

Term 4: Metaphysical

Metaphysical Emotion – Sensing and interpreting it.
Symbolic relevance
Practice

Term 5: Connecting with Spirit

Meeting Your Guide
Ascended Masters
The Violet Flame
Practice

Meditation/Conscious Development Workshops 2014

Crystals with Higher Chakra Meditation Workshop. 10:00 am – 2:00pm. £30.00. Sunday May 18th 2014

Enjoy combining crystals with meditation. You will be shown how to: cleanse and programme crystals and make a crystal meditation grid by Carol Swettenham, Crystal Healer and Reiki Master. Once the grid has been set up I will facilitate meditation within the crystal grid itself and connect with the angelics Raphael, Charity, Melchisadeck and Metatron associated with the Crown, Soul Star and Stellar Gateway chakras. This workshop suits experienced meditators who are interested in spiritual meditation. Venue – Sunbury on Thames. Includes refreshments and 1 crystal. Please bring your own lunch. A selection of crystals, crystal jewellery and quartz generators will be available to purchase.

Archetypes

September 2014 - date to be confirmed

Part 1: Identifying Your Archetypes and Casting the Chart of Origin

£60.00 includes workbook. 10:00 a.m. – 3:00 p.m.

Archetypes are a mirror of the Self. They are your energy guides to your highest potential. Caroline Myss explains that we have “4 constant archetypes” which are universal to us all -the child, victim, prostitute and saboteur. Archetypes are “neutral” although they present in either shadow or light attributes- we can always use their energy for positive life experiences. During the day I introduce these 4 archetypes to you so you understand their attributes. Caroline Myss has identified a further 73 archetypes, although you are requested to identify an additional 8 which are “personal archetypes, relevant only to you”. We do this through power point, cards, books etc - to make total of 12 .

Once identified, the archetypes are placed into 12 houses of the “Chart of Origin”, an archetypal wheel which we will cast using meditation and intuition. The Wheel is similar to an astrological wheel and shows you your soul’s relationship to occupation and health, highest potential, relationship to the World, home, life values, self-expression, your “unconscious”, marriage and relationships, creativity, spirituality amongst others and takes you beyond rational and logical perceptions. It serves as a creative vessel to access images, inspiration and insights and serves as the basic chart of your life - meant to be cast only once! The workshop is based on the book Sacred Contracts by Caroline Myss and is deeply empowering. We complete the day working with our newly identified archetypes and a workbook is provided.

Bring with you; Snack and pen or pencil and a copy of the book Sacred Contracts by Caroline Myss (if you own one, not essential – for helpful reference). I will be providing water, herbal tea, fruit and biscuits. We will be stopping for lunch so you can either bring a packed lunch or walk to Twickenham High Street where there are cafes and local supermarkets.

“I attended Justine’s Archetype Workshop and, apart from being a fun, interactive day, I was amazed to find how much I sabotage myself in many areas of my life. It has really raised my awareness and helped me in my everyday life and I am looking forward to attending the follow on workshop in June” . Carol S.(2012)

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**Part 2. Archetypes and Sacred Contracts – Working Charts for Everyday Guidance
£45.00 includes handouts 10:00 –1:00 pm. October 2014 – date to be confirmed**

Continuing from Identifying Your Archetypes workshop we take our personal archetypes one step further! Once again we cast a wheel using your already identified archetypes but this time request guidance from them on specific current issues.

The Ascended Masters and The Seven Rays

10.00 am – 3:00pm £60 includes handout. Date to be confirmed

For those who enjoy esoteric practice. The seven Rays represent the qualities and attributes of The Divine/God and are bands of energy/cosmic light. Each of us is dominated by one or other of the 7 Rays – in spirit, soul, personality, physically, emotionally & psychologically but their influence depends on individual life lessons and the nature of our Soul.

Using Claire Montanaro's insightful cards, crystals associated with the Rays together with visualisations the aim is to understand and connect with the Rays via meditation.

Reiki Attunements 2014

Reiki 1: 10:00 am – 5pm. £120

The Reiki I attunement begins your personal and healing journey using Reiki. This 1 day attunement and workshop introduces you Reiki , explain its history, teaches you about its wisdom and abilities and attunes you to the 1st symbols which support self-healing. The day includes chakra theory, protection, self-healing using Reiki and includes a treatment on each other. I include lunch, manual and certificate. Meditations are included.

Reiki II: 10:00 am – 5pm 2 days.

Reiki II attunement: (2 days plus case studies to receive certification) Once you feel ready and have the desire to learn more, the Reiki Level II course will be the next step, which will include:

- Recap on Reiki history
- Initiation into the three sacred Reiki Level II symbols and The Reiki level II attunement
- World Peace, The Reiki Grid, Distance healing and techniques for automatic and group healing
- Complete 10 case studies , Certification

Setting Up a Professional Practice/Mentoring (£50)

Friday 21st February 10am – 1pm

Setting your intention, Finding your USP (unique selling point), professional memberships, leaflets – marketing and fees – general mentoring from your Reiki Master.

Reiki III/Master/Teacher: (4 days £400) Once you have become accustomed to working as a Reiki II practitioner you can continue to train and become a Reiki III/Master and Teacher. This initiation of an additional 4 Master symbols significantly increases your personal energy as well as enabling you to assist others to re-discover their own gift of Reiki and includes additional advanced Reiki techniques. At Teacher level you learn how to give Reiki attunements, how to teach Reiki and psychic surgery in addition to other advanced techniques. Certification is provided for both.

Reiki Share/Exchange (free) This is where Reiki students **who attend Conscious Development** receive Reiki with their fellow Reiki practitioners. Reiki exchange during 2014 meets 3 times a year in Sunbury on Thames. Reiki I students are invited to a maximum of 3 consecutive Reiki share sessions to support their attunement. April 22nd , July 29th and October 21st 2014. 7.30pm – 9:00pm

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