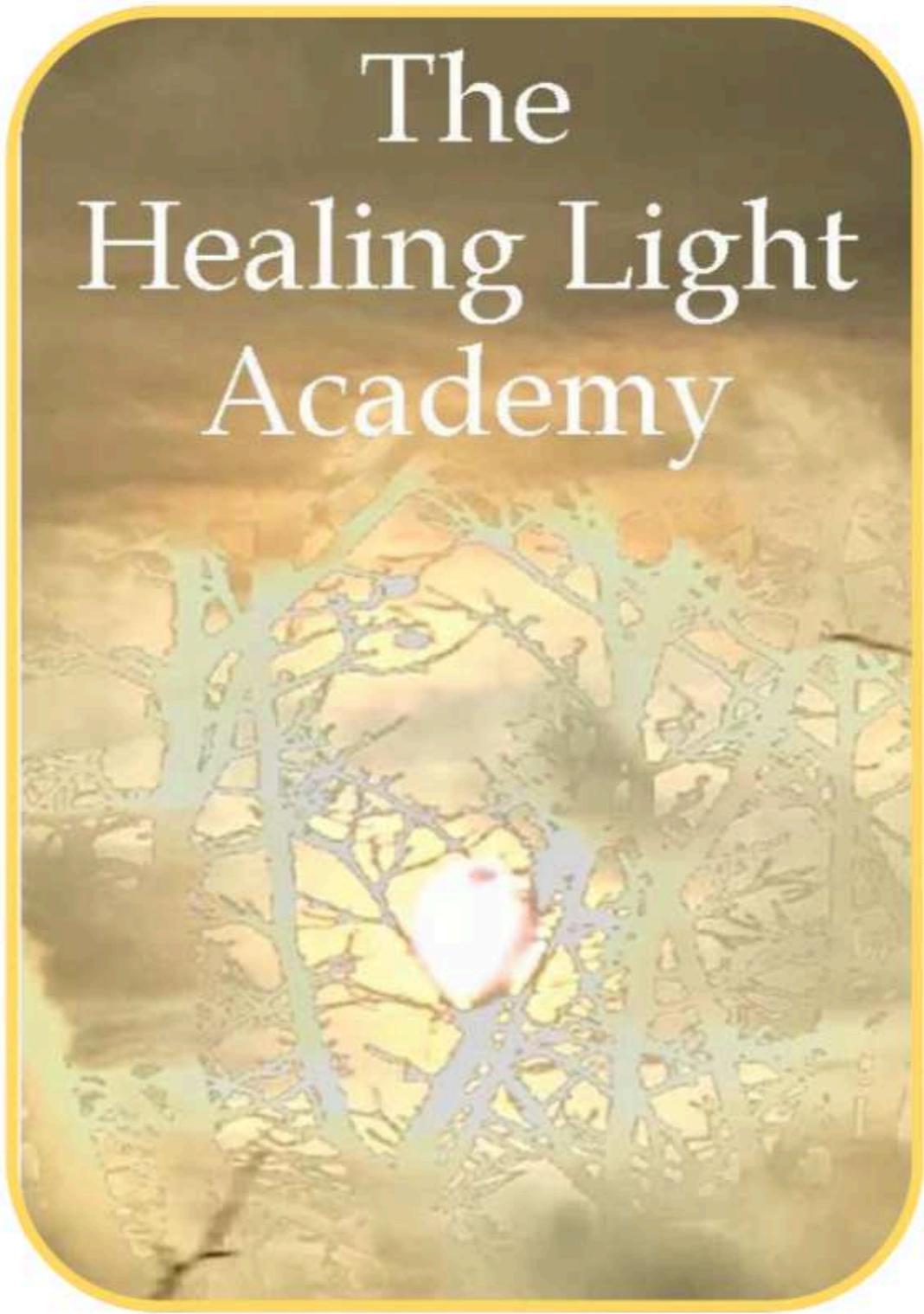


# The Healing Light Academy



*Step into Your Light*

# A Unique Programme of Holistic Teachings Graduating with A Professional Practitioner's Diploma in Energy Healing

Allied to The Healer Foundation

Registered with  
The British Complementary Medicine Association

Directors and Principal Tutors



Di Wilson  
M.Ed, B.Ed (hons)



Dr. Alweena Awan PhD



Rena Guttridge SRN

## About the Course

The Diploma is a course of study over a minimum of 2 years that incorporates the very best in energy healing teachings.

The course is an extensive, well produced, professional opportunity that embraces up to date thinking, evolving philosophies and ethical practice within the complementary, therapeutic and energy medicine field. Aligning with the new consciousness, our philosophy is to encourage constructive, forward thinking and to maintain ethical healing methods

The unique programme of learning provides opportunity for professional development, personal growth and provides a curriculum that is varied, inspiring and perceptively guided from professional well respected and experienced tutors who present with understanding, compassion and perception.

Our concepts embrace empowerment, self development and confidence building so that trainees can develop personally and professionally in harmony with their own Soul light, with expansive concepts of energy healing and with cosmic awareness. Our philosophy and teachings establish a range of wide productive skills that form a basis of successful, professional classes and practice. The culmination of the study is that graduates will be able to offer a combination of Healing Light Classes and one to one therapy within the community sector.

## Course Format

The programme consists of a series of energy healing modules on line, one to one or group sessions over a minimum time period of 2 years. Study time may be extended to 4 years according to personal needs and commitments. This is formatted into approximately 24 days of contact study with delegated tutors along with mentor support events. Home study, reading and case studies will be an expected part of the programme.

All study includes mentor support and personal development.

Please note the format, teachings and tutors are subject to an occasional change.

We welcome enquiries from experienced therapists plus any that are starting their journey into holistic health practice.

## Principal Healing Light teachings

### **Quantum Breath Energy Healing - Di Wilson**

A heart centred method of energy healing that includes meditation, breath-work and energy awareness techniques. The techniques involve connecting with and amplifying life-force energy, which is most often referred to as "Chi" or "Prana". Quantum Breath focuses on increasing the vibration of an area or person in order for healing to occur. The person receiving the energy is „the healer“, using their own higher wisdom to utilise the energy, release blockages, relax and re-balance. The Level 1 class teaches the basics of Quantum Breath for self healing and working on friends / family. The Level 2 class expands on the initial techniques and focuses more on emotional healing; a wider Chakra system; emerging chakras; self-healing and hands on work. Other healing practices covered in the level 2 class include a 'Heavenly Triangle' technique for spiritual alignment, colour healing, a 'choices' method of healing and gentle touch techniques.

Format: Levels 1 and 2 comprising four days tuition.

Fees For In Person training: Level 1 £200 for 2 days of study. Level 2 £225 for 2 days of study

Online Live Zoom Classes: Level 1 £120 for 10 hour live class. Level 2 £220 for 10 hour live class.

Students are invited to a free monthly online share event and a quarterly Practitioner's share event to connect, practice and consolidate techniques.

Contact Email: [di@thehealingtouch.uk.com](mailto:di@thehealingtouch.uk.com)

## **Attuning to Full Potential - Dr. Aweena Awan**

As a new kinesiology modality, Attuning to Full Potential links both the client and the practitioner in a multi-dimensional journey towards realising their full potential. Vibrational icons, monitored through muscle responses, have the capacity to initiate profound changes in the clients by attuning them to remembering who they really are. At the same time, those icons allow the practitioners to work on themselves at profoundly deep levels, thus attuning to their own full potential and towards unlimited growth. As this process develops while using AFP, your effectiveness as a therapist will increase dramatically. AFP helps you and the client to take responsibility for all behaviours and gives the permission to allow the release of old patterns, programmes and habits. Releasing those parts of us that create experiences we no longer want creates space for healing to occur. In the process it helps us to let go of fear, to experience trust, or to surrender and Attune to our Full Potential. Releasing fears, distortions and patterns that currently separate us from who we really raise our level of consciousness. AFP deals with imbalances on all levels: physical, chemical, emotional, mental, and spiritual. It adopts a holistic approach to dealing with issues and stress, using vibrational icons and muscle testing as a body monitor to identify where the client is experiencing blockages as imbalances in the mind/body/spirit system. It helps clear them in order to find a new comfort- able balance and reach an enhanced consciousness.

Format : Four days and three hours tuition in total.

Fees: £170 per full day of study.

The three hours is an introduction to muscle testing and AFP. The cost for this will be 40.00.

Contact Email: [alweena1@aol.co.uk](mailto:alweena1@aol.co.uk)

## **The 5 Awakenings Sequence - Rena Guttridge**

A unique trauma release intervention method based on energy medicine that facilitates release and recovery from the debilitating and ongoing effects of ACEs—Adverse Childhood Experiences; including trauma, bullying, PTSD, anxiety and abuse. The Sequence incorporates vital zones and centres on the energy body to create a prime force for transmutation and release. The Sequence factors in a catalyst for change, allowing the recipient to move forward with raised self-esteem, self respect, dignity and freedom of choice. Exceptional for use with adults and children and is now being used in schools; the Sequence is easily learned and administered in a format that is that is safe and simplistic to use.

The 'How To' class is a comprehensive study covering all aspects of the Sequence.

Format: One full day + half day follow up. Fees: £125

Offered online or one to one with tutors:

Anne Huckerby Email: [annehuckerby5@gmail.com](mailto:annehuckerby5@gmail.com) and Sandra Doubtfire Email: [sdoubtfire@btinternet.com](mailto:sdoubtfire@btinternet.com)

## Our Team of Tutors and their Teachings

Our tutors are ethically qualified and are practicing professionals in their own field. Compassionate teachers and Light-workers; they each bring a holistic and creative dimension to their tuition.



**Cathy Presto**

Homeopathic First Aid



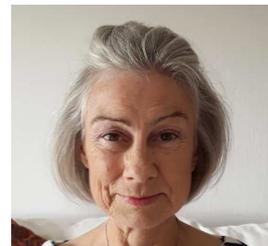
**Colette Garside**

Healing with Colour



**Sandra Page**

Shamanic Healing



**Sandra Doubtfire**

The 5 Awakenings



**Lorna Mills**

The Body's Innate System



**Anne Huckerby**

The 5 Awakenings



**Ruth Fox**

EFT



**Eve Campbell**

Soul Light Class

### **Rena's Soul Light class—Advanced energy study with Tutor Eve Campbell**

The energetic principles of 10 Major Chakras: A day of Light covering the universal advances in the body's energy system and incorporating 'Raising the Light of the Soul'. The tutorial will show how body energy developments have raised the level of inbuilt therapeutic capacity from a diminished state to an awakening of prime force, full potential, healing and enlightenment; the class explores a redeveloped healing dimension that is significant, functional, compassionate, far reaching and fulfilling.

Format: 1 day of study

Fee: £125 includes a follow up session with Rena and Eve Venue: Online or Cold Hiendley, Wakefield.

Email: [eve.nutrition@yahoo.co.uk](mailto:eve.nutrition@yahoo.co.uk)

### **Homeopathic First Aid; Tutor Cathy Presto**

A brief overview of the history and philosophy of Homeopathy; Basic First Aid Remedies and their unique healing profiles; When and how to use the remedies.

Format: 1 day

Fee: £80.00 online class + students are required to buy a Helios Homeopathic First Aid Kit.

Or £120 in person tuition. Venue: Active Health Centre, 8 Waver Green, Pudsey LS28 7BG

Contact Email: [info@theremedybox.co.uk](mailto:info@theremedybox.co.uk)

### **Colour Full Days; Tutor Colette Garside**

This class is designed to help you recognise yourself through the language of colour, helping to empower you to realise your own gifts and talents to manifest more abundantly in your life. Everything in this world is colour and we are colour beings. You project colour through your actions, interconnections and the things we say to one another. The class is about realising and understanding the colours you project and how you see yourself as well as others see you through the colour filters that you project in your everyday life. The class brings balance, a better rapport and will help you to understand your feelings from the aspect of colour.

Format: 1 day of study

Fee: £95 Venue: Online or one to one in Stratford upon Avon, Warwick (details to be confirmed)

Contact Email: [colette@thegarsides.net](mailto:colette@thegarsides.net)

### **EFT (Emotional Freedom Technique); Tutor Ruth Fox**

EFT, sometimes known as "Tapping", is an extremely effective energy process for healing and clearing emotional distress, limiting thoughts and beliefs and physical pain and difficulties. It involves guided tapping on points on the face and body while focusing on specific thoughts and feelings which relate to the issues. The process can bring a very quick effective and permanent change to all kinds of conditions, whether habitual limiting behaviour and thought patterns, simple headaches or physical pains, deep traumas, phobias, or emotional tension from difficult memories. It can help to shift the inner blocks to progress and potential in one's life.

Online Format: Part One —2 days of study Fee: £225 Part Two—2 days of study Fee: £245

Contact Email [ruth@ruthfox.co.uk](mailto:ruth@ruthfox.co.uk)

## **See through the eyes of the Shaman. Ancient Energetic Processes for Healing; Tutor Sandra Page**

During this class students discover the ancient map of the Three Worlds of the Shaman and how we can seek guidance using this map of consciousness. Work with the Archetypes of the South American Medicine Wheel and shift your perception as you engage your shaman eyes. Learn how to access your Luminous Energy Field and create sacred space for yourself and clients. The Rites of the Munay Ki, Receive and learn how to gift the Healer Rites—connecting to an ancient lineage of luminous medicine men and women and awakening the healing power of your hands. On day two receive and learn how to gift the Seers rites, extra cerebral pathways of light connecting the third eye to the heart and the visual cortex, awakening your ability to perceive the invisible worlds of energy.

Format: 2 days of study Contact Online or at Venue: The Healing Touch, Staintondale, Scarborough, North Yorkshire, YO13 0EL

Fee: £80 per day

Email [sandra.page8@btinternet.com](mailto:sandra.page8@btinternet.com)

## **Sacred Voice: Tutor Sandra Page**

Connecting to our sacred self, using the power of our voice, dance and movement. A method to express our unspoken sounds, words and feelings, Journey through the body, experience the freedom and re-lease of deeply held feelings, once more connecting ourselves to all that is and all that may be.

A singing voice is not required for this!

Format: 1 day of study Contact Email [sandra.page8@btinternet.com](mailto:sandra.page8@btinternet.com)

Online or Venue: The Healing Touch, Staintondale, Scarborough, North Yorkshire, YO13 0AZ Fee: £80

Contact Email [sandra.page8@btinternet.com](mailto:sandra.page8@btinternet.com)

## **Introduction to working with the Body's Innate and Cranial Systems Tutor Lorna Mills**

Work with the body's Innate Intelligence; Explore and access the body's rhythms; Use the sense and art of touch to listen to the body; Release stress by working with the Innate Rhythms; Learn the basic techniques with supervised hands on practice; Allow your own Inner Healer to open the gateway to understanding, listening and releasing stuck energy patterns.

Online Format: 2 x 90 minute sessions

Fee: £90

Contact Email: [enquiries@lornamills.co.uk](mailto:enquiries@lornamills.co.uk) Fee: £90

## **Ho'oponopono Harmonising Circle - Introductory workshop, Tutor Dr Alweena Awan**

The overall aim of HHC is to empower you to take responsibility for yourself, your life, your wants, wishes and desires and live from a place of natural authenticity within yourself whilst treating others compassionately. The HHC provides the environment, the tools and community to live and be your authentic best self. "If we can accept that we are the sum total of all past thoughts, emotions, words, deeds and actions and that our present lives and choices are coloured or shaded by this memory bank of the past, then we begin to see how a process of correcting or setting right can change our lives, our families and our society." Mornah Simeona. Ho'oponopono, from the huna traditions, is a simple, and powerful technique to clear blocks, sabotages, excuses, past trauma, and events that are holding you back from getting all that you want and being all that you can be.

The Ho'oponopono Harmonising workshop is Simple, Powerful and Effective. Once learned you can do it anywhere and anytime. It will enable you to start to overcome the things that have stopped you from achieving your desires in the past. You will be able to take responsibility, overcome distractions, sabotages and dramas and you can start carving the way to peace in your life.

Online Format: 1 day Fee: £130 Contact Email: [alweena1@aol.co.uk](mailto:alweena1@aol.co.uk)

## **Ho'oponopono Intensive Circle**

Tutor Dr Alweena Awan

Prerequisite: Ho'oponopono Harmonising Introduction Workshop.

This workshop gives you the opportunity to deepen your understanding of the Ho'oponopono both in theory and practice. During this workshop you will:

- Learn how to move from the connection/ disconnection state and move into joy, through the Joy/ suffering state thereby leading you into high energy state.
- Learn about how to start identifying and integrating shadow aspects.
- Learn how to become the witnessing to your disconnection techniques.
- Learn how to give your permission to let go of belief systems that no longer serve you.
- Discern between reactive wants and responsive wants.
- Learn how to deepen the practice of Ho'oponopono.
- Learn how to move away from thinking and blaming.
- Deepen your understanding of the four phrases: I'm sorry, please forgive me. Thank you.
- Let go of deep, ingrained ancestral trauma that is holding you back.  
HHC is a powerful workshop that literally changes people's lives, dramatically in some cases. With that in mind it is our purpose to hold this vibration within ourselves, a vibration of love, abundance, self- compassion, forgiveness.... Our own abundance is determined by our own vibration and it is now time for it to not only grow or expand but to explode, radiate and connect to the infinite abundance that is available to us all.  
Online format: One day  
Fee: £130 Contact [alweena1@aol.co.uk](mailto:alweena1@aol.co.uk)

## **Meditation Experience - Tutor Di Wilson**

### **Meditation For Beginners**

Immerse yourself in meditation, relaxation and peace! A variety of meditation techniques will be shared including grounding, breath-work, mantras, gratitude, chakra work, sound, loving kindness and mindfulness. This day is open to beginner meditators and also those with more experience who wish to explore different techniques and enjoy the synergy of meditation in a group setting. The intention is that each student will then be inspired to commit to doing some type of meditation as a daily practice.

### **Meditation Master Class**

Taking our meditation experience a step further. We will work with pranayama, hand mudras, affirmations, guided visualisation and being „whole“. This class will help the student to feel more confident with meditation practice and give tips on keeping focused and balanced.

Online Format: Both classes are a 2.5 hour live Zoom class.

Fee: £30 for each online class.

Contact Email: [di@thehealingtouch.uk.com](mailto:di@thehealingtouch.uk.com)

## **Crystal Experience - Tutor Di Wilson**

### **Crystals For Beginners**

Crystals can enhance healing and growth in a multitude of ways. In this experience class students will enjoy connecting with the Crystalline Kingdom and learn how to use crystals for meditation, self-healing and to support the healing process with others. A variety of crystals will be needed to attend this class, including one with a point.

### **Crystal Healing Master Class 1**

Taking our crystal work a step further we will learn how to use crystals to enhance clarity and to re-charge. We will work with dowsing techniques including using confidence arcs. We will also use crystals for manifestation, chakra work and learn how to make crystals essences, plus much more! You will need a variety of crystals and a pendulum to attend this class.

### **Crystal Healing Master Class 2**

The Masterclasses can be taken in any order. In this class we learn about using crystal grids and layouts, crystals for sleeping with, work with the foot chakras and look at numerology and crystals, plus much more! Again a variety of crystals will be needed, 6 small points would be useful.

Format: Two classes required, the student can choose which two. All classes are 2.5 hour live Zoom classes.

Fee: £30 for each online class.

Contact Email: [di@thehealingtouch.uk.com](mailto:di@thehealingtouch.uk.com)

## More about our Tutors

### **Di Wilson M.Ed, B.Ed HNC Holistic Therapy. [www.thehealingtouch.uk.com](http://www.thehealingtouch.uk.com)**

I

have been an energy worker since 1995, starting with Reiki, which was massive catalyst for change and further study. After eight years of working with Reiki and Seichem I found Quantum-Touch, becoming the first European instructor. Teaching Quantum-Touch internationally for many years was extremely rewarding, however my own healing style was evolving and finally I understood that I needed to step into my own light and share my own teachings. Over the years I have trained in many different healing and body work modalities and I have had the privilege of working with some incredible teachers including Deepak Chopra and the late Gill Edwards. I have a passion for sharing massage, healing and meditation techniques. I love to work intuitively with clients on a one to one basis and also enjoy bringing people together in groups for healing and meditation, harnessing the power and synergy that this brings. I teach a wide variety of massage and spiritual classes and continually learn new things myself. I feel very blessed that my working life is focussed on helping people to recognise and shine their light.

### **Dr Alweena Awan PhD: [www.alweena.com](http://www.alweena.com) [www.childcentremethod.com](http://www.childcentremethod.com)**

Dr Alweena co-developed Attuning to Full Potential which can be learned by practitioners and non-practitioners alike. It is a method which advances the skill of even the most experienced practitioner but can be learnt in stages by a complete beginner. It is a valuable tool for personal development and the treatment of a broad range of complex issues.

She is, also, an advocate of the traditional Hawaiian practice of Ho'oponopono. The principle tenet of Ho'oponopono, which loosely translates "to set things right", is full personal responsibility for all aspects of one's life. It encourages the practitioner to look inward, to resolve one's conflicts. Used in combination with AFP the effects are profound for both client and practitioner

She has completed a PhD in Children's Learning and Performance and following this researched therapy which could help with learning and behaviour issues, for adults and children and went on to develop the Child Centre Method which she now teaches to Practitioners and new therapists.

Her experience as an academic, combined with her in-depth learning and development of energetic medicinal practices has been a blessing. She has successfully treated hundreds of clients with issues ranging from the physical to the mental/emotional and spiritual.

### **Rena Guttridge SRN: [www.the5awakenings.co.uk](http://www.the5awakenings.co.uk)**

Rena is a professional and inspirational healer and teacher with experience spanning over 35 years and a dedication to the therapeutic aspects of energy and complementary medicine. Following a career in general and child nursing, her therapeutic work has focused on childhood trauma and the treatment of bullying, fear, abuse, phobia and PTSD. This experience has led her to create The 5 Awakenings Sequence® - a method of recovery now used extensively in the field of trauma for both adults and children. She has presented this methodology at the international energy medicine conferences in Canada and has established teachers throughout the UK and in the USA.

In the 1990's Rena established Hane Lea School of Healing, allied to the World Federation of Healing and in 2000 established The Healer Foundation by bringing together a group of healer graduates and now affiliated to the British Complementary Medicine Association. With a strong and intuitive philosophy to bring joy and Light to the soul, Rena's teachings offer a catalyst for change with an enduring, healing process of freedom,

expanded potential, raised self-esteem and choice. Rena's teachings are now being delivered by Eve Campbell; Anne Huckerby; Sandra Doubtfire

### **Cathy Presto RSHom [www.theremedybox.co.uk](http://www.theremedybox.co.uk)**

Cathy is a registered Homeopath with The Society of Homeopaths and has over 20 years' experience of treating adults and children in her private practice.

Cathy began her journey by completing a Homeopathic First Aid Course. She learnt that by completing the course she could take more responsibility for her own and that of her family's health.

She then completed 5 years of study at the North West College of Homeopathy. She has taken part in the proving of new remedies both as a supervisor and as a prover.

Cathy has a keen interest in traditional medicine from other cultures and has travelled extensively, as well as spending her childhood in West Africa. She has a wide and working knowledge of the Homeopathic Materia Medica and believes that it is important to help her clients access their own inner healer.

Cathy has extensive education and experience in the Early Years, Family Support, Counselling, Homeopathy, Complementary Therapy and Care sectors.

Cathy is committed to the development and delivery of holistic, natural health and wellbeing services for individuals through the generations.

### **Colette Garside, BABTAC, F.I.H&B.C, Dip.Bio.Med, S.A.C.Dip, T.ASIACT**

#### **ASEA Associate [www.need4change.teamasea.com](http://www.need4change.teamasea.com)**

I began my colour training with Aura-Soma in 1991 and over the course of several years became an accredited Teacher for the company. Since then I have continued my education by studying the teachings of Carl Jung with respect to the interaction of our personality with others and have also qualified as a Professional Therapeutic Counsellor. The combination of all three enables me to better help clients understand themselves at a deeper level by looking at the emotional, mental, physical and spiritual aspects of their being. There is no doubt in my mind that Colour can be the key to self-realisation. I spend most my time teaching in Europe and Asia but have also found the time to author two books.

Colette also teaches The New Age Child and their colours: A 3 day course that involves looking at the colours in relationship to the family dynamics and the colours for this new millennium.

### **Eve Campbell Cert.Ed Nutrition: HND**

Hello there my name is Eve Campbell and I am very passionate about us all living as healthy a lifestyle as possible, incorporating our mind, body and spirit, for the benefit of humanity and our planet. I started my holistic, complementary journey, like many, with Reiki, and I have always found this a wonderful tool to my life. I trained in naturopathic nutrition about 12 years ago, and have taught and introduced the benefits of this practice to many over the years. I have trained in the 5 Awakenings sequence, which I also teach, and use every day. I also practice 'The bright Path Ascension' meditation every day. I believe we need to nourish our bodies with healthy natural foods, and also our minds and souls with meditation and energy centre balancing.

### **Ruth Fox EFT Advanced Practitioner and Master Trainer (AAMET Accredited) [www.ruthfox.co.uk](http://www.ruthfox.co.uk)**

Ruth specialises in assisting people to make change in their lives by letting go of their inner blocks, freeing themselves from old patterns of emotion, limiting beliefs and pain and to gain greater insight, creativity in life, self-awareness, joy and empowerment. She works in a variety of ways and believes that change and healing does not always have to be difficult and painful but that the process can also be enjoyable and fun. Ruth has been working with clients since 2004 and teaching since 2006. She loves doing this work, having had much experience of witnessing the extraordinary abilities of human beings to heal and free themselves and to make significant changes in their lives.

In addition to being an Advanced Practitioner and Trainer of EFT (Emotional Freedom Techniques), Ruth is also a Practitioner of PET (Provocative Energy Techniques), Hypnotherapy and NLP (Neuro Linguistic Programming). She holds a Diploma in Integrated Energy Techniques and has studied Advanced Metaphysics. She brings the insights and experience of her own life and healing journey to her work.

### **Anne Huckerby and Sandra Doubtfire,**

Anne and Sandra are teachers elected by Rena Guttridge to teach the 5 Awakenings Sequence®

Anne has over 12 years' experience as a holistic therapist, she also provides training in Reiki at all levels and different styles. [www.freedomtw.co.uk](http://www.freedomtw.co.uk) Sandra has over 10 years' experience as an intuitive holistic therapist, whose energy work includes The 5 Awakenings Sequence, Reiki, Meditation and Laughter Therapy.

### **Lorna Mills - [www.lornamills.co.uk](http://www.lornamills.co.uk)**

Lorna is an experienced and well practised therapist. She worked as a chiropractor for 25 years, started craniosacral work in 1994 and went on to study visceral manipulation. Her clinical knowledge and experience has enabled her to help many patients on a physical, emotional and spiritual level. In her introductory course to craniosacral therapy she uses an informal and informative style of teaching which caters for students with varying backgrounds.

## **Contact and Registration:**

Applications to register for the course are invited by Email to: [admin@thehealinglightacademy.co.uk](mailto:admin@thehealinglightacademy.co.uk)

A registration form will then be sent on request and confirmation of acceptance for the course will follow.

Once your application is accepted, a registration/admin fee of £40 is required to secure your place. This fee includes your own reflective journal and mentor time with the main tutors.

## **Fees and class arrangements**

Once accepted and registered for the course then attendance at the classes can be arranged with each tutor to suit your own time and needs and fees will be paid directly to them.