



# Energy Medicine & Healing with the Spirit



Embark on a healing journey that deepens your mystical connection with Spirit, so you can embrace your Soul's light and gifts, whilst developing your own energy medicine and spiritual wisdom.

THE TRAINING IS DIVIDED INTO THREE PARTS:



## Part 1

### *Become your own Myotic, Healer & Shaman Online Training*

For your own healing, where you let your soul become the guiding light you follow.



## Part 2

### *Become a Certified Advanced Energy-Medicine Practitioner & Soul Coach*

Deepens your connection with Spirit and refines your healing skills, so you can work with assisting others in their healing journey and help them connect with their soul.



## Part 3

### *Become a Certified Master Trainer in Energy Medicine, Myoticism & Shamanic Healing*

For you who feel called to do this work and would like to run your own trainings and certify other Soul Coaches and Energy Medicine Practitioners.

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# Part I

## *Become your own Mystic, Healer and Shaman*

Begin your journey around the Medicine Wheel with this online training



### MODULE I: SOUTH DIRECTION - STEPPING INTO THE LIGHT

Connect more fully with your inner light by finding out how to:

- Balance, heal and cleanse your chakras and energy field
- Connect with your soul through mystical meditation and prayer
- Trust your **Inner Teacher** to help transform your inner pain into wisdom
- Let love be your guide instead of fear
- Release old wounds with **Past-life Healing**
- Discover your soul's gifts and power animal with **Soul Retrieval**
- Work with shamanic healing
- Get to know the first shamanic archetype, the **Serpent**, so it can show you how to shed your old stories and limiting thought patterns. **This is the first direction of the Medicine Wheel (South).**
- Heal deeply by receiving the first **4 Munay-Ki Rites** (the **Healers Rite** connecting you with healers of the past; the **Bands of Power** that are woven into your energy field for protection; the **Harmony Rite**, where you receive the 7 archetypes into your chakras, and the **Seer's Rite**, where pathways of light connect your visual cortex with your third eye and heart chakra).
- Start building your own **Mesa** (medicine bag).



## MODULE 2: WEST DIRECTION - HEALING THE PAST

Tap into your powerful inner healer by learning how to:

- Identify imprints and negative energy held in the energy-field
- Understand how depression, anxiety and psychic pain can be **spiritual tools for awakening**
- Heal karma and ancestral patterns
- Gain insights and divine wisdom with **Soul Healing**
- Deepen your connection with Spirit through mystical meditation and prayer
- Experience the power of atonement
- Learn how forgiveness frees you from the past
- Meet and receive guidance from your **Spiritual Council**
- Track a negative energy to find its source
- Remove intrusive negative energies
- Refine your shamanic healing skills (working with the energy-field, chakras and crystalized energies)
- Learn how to balance the nervous system so you switch off the flight- and-fight response
- Get to know the shamanic archetype of deep emotional and mental healing, the **Jaguar**, so you can have the courage and power you need to live your truth. **This is the second direction around the Medicine Wheel (West)**, and you will here continue to build your own Mesa.
- Connect even more deeply with the healing energy by receiving the **5th Munay-Ki Rite** (the **Daykeeper Rite**, which connects you to the lineage of master healers from ancient times, and helps you heal your inner feminine, bringing you into harmony with **Mother Earth**).







## MODULE 3: NORTH DIRECTION - EMBARK ON YOUR SOUL'S JOURNEY

Let your soul guide you to your highest destiny by discovering how to:

- Let your soul be your guide, instead of the ego
- Heal your shadow, inner conflicts and energetic imbalances
- Free yourself from what you think you should have, do and be, and instead accept what is
- Tune into your soul's wisdom with mystical meditation
- Surrender your need to be in control so you instead can be guided by the Divine
- Visit the **Upper World**, the **Akashic Records**, your **Spiritual Council** and **Guardian Angels**
- Heal deeply with **Soul Retrieval**, as well as learning how to do a **Soul Retrieval** on someone else
- Co-create a new inspired future by using **Destiny Retrieval**, an ancient shamanic technique
- Use the shamanic archetype of the **Hummingbird**, where you learn how to embark on your soul's journey, whilst being able to focus on the blessings of life. **This is the third direction around the Medicine Wheel (North)**, and you will here continue to build your Mesa.
- Receive the **6th Munay-Ki Rite** (the **Wisdomkeeper's Rite**, which helps you heal your inner masculine, step outside of time and space and connect with eternity).



## MODULE 4: EAST DIRECTION - BECOME A CO-CREATOR WITH SPIRIT

Take your place in the Divine Plan and co-create with Spirit by experiencing how to:

- Know the difference between following the wishes of the ego and the longings from your Soul, so you can be sure to take action that is in alignment with the Divine Plan. **This allows your soul to be the guiding light you follow – your Soul Star!**
- Open your heart and invite the sacred to step in, filling your heart with peace and compassion
- Have the courage to let go of the life you have outgrown, and develop the strength you need to be able to stay in the 'void' for as long as it takes for something new to be born
- Trust the **Divine Plan** and follow the guidance you receive from Spirit, so you can create a life that is in alignment with your Soul
- Deepen your understanding of **Soul Retrieval**
- Learn how to track someone else's highest destiny, so you can help them move towards their highest potential.
- Use the shamanic archetype of the **Eagle** and **Condor**, showing you how to fly wing-to-wing with Spirit, with an open heart, weaving a new life into being. **This is the fourth direction around the Medicine Wheel (East).**
- You will receive your final stone for your mesa, linking you to the lineage of healers that have gone before you. Your mesa is now complete and filled with healing power and wisdom.
- Receive the **7th Munay-Ki Rite** (the **Earthkeeper's Rite** connecting you to the archangels and lifting you from your earth-bound existence enabling your spirit to soar free.



## Part 2

# Step into the practice and become a *Certified Advanced Energy-Medicine Practitioner & Soul Coach*



### Deepen your healing tools by learning:

- **Advanced soul retrieval & destiny retrieval**, deepening skills in transformational coaching and shamanic healing, transformational questions to help someone heal deeply, compassionate client skills, and techniques for navigating the invisible world of Spirit – both for yourself and others.
- How to **track an energy** into the past and future, as well as scanning for imbalances within someone's body (heart, nervous system, kidneys, lungs, womb), chakras and energy-field.
- **Fine-tune your skills** so you can work with clients whilst trusting Spirit to guide you throughout the session.
- **Deep soul work** to deepen your awareness of Spirit, consciousness, energy and your connection with Source.
- **Bi-monthly group calls** with Cissi to help increase your understanding of the techniques (Soul Retrieval, Destiny Retrieval, Higher Self Healing, Mythic Mapping, Healing Linguistics and how to 'chase the energy of a problem' so you can diagnose the underlying illusion).
- **Bi-monthly spiritual mentoring group calls** with Cissi where you can bring to the group anything you are working on at a soul level.
- Individualised homework and case-studies.
- **Clinical Training** by assisting on live modules in England, plus assisting on Group Call Days.
- **Magical Training in Glastonbury**, enabling you to get to know your own mystical connection with Spirit and the Divine Feminine and Divine Masculine. You will meet the Black Madonna, get to know the mystical Avalon, go on a spiritual quest up the Tor, and allow Spirit to initiate you into your soul's ancient wisdom and light that you are meant to share with others. We will stay in Chalice Well Gardens, the heart chakra of the world.

This training consists of **spiritual mentoring and clinical training** with Cissi, and a **HOME STUDY PROGRAMME** containing:

- Mystical Meditation
- Esoteric Wisdom
- Healing Linguistics
- Higher Self & Soul Healing
- Transformational NLP
- Energy Medicine & Shamanic Healing
- Become your own Mystic, Healer and Shaman online training.

### **Much of this training takes online, enabling you to combine your studies with your family and work life.**

This training is for those of you who want to work with assisting others in their healing, but can also be undertaken to deepen your own healing skills, spiritual awareness, compassion and connection with your soul.

It consists of 475 hours of study (home study, live group calls, and by attending at least four live modules: South and West Module, North Module, East Module and Magical Glastonbury.



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## Part 3

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Enhance your skills and become a

# *Certified Master Trainer in Energy Medicine, Mysticism & Shamanic Healing*



Would you like to run your own courses and certify other Soul Coaches  
and Energy Medicine Practitioners?

### This training consists of:

- **The whole Advanced Practitioner and Soul Coach Training**
- **Master Trainer's Training** module where you learn about presentation skills, how to hold the energy in a presentation, how to hold sacred space and how to let your soul – and not your ego – flow through you when teaching. But above all, this module is about how to surrender the session to Spirit so you always let Spirit lead the way. In this way you let Spirit direct you in what to say and what to do, so you can be truly helpful.
- **Advanced Practitioner and Master Trainer are the exact same training**, except that Master Trainer also includes a Trainer's Module, and you will be 'pushed' a little bit more by Cissi.
- They both include the online training **Become Your Own Mystic, Healer and Shaman**.
- You will attend 3 live modules in total for your clinical training, plus Glastonbury, so time spent away from home is 4 times.
- **The Master Trainer consists of 500 hours of study** (home study, and in person with Cissi, by attending the three live modules at Charney Manor, plus the Glastonbury Module, and the live Group Calls).

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## Extra Bonus

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### Extra Bonus 1

Once you have become a qualified Energy Medicine Practitioner and Soul Coach you will be able to place two 1/4 page adverts in Inspired Wellbeing magazine. It has a readership of 100,000, as it is a free digital magazine.

### Extra Bonus 2

Upon graduation all Certified Energy Medicine Practitioners, Soul Coaches and Master Trainers will be featured on our website.

#### YOUR TRAINER

**Cissi Williams** has been on a healing journey since 1992 when she had her own spiritual awakening and mystical experience, which allowed her to heal a deep depression in just six weeks.

This experience led her to study many healing modalities and sources of esoteric wisdom, and today she works as a cranial osteopath, naturopath, shamanic energy medicine practitioner, NLP trainer and soul coach. She has been a student of *A Course In Miracles* since 1992.

Cissi knows from first-hand experience that it is indeed possible to heal deep inner pain using spiritual principles, and her passion is to share with others how they can do that too. She is the founder of two spiritual health magazines, **Inspired Wellbeing** in the UK, and **Inspire** in Scandinavia, and the author of several books on health and healing (**Transformational NLP, Spiritual Medicine, The Wellbeing Handbook** and **Supercharge Your Dreams Into Being**).





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## The Venue

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All 3 modules around the Medicine Wheel are held at Charney Manor, a 13th Century Conference and Retreat Centre, surrounded by beautiful gardens in a village setting. Charney Manor is in Wantage, Oxfordshire (1 hour from Heathrow).



The price of the course does **not include** food and accommodation at **Charney Manor** (which is to be paid for separately).

A 4-day course in a room with ensuite, for single occupancy, and with meals, costs around £320 per person.

This course is a residential course, but if you live near Wantage, then please contact Cissi for information on the day delegate rate.

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## Magical Glastonbury Module

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The venue for the **Magical Glastonbury Module** will be at **Chalice Well Garden, Glastonbury**, the home of the Red Spring.

This holy well has been in use as a place of meditation, reflection and healing for over 2000 years, and you can feel the sacred energy that dwells here.

It is even believed to be the final resting place of the Holy Grail, and in modern chakra maps of the earth, Glastonbury (and especially Chalice Well) is considered to be the earth's spiritual heart chakra.



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# Testimonials

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"This journey has challenged and amazed me with regard to our innate human potential. Cissi guides us with an abundance of wisdom, strength, love and light back to ourselves. An incredible trip well worth taking."

*Dr Rosa Chillari, Psychologist & Psychotherapist*

"A fantastic training where I have been able to meet myself at a deeper level, and been given the opportunity to let go of old negative patterns so I can blossom into the soul and person that I am. Cissi has a remarkable ability to discover the true causes behind a problem so that we can experience that, and once we have found the true reason she guides all the students through powerful and transformative healing processes. If you want to live in alignment with who you truly are, let go of what is holding you back, and experience life as who you truly are – then I can warmly recommend you embark on this lovely training."

*Lina Lanestrand, Social Scientist, Nutritionist, NLP Master Practitioner and Transformational Break-Through Coach*



"Cissi Williams is an authentic, Spirit-led and heart orientated teacher. Her training skilfully blends discipline and freedom, which is a rare and a real gift on the spiritual and healing path."

My life and spiritual journey have been completely transformed by this training. Having been on the spiritual path my entire life I have completed MANY courses and training both formally, in an academic forum and as part of my personal development. This training and Cissi's fabulous compassionate leadership has allowed me to access healing at a much deeper level, clear stagnant energy from my body and start to take action within my life and relationships to live in alignment with truth and love. The impact has been amazing. My relationship with my Soul is now deeply nourishing and as I develop my capacity to connect directly with Spirit and the Divine through the training that has reinforced my personal practice, Cissi's guidance and coaching and the work I do with my fellow students via the calls and live training, I am starting to thrive and finally be of service to humanity at the level and capacity I was destined to do.

I wholeheartedly recommend all aspects of this training."

*Kay Turner, retreat facilitator, wellbeing coach, theologian and teacher*

"I haven't got enough positive words to describe Cissi and how she has taken all of us – and held the groups energy – through the different modules on this training. I am incredibly grateful to be part of this journey. What amazes me the most is that you can never predict what will happen. Cissi's experience, sensitivity and psychic 'antenna' is able to feel the energy of the group and take us through amazing inner and outer journeys. I can warmly recommend everyone who is curious about developing further to embark on this journey with Cissi."

*Susanne A., Primary School Teacher*





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## Testimonials

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"The journey within, expertly guided by the insightful Cissi Williams. This course is the exploration of dark and light using different healing techniques to help connect to your soul, be guided by your own spiritual intelligence and by higher divine guidance in whatever way that means for you. It is an opportunity to nurture yourself, to heal emotionally, energetically and spiritually. It also allows you to tap into that 'something else' you might feel is there but have not yet fully embraced. It is the opportunity to be in a like-minded, supportive group where it is safe to go to your most vulnerable places, but also to discuss a spiritual view on our modern world and how we can all contribute to bringing love and light into our lives. It is the opportunity to learn how ancient wisdom is still so relevant and how time together in meditation and ceremony is wonderfully powerful. Whether you are looking to heal yourself or others, this course is a profound experience to reveal and heal.

*Wishing you light on your journey, Emma x"*  
*Emma Colwill, Cheltenham*



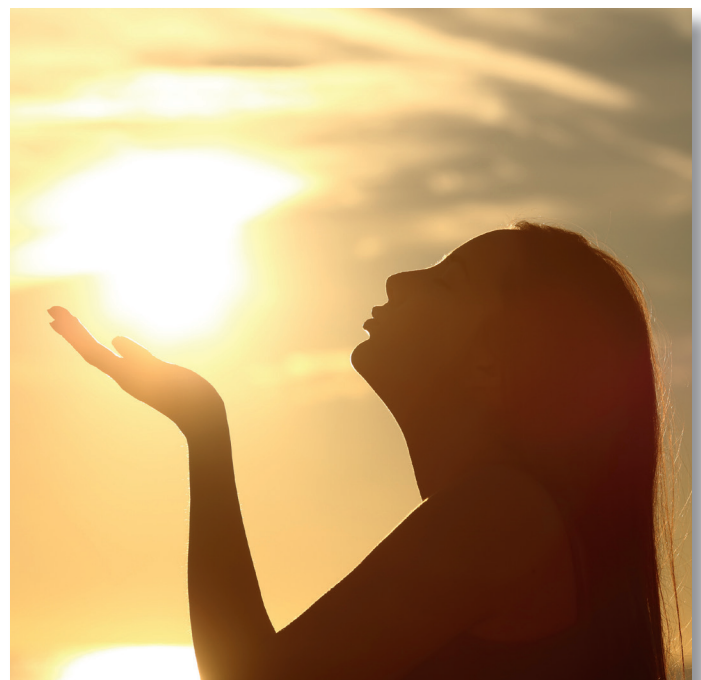
"The course offers a unique opportunity to deepen our personal inner connection with the Divine in all its multitude of guises whilst working safely under the expert tuition and sparkling leadership of Cissi Williams, an extraordinary Energy Medicine Practitioner. Within each module beautiful experiences occur with like-minded people as we learn to clear our karmic residue, expand our Divine connections and connect more fully with our souls (or the Divine within).

Each Module is undertaken in beautiful and peaceful natural surroundings and we all learn together at our individual pace. Yet there is sufficient time to practice the techniques, ask questions, learn from each other and Cissi, deepen our awareness through meditation and feel thoroughly supported, as individual and subtle transformations occur both within and in front of us. I am so glad that I decided to take this training!"

*Cerys Williams, Clinical Reflexologist and Animal Bodyworker.*

"Currently working through part 1 of the Shamanic training, and I am in a whirl wind of change. The training has brought about a beautiful transcendence of myself and has been an amazing journey. I have learnt so much about being connected with spirit, the healing work we need to do within, finding our soul path and how to follow this calling. I have met some lovely people through doing this course, being part of a small community during my spiritual journey has been so important to me. The support and guidance given throughout has been exceptional, Cissi is such a pleasure to be around. I will be doing parts 2 and 3 of the training over the next 18mths, this I am really excited about. I now have the confidence to embrace the changes to come, finding my voice to speak the truth of who I really am and I am no longer afraid to be it. I am so blessed to have gone forwards with this opportunity and heal with the ancient teachings that are available to help so many people now."

*Diane Maccabe, Spiritual Life Coach & Intuitive Mentor*



# Course Prices

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## **PART 1:**

### **Become your own mystic, healer and shaman online training**

**Price: £499**

**£399** if you book before 30th September for the online training only.

**Price: £1000 if you add ONE LIVE MODULE**

**£699** if you book before 30th September.

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## **PART 2: 475 hours of study (includes the online training)**

### **Certified Advanced Energy-Medicine Practitioner & Soul Coach**

**Price: £3645**

**£3395** if book up before end of September.

**£356** if pay in 10 monthly instalments (£345 if book before 30th September).

**£237** if pay in 15 monthly instalments (£230 pcm if book before 30th September).

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## **PART 3: 500 hours (includes online training and Advanced Practitioner and Soul Coach)**

### **Certified Master Trainer in Energy Medicine, Mysticism and Shamanic Healing**

**Price: £3995** (£3795 if book up before end of September)

**£415** if pay in 10 monthly instalments (£390 pcm if book before end of September).

**£276** if pay in 15 monthly instalments (£260 if book before end of September).

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## **DATES FOR LIVE TRAINING:**

### **2018**

**South and West:** 8-12th November 2018, Charney Manor, Oxfordshire.

### **2019**

**North Module:** 7-10th March 2019, Charney Manor.

**East Module:** 27-30th June 2019, Charney Manor.

**Magical Glastonbury:** 13-16th September 2019, Chalice Well Gardens, Glastonbury  
(only for students who are near completion of their advanced training).

All modules start at 11am on the first day and finish at 3pm on the last day.

The other days will start at 9am and finish at 6.30pm

## **QUALITY ASSURANCE**

If you do Part 2, or Part 2 and 3, then you'll receive your certificates only after you have completed all the modules, and have reached the required level for you to be able to practice. This is not a training where you qualify just for attending, but where you qualify after you have reached a certain level. If more training is needed in order for you to reach the required level, you will be offered this extra training free of charge.

**For more information email: [info@soulinspirations.co.uk](mailto:info@soulinspirations.co.uk)**