

# **AVALON ACADEMY**

## **Sacred Healing Course**

*Experiential Training Course for  
Personal and Professional Growth*

### **Schedule: Marysville, WA**

April 19, 20, 26 & 27

Sat. 10am to 5 pm

Sun. 10am to 4 pm

### **Wolverhampton, England**

May, 2009

## **INTRODUCTION**

Sacred Healing is an exciting approach to mental and emotional healing. The word "Sacred" is defined by Webster's Dictionary as "dedicated to the worship of spirituality". Sacred Healing therefore attempts to heal and process aspects of the personality through spirituality. The practice of sacred healing relies on a higher level of consciousness which goes beyond mind, self and personality. It reaches deep within the soul through intuition and guidance, which are necessary components of true healing.

Every person has within themselves the power and capacity to love, heal, experience joy and succeed in their life journey. It is the degree to which one is willing to explore this power that determines the level of love, healing, joy and success to be realized in an individual's life. Sacred Healing allows us to access this power directly by connecting with the heart and it's expression of emotion. The fundamental teachings of Sacred Healing embrace the feelings of the personality to reveal the true intentions of the soul. Follow your heart and you will know Truth. Where you find Truth, you will find love, joy, wisdom, compassion and God.

This course consists of lectures, case studies, discussion and practice sessions.

Many people take the course for personal growth and others take the course to become hypnotherapists and/or counselors. And, there are those who are already in the healing arts profession and they take the course to add to their skills. Wherever you are in this life journey, you will realize amazing benefits from the wisdom of this course and you will learn how to apply this wisdom.

## **CURRICULUM**

### **ELEMENTS**

The "Seven Elements" are foundational to Sacred Healing. As students of Sacred Healing we learn the elements and we learn how to apply them to healing our own self. We learn that these elements work in the presence of spiritual guidance and they help give meaning to events in our lives, heal those wounds, find the pearl and move us toward light. It is when we are in the light that we better serve the soul of our self, our community and the world.

## **Compassion**

Healing must rest on a foundation of compassion. We must first learn to be compassionate with ourselves. To be compassionate with ones self means that we look at our personality with the eyes of our soul. We work on what is necessary in our personality, but with the qualities of the soul. The primary qualities, spiritual teachers tell us, are mercy, gentleness and grace. The soul makes no judgment and is filled with unconditional love. Compassion is energy from the soul it can move mountains!

## **Awareness**

Some people call awareness mindfulness. The art of being in the present moment and the art of witnessing ones self, are the twin components of awareness. As you read this are you in the present or is your attention on a regret of the past or a concern of the future?

## **Gratitude**

Gratitude is an ancient form of prayer. It breathes life into our prayers. It puts them into motion. It brings the expression of the soul to our Source. It opens us to an invisible spiritual force that guides us, protects us, loves us and showers us with abundance.

## **Community**

The transformation within oneself requires a community of friends who are nurturing, supportive and seekers of Truth. The Buddha called this “right association”. This is an important element in all the wisdom traditions.

## **Joy**

Joy evolves from compassion. Joy comes from essence, not form. Joy can not be purchased, it must be experienced. While in the state of joy the world is illuminated by exquisite beauty and perfection of creation. When we are in joy we are attuned to the presence of God.

## **Work Equally in the Visible and the Invisible Realms**

It is important and necessary to spend time in the visible world. We have responsibilities, obligations and lessons to learn in the visible realm. We must also spend time in the invisible realm. We must learn to cultivate and practice techniques that connect us to the vast mystery which lies beyond space and time.

## **Little by Little**

The world is moving so fast. Multi tasking and quick fixes are a sign of these times. Emotional healing at a core level takes time. The wounds are deep. Alcohol, or a pill might be a temporary fix, but real healing is a journey into the depths of our own heart. Opening the doors of the heart needs to be done compassionately, in the present moment, in a safe place, and little by little.

## SACRED TECHNIQUES

### Sanctuary

A Sanctuary is a place to go during hypnosis, guided imagery or meditation. It is a safe place in the invisible world where healing can take place.

### Circle of Love

The circle of love is the inner support system, or, inner community. These are beings who love us unconditionally and keep us safe. They support and aid with our healing. As Rumi says "please come out of the circle of time and enter the circle of love".

### Inner Child Process

We all have an inner child. They could be hiding; they might be sad, angry, fearful or lonely. Our inner child perhaps experienced trauma, through abandonment, abuse or neglect. We can however, with sacred healing, rescue, heal, accept, love and integrate that inner child in a healthy way with our own adult self. Most healing work involves inner child processing.

The techniques that are taught in this course are powerful! They become even more powerful when they are applied to issue work.

## TECHNIQUES

Suggestibility	Self-Hypnosis
Inductions	Deepening Techniques
Expression/Resolution	Regression
Progression	Reframing
Visualization	Sacred Holding
Power Spot	Meditation
Breathwork	Affirmations

## INSTRUCTORS QUALIFICATIONS

This course is offered by Linda & Jody Pries at the Avalon Wellness Center. Avalon was founded by Linda 10 years ago. Avalon is a full service wellness center on a lovely 3/4 acre within 5 minutes of the I-5 freeway. The center provides health and wellness services including licensed massage provided by 5 highly skilled therapists, naturopathic, counseling and hypnotherapy as well as a full range of personal education classes. Linda is also the founder of Avalon Academy, state licensed vocational school. She has a successful private practice in counseling and hypnotherapy specializing in sexual abuse, empowerment, stop smoking and medical hypnotherapy. Jody's specialties in private practice are anger management, sport performance, conflict resolution and working with teenagers. Jody and Linda are both ministers and popular guest speakers at teaching institutions. Between them they have 7 children and 16 grandchildren.

Passionate leaders with a vision, Linda & Jody have made it their sacred mission in life to teach and promote the elements of Sacred Healing in the community and to create a \*Circle of Love\* to support those on the path of transformation.

## TUITION

TUITION is \$350 including the manual.  
TUITION is adjusted for Out of Area classes.  
Tuition is due on or before the first day of class.

Visa and Master Card accepted

If you need to make financial arrangements give me a call and we can discuss options.

CALL FOR CURRENT SCHEDULE - 360-653-3140

\*\*\* Ask about hosting a class and receive the course FREE! \*\*\*

To Register:           Phone: 360-653-3140  
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                              Email: [avalonwellness@verizon.net](mailto:avalonwellness@verizon.net)  
                              Web: [www.avalonwellness.net](http://www.avalonwellness.net)