



# **ENERGY SENSE**

With

**EILEEN DARWIN**

## ***For your ... Physical, Emotional, Mental and Spiritual Alignment & Wellbeing***

Two days designed to tune your awareness to the many energy flows that surround us all, and this will enable you to connect consciously to the flows, raise your energy levels higher and maintain them for longer periods of time.

You will find out how to use energy wisely and understand how to energetically work the environment, connecting more deeply to the world around you.

There will be exercises to show you how to achieve more physical, mental and emotional alignment.

You will also experience the easing out of stress and tension through your breathing ... and you will leave feeling *refreshed, revitalised and re-energised*.

**Dates: 10-11 March 2012**

**Registration:** Saturday 9.15am

**Workshop:** Saturday 9.30am – 5.30pm; Sunday 9.30am – 4.00pm

**Investment:** \$295+GST in full by 5 March 2012

**Early Bird:** \$245+GST in full by 20 February 2012

### ***Your investment includes...***

- ✓ Manual & handouts
- ✓ Pendulum
- ✓ Refreshment Breaks

### ***Past participants say...:***

*"Excellent weekend, great content, wonderful support. I Love my new pendulum."*

**Paula P. Baylys Beach, NZ.**

*"Good entry level into "energy" presented with good integrity and in a very balanced and inviting environment."*

**Peter A. Albany, NZ.**

*"This is the beginning of a journey for me that I had once started long ago but left behind. Thank you for your easy acceptance of everyone."*

**Louise P. Auckland.**

*"A lovely weekend, fun & safe – great! Now I want more!!"*

**Pat T. Auckland.**

*"Easy, Open, Relaxing, Enjoyable. I was in the right place at the right time."*

**Matt F. Australia.**

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## ***THIS SKILL SHOP IS FOR ...***

- ✚ Women and Men wanting to feel more grounded and get more out of their energy**
- ✚ People wanting to move away from and learn how to overcome a self-indulgent lifestyle**
- ✚ People who are willing to leave behind mental stress and emotional upset in their lives**
- ✚ Those who enjoy sharing and connecting with other like-minded people**
- ✚ Anyone wanting more personal and creative expression; and for those who want to speak up for themselves with more ease**
- ✚ Any self-aware person wanting even more growth, insight, intuition, personal and spiritual development**
- ✚ YOU ... if you're keen to raise your awareness, be more present with people and enjoy a fully integrated sense of being!**

## ***CONTENT...***

### **DAY 1:**

- Awareness of Your 7 Energy Centres
- Purpose and Colours of each Centre
- What the Colours mean
- Spiritual Meditations for Opening and Aligning the 7 Energy Centres (1-3)
- Attachment and Non-attachment to people, objects and environment
- Introducing Pendulums and learning how to use them

### **DAY 2:**

- Making Sense of Energy
- Understanding the flows
- Spiritual Meditations for Opening and Aligning the 7 Energy Centres (4-6)
- Pendulum use continued, for healing self and others
- Connecting with people, nature and the greater whole
- Attachment and Non-attachment
- Integration of the 7 main Energy Centres



### ***Past participants say...***

*"I felt 'free' to be me without inhibitions. Furthering my knowledge and understanding of the pendulum to use with my family and friends. I look forward to learning more, thank you Eileen."*

**Tracey H. Dargaville, NZ.**

*"Loved it all – warm, healthy, professional, listening to people's stories, wisdom of Eileen sharing experiences, the music ... I felt extended but not confronted."*

**Anna B. Auckland**

## ***BENEFITS FOR YOU...***

- ✓ Awakening and expanding your energy centres with Eileen's specially designed meditations
- ✓ Physical, emotional, mental and spiritual alignment
- ✓ Developing your energy centres and increasing your self awareness
- ✓ Gaining the ability to align and balance your energy on a daily basis, creating better health for you
- ✓ Learning how to protect yourself with energy shields
- ✓ Learning how to heal self and others using energy fields and pendulums
- ✓ Tuning into your intuition
- ✓ Understanding energy flows around your body and how to utilise them for personal benefit
- ✓ Developing "sight, resonance, feeling and sense" of energy between you and others
- ✓ Being fully present and "in the now" with people and your environment
- ✓ Stress relief and more relaxation
- ✓ Learning how to self diagnose physical illness by looking closely at your mental thought processes

## ***AND YOUR SPECIAL GIFT***

A Pendulum to use at the skill shop ... and take home for your personal use.



## ***ABOUT EILEEN DARWIN***

For over 30 years Eileen has run a variety of businesses in both Australia and New Zealand as a Trainer, Mentor, Coach, Business Consultant, and Entrepreneur, and Promoter and Creative Director of Communications Plus Ltd in New Zealand.



In 2005, Eileen and Mark established Communications Plus International and they now share their time between both countries.

Eileen has travelled widely learning about Metaphysics and Natural Therapies since she was in her early 20's and her studies have included various workshops and trainings on: Systemic Thinking, Behavioural Modelling, Energy Flows, Meditation, Yoga, Crystal Healing, Massage, Dream Interpretation, The Enneagram, Reiki Healing and Rebirthing. She has been teaching and counselling for over 30 years. Eileen is also a Certified NLP Master Practitioner.

You'll find she has an enormous passion for people; she is inspiring, motivational, learned, wise and willing to support you in developing more self awareness ... encouraging you on your continuing personal growth and spiritual journey.

### ***Past participants say...***

*"Discussions on crystals, learning non-attachment, tuning up the energy centres ... thank you for sharing your energy."*

**Renetta A. Auckland.**

*"Gained the most from integration on day 2 ... a really good day. I felt very 'at one' with nature today, thank you."*

**Lisa Er, Auckland**

