



THE HOLISTIC HEALER FOUNDATION TRAINING

TRANSFORMATIONAL TRAINING - ONLINE - COMMENCES SEPTEMBER 2021

Applications open April 2021

Complete wellbeing is innate to us: our body-mind has its own impeccable wisdom, is naturally programmed for health and is dynamically responsive to Life.

We are living through a time of great transition that is rapidly making visible those things that are no longer viable or sustainable in our modern approach to life. A fundamental shift in understanding is required. The need to consciously care for our health in a truly holistic way, in harmony with self and planet, is becoming increasingly important.

We are surrounded by a confusion of information regarding health in particular - in the media, from health professionals, on product labels, in communities - and many people no longer feel clear about how to support their own health. People are living longer and sicker than they ever have, but with more mental illness and an increased sense of isolation.

It is no surprise, then, that so many are looking beyond the prevailing medical paradigm and turning towards practitioners and therapies that focus on supporting greater health *expression*.

There is an increasingly urgent need for health practitioners who are grounded in a holistic model of health, who work in harmony with the intelligence of the body-mind and who empower their clients to understand and take full responsibility for their own wellbeing.

Individualised holistic healing is vital in these times.



JOIN US FOR THE NINE MONTH HOLISTIC HEALER FOUNDATIONAL TRAINING

We support overseas applicants in different time zones. Read on for further details.

INNATE WELLBEING

“Wisdom is a responsive intelligence within us all. Heeding it is what moves us towards wellbeing.”

Dicken Bettinger

Our bodies have the capacity to naturally regenerate, just as our psyche and emotions have an inbuilt tendency towards self-regulation and wellbeing. With a holistic understanding we can support and enhance these innate capabilities to facilitate a gentle and sustainable return to health.

THE HEALING CYCLE

There is a healing cycle that we go through during any acute illness or trauma. When we complete this cycle healthfully we emerge stronger having gone through a rite of passage: we land on a new shore, subtly but permanently transformed. This gift of transformation is part and parcel of the healing journey:

- We strengthen our immune system when we go through an infection or acute illness, becoming more resilient
- We become more aware of our values and direction in life after a setback
- We become more at ease and more buoyant in our psyche after weathering strong emotions
- We become more deeply aware of our true needs through learning what constantly doesn't work for us.

Modern medicine has lost sight of the journey of evolution that life's challenges and setbacks offer us. This loss of understanding impacts us greatly: illness becomes something to fear and suppress, setbacks are failures, strong emotions are to be avoided at all costs, and ongoing suffering is just the way life is.

When the innate self-healing capacity within each of us is recognised and given full expression, supported by gentle and natural means where necessary, a true restoration of health begins.



‘When we listen for and perceive the wellbeing in another, we evoke the wellbeing that already exists within them.’

Ian Watson

Holistic Practitioners come from the understanding that we all have within us an endlessly regenerative capacity to heal that is innate and inviolate. As we trust this, following its expression within and through, the path ahead becomes clearer and lighter. Wellbeing follows.

Our role is to support and facilitate this same recognition in our clients, helping them to see how a deep tending of the Self's needs, mindfully and wisely, brings gifts beyond anything they can imagine. We help our clients to live in harmony with their own healing wisdom, rather than at odds with it.

‘It’s what you are that heals, not what you know’

C.G. Jung

WHAT YOU WILL LEARN

On the Holistic Healer Foundational Training you will:

- Develop and deepen your ability to listen for wellbeing in yourself, your clients and your loved ones
- Meet yourself and others in quiet presence, trusting what unfolds
- Learn to recognise, in any given moment, the most potent and regenerative path forward - for yourself and others
- Deepen your alignment with your own guiding wisdom and begin to speak, move and offer support from here
- Help others in reconnecting to their wholeness and their wisdom

“One of the most calming and powerful actions you can do to intervene in a stormy world is to stand up and show your soul. Struggling souls catch light from other souls who are fully lit and willing to show it.”

Clarissa Pinkola Estés



WHO IS THIS TRAINING FOR?

'The work of health professionals is to become full human beings and to inspire full human being-ness in others.'

Chogyama Trungpa Rinpoche

This training naturally embraces the demands of a range of people - from new through to experienced practitioners, and those of you who have personal health concerns you wish to address. It is also a perfect foundation training for anyone wishing to embark on the journey of becoming a health practitioner.

This training will suit you if:

- You have already studied one or more healing modalities and are seeking an integrated holistic foundation from which to practice & work with others
- You have struggled with your own health and are on a personal journey to dynamically and effectively impact your wellbeing
- You are concerned by the mountain of conflicting information out there regarding *what is healthy* and you wish to be more informed, independent and self-reliant in terms of your health, your family's health and/or that of your clients
- You have a deep desire to help others to heal naturally and you wish to understand how to become a health practitioner who empowers others
- You are interested in learning an approach to healing that is truly holistic and treats the body, mind and spirit as one
- You want to understand how to work with - not against - the body's natural self-healing capacities
- You wish to learn the fundamental principles of health and wellbeing so that you have a strong foundation from which to confidently facilitate the healing process
- You would like to be part of a supportive global community of holistic healers and to be part of a shift in the health paradigm

'If we are to manage both the considerable challenges and gifts of our time, we need to root ourselves in that which is meaningful and long-sighted: our relationships with Nature, the sacred and each other.'

Rachel Singleton, *Wild and Sacred Medicine*



HOLISTIC HEALER FOUNDATION TRAINING DETAILS

WHAT IS INVOLVED

The Holistic Healer Foundation Training is a 9 month online course. It includes:

- 9 live teaching days online consisting of seminars and group work - 1 per month
- 8 x 2 hour live tutorials online in small groups - 1 per month
- 1 personal mentoring session of 1 hour with a member of the Holistic Healer team
- Private online community space to interact, share experiences and ask questions
- Curated content - bonus material for home study between the teaching days
- Access to recordings of teaching sessions during the training and for 1 year after

EMBODIED LEARNING

Becoming a holistic healer requires more than simply learning some new information, treatment approaches and techniques. If we apply a holistic healing approach such as homeopathy, herbs or acupuncture with the same mindset that informs the use of antibiotics and painkillers, we will likely achieve the same short-lived, relatively superficial results.

In order to make the full depth and potential of holistic healing available for someone else, we must first come to understand it deeply for ourselves from the inside-out. We don't just learn this material intellectually - we learn it experientially so that it becomes an intrinsic part of our own embodied life wisdom.

None of us individually can heal the sufferings of the whole world. What we can do is to activate the powers of self-healing and regeneration in our own life and the lives of those we are able to reach. This is more than enough.

Our programme is designed to create a supportive and nourishing container within which you will embark upon a healer's journey, raising your own level of health and wellbeing whilst developing and refining the skills you will need to do the same for others.



COURSE DATES

The times below are all UK time (GMT and BST). If you wish to join us from outside Europe, and are concerned about times, please continue reading to see what we can offer.

DAY 1: 18th September 2021 10am - 5pm
DAY 2: 16th October 2021 10am - 5pm
DAY 3: 13th November 2021 10am - 5pm
DAY 4: 11th December 2021 10am - 5pm
DAY 5: 8th January 2022 10am - 5pm
DAY 6: 5th February 2022 10am - 5pm
DAY 7: 5th March 2022 10am - 5pm
DAY 8: 2nd April 2022 10am - 5pm
DAY 9: 7th May 2022 10am - 5pm

The Holistic Healer Foundation Training is a deep dive into the nature of innate wellbeing - at the physical, mental, emotional and spiritual levels.

You are not separate from this.

The training is designed to deeply nurture your connection to the well-of-being within you.

COURSE FEES

Full price: £1900

A *non-refundable deposit of £200* to secure your place.

If you wish to **pay by instalments**, please see the Terms and Conditions section.

We offer a **discounted price to those who have studied with us on the Practitioner Mentoring Space: £1700**

For full terms and conditions, and cancellation fees, please see final pages of the document



SYLLABUS OUTLINE

MONTH 1: THE HOLISTIC PARADIGM

- *Holistic versus Orthodox Medical Paradigm*
- *Asclepius and Hygieia*
- *What is health?*
- *Recognising the healing intelligence behind disease*
- *Energetic beings in an energetic universe*

MONTH 2: THE IMPACT AND POTENTIAL OF SHOCK AND TRAUMA

- *The importance of treating shock and trauma; understanding the healing cycle*
- *Ripples in the psyche and soma*
- *Aetiology and susceptibility*
- *What is Innate Wellbeing and what obscures it?*
- *The holistic response to first aid situations*

MONTH 3: SYMPTOMS: LOVE LETTERS FROM THE BODY

- *The Direction of Cure and signs of returning wellbeing*
- *The impeccable feedback of symptoms in the living moment*
- *The role of habitual thinking and acting in illness*
- *How we take our T.E.A*
- *Our energy field in health and illness*

MONTH 4: ENGAGING WITH ILLNESS FROM WHOLENESS

- *Understanding Diagnosis*
- *The endlessly refreshing moment and the potency of being Present*
- *Intuiting wellbeing and developing our Health Sense*
- *The quality of the 'feeling'*
- *Opening and Closing Consciousness - the power of Questions*

MONTH 5: THE PRINCIPLES OF INNATE WELLBEING

- *The Three Principles of Mind, Consciousness and Thought*
- *A new paradigm for mental and emotional Health*
- *Wholeness within Wholeness: seeing our clients fully*

MONTH 6: FOOD, REST, MOVEMENT - EXPLORING THE PILLARS OF PREVENTION

- *'Lifestyle interventions' - exploring the pillars of health*
- *Where we choose from versus what we choose*
- *Yin and Yang, Alchemy and the Elements*
- *Daily choices for deep health*



MONTH 7: DEEP EMOTIONS, DEEP TRANSFORMATION

- *Subliminal messages from within - dreams, symptoms, insights and visions*
- *The evolutionary edge of consciousness - understanding and riding the waves of strong emotions*
- *How we can interact with our subliminal self*

MONTH 8: THE CATALYSING EFFECT OF DEEP PRESENCE

- *The Healer's Journey and the transformational process*
- *The effect of conscious awareness on our clients - the power in the healing space*
- *Case-taking skills - learning to perceive what is going on and what is needed*
- *Sorting the wheat from the chaff: understanding what is vital - and what is extraneous or unnecessary - information from clients*

MONTH 9: WHOLE AND WELL

- *What is the Holistic Healer's toolkit?*
- *The Eye of the Paradox - sitting in your power and your limitations*
- *Energy Advertising and following a natural, organic approach to creating a practice*
- *Reflection and feedback*

HOME STUDY: Each month we will guide you to one to three hours of supplementary online and written content to expand your knowledge further. You can go as far and as deep as you want with this. It will include two bonus modules:

Homeopathy: Prescribing for First Aid with Ian Watson

Introduction to Flower Essences with Rachel Singleton

ONLINE PLATFORM: All teaching days and tutorial sessions take place on Zoom.

You will need broadband internet plus a computer, tablet or smart phone with microphone and camera. You will receive a link from us that will take you directly into the meeting space each month.

COURSE REQUIREMENTS: In order to complete the course and receive a Certificate of Attendance, *you are required to attend a minimum of 90% of all sessions live and to actively participate during the sessions.*



“True healing involves a growth in consciousness, an opening in awareness and a return to oneself. Everything else is symptom relief.”

Ian Watson, *The Tao of Homeopathy*

YOUR COURSE TUTORS

ABOUT IAN WATSON:



Ian has worked in the field of natural healing and personal transformation since 1988. He founded The Lakeland College in 1993 and has been involved in the training of thousands of homeopathic practitioners around the world. He has written & published four books, delivered hundreds of seminars & retreats, and spent many years specialising in emotional & psychological health. Since 2011, Ian’s work has been transformed by an understanding of the principles of innate wellbeing discovered by the late Sydney Banks.

ABOUT RACHEL SINGLETON:



Rachel has been working in the areas of intuitive healing and health consciousness since 1996. As the founder of LightBringer Essences, she has been deeply immersed in plant spirit medicine for over 20 years. Through the teachings of the plants and the understanding of the Three Principles - the work of Sydney Banks - Rachel has come to see how insight, awareness and presence are vital in transformational healing. She is the author of *Wild and Sacred Medicine*, has trained and mentored practitioners in the UK and abroad, and has helped hundreds of clients.

“This moment now is unwritten. It doesn’t matter the entry point that brought you here - this does nothing to the moment itself: it remains pristine, and full of possibility and grace. Live from here and what unfolds is extraordinary.”

Rachel Singleton



TERMS AND CONDITIONS

APPLYING FOR A PLACE:

We have limited places on the Holistic Healer's Foundation Training. To apply, please go to the Application Form: <https://forms.gle/AFVaroRhMwpjBVy39>. We will contact you to arrange an informal conversation to help clarify your intentions and aims, to ensure that this training is a good fit for you and to answer any questions you might have.

NON-REFUNDABLE DEPOSIT:

A non-refundable deposit of £200 is required within 48 hours of confirmation of your place on the course.

PAYMENT OPTIONS:

Non-refundable deposit of £200: within 48 hours of acceptance on the training. Remaining payment of £1700 by Monday 7th September.

OR

Non-refundable deposit on applying: £200

Second payment: £600 October 31st 2021

Third payment: £600 February 1st 2022

Final payment: £500 April 30th 2022

DISCOUNTED PLACES FOR PREVIOUS STUDENTS:

We offer a discounted place for students who have completed the Practitioner Mentoring Space with us.

Cost: £1700

Due as a non-refundable deposit of £200 within 48 hours of acceptance on the training. Remaining payment of £1500 by Monday 7th September.

PAYMENT METHODS:

You are welcome to pay by PayPal, BACS, TransferWise, Stripe or card.

CANCELLATION POLICY:

Cancellation of your place on the course, up until 7th September 2021, will result in the loss of your non-refundable deposit. All other payments made will be returned, less a 5% admin charge.

After 7th September 2021, no monies will be returned for cancellations. If you leave the course before completion, all monies still outstanding will remain payable.

ATTENDANCE AND CERTIFICATION:

The Holistic Healer's Foundation Training is a participatory course. If you are unable to attend a teaching day or tutorial session, please give Ian and Rachel advanced notice 48 hours before the session.

For all students, in all time zones, who are unable to attend any live teaching days, you are required to watch the recordings of these *before your next tutorial date* so that you are up-to-date for the live reflection and discussion session.

All participants are required to attend the sessions punctually so as not to keep your tutors and peers waiting.

There will be a certificate of completion for participants who attend at least 90% of the training.

OUR RIGHT TO CANCEL:

In the event of unforeseen circumstances, or if there is not the required minimum number of participants to make the training viable, we reserve the right to cancel the training or change the training dates - all monies paid will be returned to you in full.

Your application for this training indicates that you fully understand and accept the Cancellation Policy and the Terms and Conditions.

APPLICATION FORM LINK: <https://forms.gle/AFVaroRhMwpjBVy39>

CONTACT US

To get in touch, see what we do or find out more, please go to:

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Ian Watson: www.theinsightsspace.com
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THE SACRED WELLBEING RETREAT

The entire Holistic Healer's Foundation Training is an act of self-care. And it is through this care of the self that we begin to develop our *health sense*: we come to understand the feeling of health within our being and in the world around us. As we heed this knowing and act from it, we go on to develop greater *health resilience*.

This direct, personal experience of health - and the journey into the well of being at our core - never ends. It is this that enables us to deeply and effectively care for others.

The Sacred Wellbeing Retreat is an opportunity to come into this in full presence and embody it further.

Our intention is to hold an in-person (non-virtual, not socially-distanced!) wellbeing retreat in June/July 2022, assuming that gatherings of this kind are permitted to take place. This is not an essential part of the Holistic Healer Foundation Training, but priority places will be given to participants of this and our other training programmes.



The retreat will be held over three days in a residential setting, providing an opportunity for us to connect in person, share our experience and deepen our learning together.

There will be limited spaces available.

We will post further details on this event as soon as they become available.