



THE HOLISTIC HEALER FOUNDATION TRAINING

TRANSFORMATIONAL TRAINING - ONLINE - COMMENCES SEPTEMBER 2020

“The major problems in the world are the result of the difference between how nature works and the way people think.”

Gregory Bateson

Currently, the need to consciously care for our health in a truly holistic way, in harmony with self and planet, is becoming pressing.

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.

The prevailing modern medical paradigm is an example of this, seeing disease as an enemy to be feared and leaving patients feeling helpless and disempowered. When a person's health is taken out of their hands and put into the hands of an expert, they lose their sense of their own ability to impact their own wellbeing. Yet eighty percent of modern illnesses are lifestyle related.

A fundamental shift in understanding is needed. A person's daily choices and health care matter.

We live in a time when 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.

The confusion of information out there - in the media, from health professionals, on products, in communities - means that many people no longer feel clear about how to support their own health. The result is that people are living longer and sicker than they ever have, with more mental illness, and with an increased sense of isolation.

It is no surprise, then, that so many are looking beyond the medical paradigm and turning to alternative therapies. There has never been a more pressing need for practitioners with the skill, insight and compassion to help a person come back to their own innate wellbeing.

Individualised holistic healing is vital in these times.



JOIN US FOR THE NINE MONTH HOLISTIC HEALER FOUNDATIONAL TRAINING

Starts: September 2020 Applications now open

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

INNATE WELLBEING

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.

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.

WHAT YOU WILL LEARN

Learning to think holistically is an imperative aspect of the required shift in human consciousness. On the Holistic Healer Foundational Training you will:

- Develop and deepen your Health Sense and that of your clients and loved ones
- Learn how to build and sustain Health Resilience for yourself and others
- Deepen your alignment with your innate Wholeness and rest in its guiding wisdom

When we have the humility to put our trust in, and learn from, the wisdom of nature, we discover that we have everything we need to heal our minds and bodies from within.

“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

LEARN MORE ABOUT YOUR COURSE TUTORS:

Ian Watson: www.theinsightspace.com

Rachel Singleton: www.rachelsingleton.com



THE CHALLENGE IN OUR TIMES

Never has the human body and psyche been so bombarded with stressors: environmental toxins and radiation, the pollution of our air and water, the fast and stressful pace of living and the underlying pressure to achieve, highly processed and chemical-laden foods, unnatural working and living environments, and so much more.

And all of this slips into our daily lives without us noticing most of the time. It all appears quite normal. Yet these stressors all add up to hundreds of large and little assaults on our health daily - and they have a cumulative effect.

How do we stay resilient in the face of this?

How do we recover our health sense so that we can navigate the modern world with grace and ease?

When we actively tend the body and psyche in the face of traumas, large and little, with natural and safe treatments, the body-mind does not have to carry the imprint of this trauma into the future. Instead, we are able to receive the gift of the challenge: the possibility of developing a stronger immune system after an illness, of becoming more thoughtful and aware about our direction after a setback, of becoming richer and more at ease in our psyche after weathering strong emotions, of becoming more deeply aware of our Self's needs through learning what constantly (and impeccably) does *not* work for us.

THE HEALING CYCLE

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

Modern medicine has lost sight of this. And the loss of this 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.

What if none of this were true?

As a Holistic Healing Practitioner, we get to understand something very different. We remember our regenerative capacity, innate and inviolate, and we reconnect to this remembering in our life and work.

Our role then becomes that of supporting and facilitating 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 life force, rather than at odds with it.

Only when the innate self-healing capacity within each of us is recognised and harnessed via gentle and natural means can a true restoration of health begin.



HOLISTIC HEALER FOUNDATION TRAINING DETAILS

WHAT IS INVOLVED

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

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

EMBODIED LEARNING

'It's what you are that heals, not what you know'

C.G. Jung

Becoming a holistic healer requires more than simply learning some new information, treatment approaches and techniques. If we use even the most holistic healing systems, 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.

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.

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.

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 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: 26th September 2020 10am - 5pm
DAY 2: 17th October 2020 10am - 5pm
DAY 3: 14th November 2020 10am - 5pm
DAY 4: 12th December 2020 10am - 5pm
DAY 5: 9th January 2021 10am - 5pm
DAY 6: 6th February 2021 10am - 5pm
DAY 7: 13th March 2021 10am - 5pm
DAY 8: 17th April 2021 10am - 5pm
DAY 9: 15th May 2021 10am - 5pm

COURSE FEES

Full price: £1495

***Early Bird Discount available until and including Monday 10th August 2020:
£1345***

All the above prices include a ***non-refundable deposit of £195*** to secure your place.

If you wish to **pay by instalments**, you are welcome to pay as follows:

Non-refundable deposit on applying: £195

Second payment: £650 Monday 5th October 2020

Final payment: £650 Monday 1st March 2021

For cancellation fees and terms and conditions, please see final page of document

*‘The ultimate cause of human disease is the consequence of our transgression
of the universal laws of life.’*

Paracelsus



SYLLABUS OUTLINE

MONTH 1: THE HOLISTIC PARADIGM

- *Holistic versus Orthodox Medical Paradigm*
- *Asclepius and Hygieia*
- *What is health? Where do symptoms and illness fit in?*
- *Recognising the healing intelligence behind disease*
- *Energetic beings in an energetic universe*
- *Lifestyle impact and the pillars of health*

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

- *Choosing a 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

- *The principles of healthy nutrition*
- *Feeding the soil - understanding the microbiome*
- *Taking in air - movement as massage*
- *Yin time and Yang time*
- *Daily choices for deep health*



MONTH 7: DEEP EMOTIONS, DEEP TRANSFORMATION - THE HEALER'S JOURNEY

- *Listening and the space we offer: the potency of Presence*
- *The wisdom and power of not knowing*
- *Subliminal messages from within - dreams, symptoms, insights and visions*
- *The evolutionary edge of consciousness - understanding and riding the waves of strong emotions*
- *Transforming through Relationship*

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*
- *Energy Advertising and creating a natural, organic approach to creating a practice*

MONTH 9: WHOLE AND WELL

- *What is the Holistic Healer's toolkit?*
- *The Eye of the Paradox - sitting in your power and your limitations*
- *Reflection and feedback*
- *Graduation*

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 these two modules that we have created for you:

Homeopathy: Prescribing for First Aid with Ian Watson

Flower Essences for Emotional Wellbeing with Rachel Singleton

We will also direct you towards curated content around the following topics:

Understanding the Three Principles

Movement, Exercise and the Franklin Method

Understanding Nutrition and the Microbiome



WHO IS THIS TRAINING FOR?

“Practice listening to your intuition, your inner voice; ask questions; be curious; see what you see; hear what you hear; and then act upon what you know to be true. These intuitive powers were given to your soul at birth.”

Clarissa Pinkola Estés

This training naturally embraces the demands of a range of people - from those of you who have personal health concerns you wish to address, right through to new and experienced practitioners. 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*

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 her work with clients, 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 over the years. More recently, an understanding of the 'Three Principles' - the work of Sydney Banks - has deepened her work further.

CONTACT US

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

Rachel Singleton: www.rachelsingleton.com

For more information on the LightBringer Essences: www.lightbe.co.uk

Tel: 015394 37427 Email: admin@lightbe.co.uk

Ian Watson: www.theinsightspace.com

Tel: 0208 819 1494 Email: ian@theinsightspace.com

“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*



OVERSEAS STUDENTS

Are you living overseas, in a different time zone and interested in doing this course?

The Holistic Healer's Foundation Training is designed for deep participation and presence; however, we also understand that the UK times for the nine teaching days cannot work for all our overseas students and that there is a global demand for this training and all it offers.

If you would like to join the training, we offer the following:

Video recordings of the full Teaching Days available within 48 hours so that you will have 1-2 weeks to listen to the teachings before your tutorial.

We would aim to offer you a monthly tutorial which will be set at a time more suited to students within your, or related, time zones.

What we require from you:

That you stay up-to-date with all the recordings, ready to participate in reflecting on the teachings when you attend your tutorial.

FURTHER COURSE INFORMATION

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 MATERIALS: In order to participate in this course fully, you will need the following resources:

Orange Franklin Balls: you can get these online from a variety of providers. In the UK you can go to: www.sisseluk.com

The following books are not required, but they are recommended reading:

The Science of Health and Healing by Trevor Gunn

The Tao of Homeopathy by Ian Watson

Wild and Sacred Medicine by Rachel Singleton

The Science of Health and Healing by Trevor Gunn



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 £195 is required on confirmation of your place on the course.

PAYMENT OPTIONS:

Early Bird Discount: full payment of £1345 due by Monday 17th August.

OR

Non-refundable deposit of £195: within 48 hours of acceptance on the training.

Remaining payment: £1300 by Monday 7th September.

OR

Payment of remaining amount by two instalments:

Second payment: £650 Monday 5th October 2020.

Final payment: £650 Monday 1st March 2021.

PAYMENT METHODS:

You are welcome to pay by PayPal, BACS or card. We will finalise the details of this on your application form.

PAYMENT CREDIT:

If you wish to take up the Early Bird Discount for the training and would like a different way to pay, you may be able to spread your payment over 4 months (interest free) by using PayPal credit.

Please click the link to find out more: <https://www.paypal.com/uk/webapps/mpp/paypal-virtual-credit/existing>.

CANCELLATION POLICY:

Cancellation of your place on the course, up until Monday 14th September 2020, will result in the loss of your non-refundable deposit. All other payments made will be returned, less a 5% admin charge.

After 14th September 2020, 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 will be 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. Sessions on Zoom will be 'locked' on commencement to keep the teaching space private and secure.

There will be a certificate of completion for participants who attend at least 80% 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.

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

Chogyama Trungpa Rinpoche

CONTACT US

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



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 2021, assuming that gatherings of this kind are once again permitted to take place. This is not an essential part of the Holistic Healer Foundation Training, but priority will be given to participants of this programme and our Practitioner Mentoring programme.



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.