



PRACTITIONERS IN PRESENCE

A SIX MONTH ONLINE PRACTITIONER TRAINING IN THE THREE PRINCIPLES

with Ian Watson and Rachel Singleton

At the very core of our work as health practitioners is our ability to be in presence with another human being - in their pain and in their wholeness.

Whether we are working with a person's emotional, physical, mental or spiritual wellbeing - whether we are coaches or counsellors, homeopaths or reiki masters, masseurs or kinesiologists, osteopaths or wellbeing guides - we are never trying to do the healing for our clients. We cannot live their journey or their evolution for them.

OUR ROLE IS TO HOLD A SPACE OF QUIET AND DEEP PRESENCE IN WHICH THIS
UNIQUE PERSON'S WISDOM CAN BE HEARD, THEIR INNATE WHOLENESS SEEN AND
THEIR INNER JOURNEY TO HEALTH BE SUPPORTED.

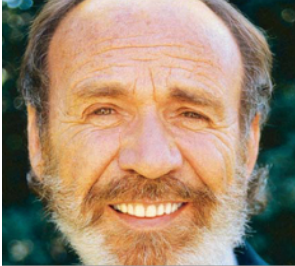


'It's what you are that heals, not what you know.'

Carl Jung



WHAT ARE THE THREE PRINCIPLES?



The 'Three Principles' refers to the life work of Sydney Banks who came to a unique understanding of how all experience is created.

This understanding has profound implications. It is changing the nature of therapy around the globe, and empowering clients to reconnect with their innate ability to heal.

Practitioners are finding that they no longer need to work hard to 'fix' their clients, deliver the 'technique' or 'remedy', or become the source of inspiration and answers their clients seek. Instead, they can help their clients to rediscover and reconnect with the *well of being* within themselves and within all life. People from all walks of life, when introduced to the Three Principles, have found that they can gently let go of unhealthy habits and addictions, heal in mind and body, transform their relationships, and/or turn their lives around from one of suffering to one of peace.

THE OLD PARADIGM OF FOCUSING ON WHAT IS WRONG WITH A PERSON IS GENTLY AND POWERFULLY GIVING WAY TO A FOCUS ON WHAT IS RIGHT WITH THEM. SIMILARLY, THE OLD PARADIGM OF LEARNING FOCUSES ON EXTERNAL VALIDATION AND AFFIRMATION OF YOUR WORTH, RATHER THAN DEEPENING YOUR CONNECTION TO THE WELLSPRING OF WISDOM WITHIN YOU.



When the wise tell us to look within, they are directing us beyond the intellectual analysis of personal thought, to a higher order of knowledge called wisdom."

Sydney Banks



WHAT IS INVOLVED IN THE TRAINING?

Practitioners in Presence is a six-month in-depth exploration of the practicalities of working with the Three Principles of Mind, Consciousness and Thought in the therapeutic setting.

The practitioner training has three key aims:

1. To help deepen your understanding of the Three Principles, especially as this pertains to the health and wellbeing of your clients and yourself
2. To help you become increasingly confident and sure-footed in sharing this understanding with your clients
3. To offer you space for practical experience, exploration and reflection around key practitioner skills

THE PRACTISING WITH PRESENCE TRAINING INCLUDES:

- 12 x 3 hour teaching sessions online consisting of seminars and group work - 2 per month
- 4 x 90 minute Q&A special guest calls
- 4 x 1 hour personal mentoring session with a member of the team
- Peer mentoring - practising and reflecting on healing conversation skills with each other
- Private online community space to interact, share and ask questions
- Access to recordings of teaching days during the training and for 1 year after

A TRANSFORMATIONAL LEARNING EXPERIENCE

The Practitioners in Presence training is a *transformational* learning experience, rather than an *informational* learning experience. This is a journey of interaction and exploration: you will be encouraged to learn through listening, participation and reflection, rather than through learning techniques or memorising knowledge.

The knowledge you need to do this work is already within you.

Throughout this training, we will provide a gentle, nurturing space in which you will be encouraged to question, reflect, settle and grow as needed, and find your path of ease as a Three Principles practitioner.

*“Wellbeing evokes wellbeing.
When we come from this, our clients come back to this.”*

Ian Watson

WHO IS THIS TRAINING FOR?

This training is suitable for you if one or more of the following apply:

- You have already studied with Ian and Rachel on the Holistic Healer's Foundation Training or the Practitioner Mentoring Space
- You already have a basic knowledge of the Three Principles and wish to take this to practitioner level
- You have previously completed a Three Principles practitioner training but find that you still lack confidence in working with clients
- You feel you have lost your way in your work with clients and are no longer enjoying being in practice, or you are struggling to get your practice off the ground despite having trained extensively
- You wish to increase your understanding of the healing application of the Three Principles in your therapeutic or coaching work
- You wish to develop and improve your consultation skills and to feel more grounded in the practicalities of running a practice
- You wish to become more adept at guiding clients back to their innate wellbeing, and to empower them to become their own healer and their own source of wisdom



“There is no greater privilege than to hold space for another person as they seek to come back to their wellbeing.

At some point on the journey, a moment comes when the wholeness you see in them becomes suddenly visible to them as well. A light comes back to their eyes.

At this point, everything changes.”

Rachel Singleton



YOUR COURSE TUTORS



IAN WATSON: Ian has worked in the field of natural healing and personal transformation since 1988. He founded The Lakeland College in 1993 and helped to train 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. Ian's work has been grounded in the Three Principles understanding since 2011, and he has trained many individuals & groups from beginners through to advanced practitioner level.



RACHEL SINGLETON: Rachel has worked in the areas of intuitive healing and health consciousness since 1996. As the founder of LightBringer Essences, she has been immersed in flower spirit medicine for over 20 years. Through the teachings of the plants and the understanding of the Three Principles, Rachel has come to see how insight, awareness and presence are vital in transformational healing. She is the author of *Wild and Sacred Medicine* and *As Life Leads*. She trains and mentors practitioners globally, and has spent over two decades helping individuals reconnect to their wellbeing.

WHY THIS TRAINING?

Over many years of training and mentoring practitioners, therapists and coaches, we have seen that the Three Principles provides the missing piece in a practitioner's understanding of how to support a person's health and wellbeing.

There are various Three Principles trainings aimed at those who are working in the coaching profession or the business world. Our background is in holistic health, and we want to encourage the spread of this understanding throughout the health practitioner community. As a result, we have created **a unique programme that is dedicated to exploring the profound healing implications of the Principles.**

“Wisdom is built into the very nature of our being and therefore it is built into us to move in a healthy direction.”

Dicken Bettinger and Natasha Swerdloff



HOW MUCH DOES THE TRAINING COST?

Full price: £2400

For those who are unable to pay in full we offer an Instalment Payments option - **please continue to the Terms and Conditions section for full details.**

Special offer price for previous or current students:

Holistic Healer participant's price: £1750

Practitioner Mentoring Space participant's price: £1950

**These special offer prices are available up until August 1st for payment made in full.
N.B. we cannot offer instalments on the special offer prices.*

The above prices include a non-refundable deposit of £200 to secure your place.

COURSE DATES

The main teaching sessions take place on Thursdays from 4.30-6pm and 7-8.30pm UK time with a one hour gap in the middle.

SESSION 1: 30th September 2021 4.30 - 8.30pm

SESSION 2: 14th October 2021 4.30 - 8.30pm

SESSION 3: 4th November 2021 4.30 - 8.30pm

SESSION 4: 18th November 2021 4.30 - 8.30pm

SESSION 5: 2nd December 2021 4.30 - 8.30pm

SESSION 6: 16th December 2021 4.30 - 8.30pm

SESSION 7: 6th January 2022 4.30 - 8.30pm

SESSION 8: 20th January 2022 4.30 - 8.30pm


SESSION 9: 10th February 2022 4.30 - 8.30pm

SESSION 10: 24th February 2022 4.30 - 8.30pm

SESSION 11: 10th March 2022 4.30 - 8.30pm

SESSION 12: 24th March 2022 4.30 - 8.30pm

Dates for Guest Q&A sessions and Personal Mentoring will be available as the course gets underway.



*“If you get the inside right, the outside will fall into place.
Primary reality is within; secondary reality without.”*

Eckhart Tolle

SYLLABUS OUTLINE

Over the course of the 6 months, rather than teaching you content, we will be exploring a wide range of topics as a group that will support your growth as a practitioner. These will include:

WHAT DO WE OFFER AS PRACTITIONERS AND WHERE WE DO WE COME FROM WITHIN?

- It's all about Love
- The healing power of insight
- Uncovering your own innate wellbeing
- Listening for the wellbeing in others
- How suffering is innocently created via Thought

HOW ARE THE THREE PRINCIPLES HELPFUL & HOW IS THIS DIFFERENT FROM OTHER APPROACHES?

Understanding how insight into the principles catalyses healing of -

- Psychological suffering
- Emotional pain
- Physical pain & bodily ailments
- Addictions & unwanted behavioural habits

A DEEPENING UNDERSTANDING

- Understanding what true mental & emotional health looks & feels like
- Moving beyond content and 'fixing'
- Understanding 'spontaneous remission'
- How we can hasten & enhance recovery - both psychological and physical
- The deep wisdom of bodily sensations & symptoms
- Recognition of your spiritual essence

HEALING CONVERSATIONS - PRACTICAL SKILLS

- Understanding the power of questions
- Helping clients move beyond intellect to wisdom
- Sharing what you know to be true
- Healthy boundaries - what helps and what gets in the way
- The healing power of intention & attention

*‘We have to find a different consciousness in ourselves in order to do
anything differently.’*

Christine Heath



ONLINE PLATFORM: All teaching days and tutorial sessions take place on Zoom. You will need broadband internet plus a computer, tablet or smartphone 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**, to **actively participate** during the sessions and to **attend the sessions punctually** so as not to keep your tutors and peers waiting. Where you miss a live session, ensure that you have caught up on the recordings from this session before you next meet with your peers. You will also attend **4 personal mentoring sessions** and **4 guest webinars**.

RECOMMENDED READING

- 'Second Chance' by Sydney Banks
- 'Coming Home' by Dicken Bettinger & Natasha Swerdloff
- 'Slowing Down to the Speed of Love' by Joseph Bailey
- 'Painless' by Chana Studley

The Three Principles understanding can help with the following:

It **prevents practitioner burnout**; it enables **practicing without stress**, and with enjoyment and flow; it resolves struggles with **'impostor syndrome'**; it brings greater ease to 'sticky' areas such as **marketing, charging fees and boundaries**; it helps you settle down and come from your own wellbeing so that you are able to **see beyond the concept of 'difficult clients'**; it helps you to connect to and orientate with **core values around healing and wholeness**; and it **brings together the mind, body, emotions and spirit** in one unified and inclusive conversation.

“On a deeper level you are already complete. When you realise that, there is a joyous energy behind what you do.”

Eckhart Tolle



TERMS AND CONDITIONS

APPLYING FOR A PLACE:

We have a maximum of 24 places available on the *Practitioners In Presence* Training. To apply, please go to the [Application Form](#)

If you wish to get in touch before applying - please feel free to do so.

Once we have received your application, 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 deposit of £200 is required once your place on the course is confirmed and you are happy to go ahead. Your deposit secures your place and is non-refundable.

PAYMENT OPTIONS:

Full price: £2400

Non-refundable deposit of £200 within 48 hours of confirmation of your place. Remaining payment of £2200 by Monday 30th August.

OR

Payment by Instalments: Non-refundable deposit of £200 within 48 hours of acceptance on the training, plus first instalment of £550.

Second payment: £550 Monday 6th September 2021

Third payment: £550 Monday 8th November 2021

Final payment: £550 Monday February 7th 2022

SPECIAL OFFERS: only available to current or past participants on the *Holistic Healer Foundation Training* or the *Practitioner Mentoring Space*. Holistic Healer Foundation Training discounted price: £1750

Practitioner Mentoring Space discounted price: £1950

Your non-refundable deposit of £200 is due within 48 hours of confirmation of your place on the training. Remaining payment due in full by Monday 30th August 2021.



CANCELLATION POLICY:

This applies to all payments, including Special Offers:

Cancellation of your place on the course, **up until 30th August 2021**, will result in the loss of your non-refundable deposit. All other payments made will be returned, less a 5% admin charge.

After 30th August 2021, no monies will be returned for cancellations. If you leave the course before completion, all monies still outstanding will remain payable.

PAYMENT METHODS:

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

ATTENDANCE AND CERTIFICATION:

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**, to **actively participate** during the sessions and to **attend the sessions punctually** so as not to keep your tutors and peers waiting. Where you miss a live session, ensure that you have caught up on the recordings from this session before you next meet with your peers. You will also attend **4 personal mentoring sessions** and **4 guest webinars**.

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.

[APPLY TO JOIN NOW](#)



CONTACT US

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

Rachel Singleton: www.rachelsingleton.com

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

Ian Watson: www.theinsightspace.com

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

WHAT OUR STUDENTS ARE SAYING

'Rachel and Ian are both gifted teachers and also experienced in holding safe, sacred group space.' Martine

'The insights and gentle loving space that Ian and Rachel held for our group has helped me to connect with my inner wisdom.' Bindu

'You can't put a price on the gentle healing Rachel and Ian nurture within each and every participant – it's life-changing and truly magical.' Lara

'Ian and Rachel's beautiful energy provides the space and information for an incredible inner journey to happen.' Vicki

'Ian and Rachel are skilful, gentle teachers with radiant inner power. They teach and hold the space with lightness and fluidity. And yet their teachings are sure and solid.' Kate

'A duo of Rachel and Ian works well, the topics are universal and can be interpreted from many angles by people of various backgrounds.' Jelena

JOIN US AND BECOME A PRACTITIONER IN PRESENCE

Limited spaces available

[APPLY HERE](#)

THE SACRED WELLBEING RETREAT

The entire Practitioners in Presence 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 summer/autumn 2022, assuming that gatherings of this kind are once again permitted to take place. This is not an essential part of the Practitioners in Presence 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.