

# USING YOUR SUBTLE SENSES FOR INNER GUIDANCE

*Identify the subtle sense which works best  
for you to hear your Higher Self*

*with FRAN DOIDGE*

**Sunday 15th March 2020**



***Those attending this workshop will already have a  
basic knowledge of the aura and chakras.***

***Bring along with you your tools - pendulum/cards/crystals etc***

- Opening to our spiritual selves through guided meditation
- Learn how to dowse with a pendulum
- Learn how to choose cards from a pack plus spreads
- Time to explore crystals and dowse for an essential oil blend
- Sensing another persons aura and chakras; sense of touch?  
Sensing and respecting their spiritual self
- How being open to hearing your Higher Self impacts on your  
spiritual energy matrix

## ***Guided meditations***

- Becoming still; grounding centring and protection
- Connect to your inner Higher Self; identify an 'anchoring' symbol
- Identify your best tool to hear your Higher Self

***Follow on workshop;*** This workshop is an introduction to this topic and you have the option to join me for ***Day 2 on Sunday 19th April*** enabling you to practice at home then meet together again to hone your skills



**Date;** Sunday 15th March 2020  
**Venue;** The Centre for Wellbeing, Malvern WR14 3PP  
**Time;** 10am to 5pm      **Cost;** £60

**Information and booking;** [fran@coachingforwellbeing.co.uk](mailto:fran@coachingforwellbeing.co.uk)  
or call Fran on 07974 400575      [www.coachingforwellbeing.co.uk](http://www.coachingforwellbeing.co.uk)

***Fran Doidge*** has been a member of the College of Healing for 28 years integrating Healing into her successful Aromatherapy and Coaching practice. Founder of The Centre for Wellbeing in Malvern Fran enjoys building traditional Healing practices into modern situations in a way which is relevant to the individual person.