

*Do you feel the call of the Angels and want to
shine your light as a beacon to seekers?*



Chrissie Astell's

Educating Heart & Soul

A Journey in Spiritual Self Discovery



Educating Heart & Soul

Educating Heart & Soul is a unique self discovery programme that has been written as a result of the many requests from Chrissie's readers and workshop participants over the past ten years. Working in your own time and sacred space the course will empower you to gain a deeper knowledge of your own spiritual development, your personal angelic connection (exploring different ways of creatively expressing it), and help you guide other seekers towards finding their connection to the Angelic realms.

The course enables participants to share the love, excitement and wonder of working with angels and connections to the Divine. It also promotes self-healing, spiritual growth, and a support network between participants for ongoing learning. Chrissie's unique style comes from a combination of academic research, personal teaching and life experience. She is the author of several books on Angels and spiritual development and has appeared on numerous TV and radio shows.

Who can do the course?

Educating Heart & Soul is perfect for people of all ages and abilities. Followers of all faiths and beliefs are welcome. You may have a basic understanding of various aspects of Spirituality, Healing or Angels or you may simply feel a 'calling' to gain a better understanding of your spiritual needs. The course is fully supported with guided meditations led by Chrissie and through email and telephone support if you need it.

The course is especially suited to those working in spiritual fields such as teachers, healers and spiritual practitioners.

Since much adult learning is through experience and example every participant will begin by deepening their understanding of their own spiritual connection to the angelic realms. You will learn and develop skills to:

- Use techniques for the protection and grounding of yourself and others.
- Recognize, honour and respect all individual spiritual journeys.
- Encourage others to open their heart to forgiveness, cleansing and healing.
- Gain knowledge of different types of mystical belief.
- Judge differences in integrity, authenticity, discernment and truth.
- Understand Transpersonal Psychology and how people develop spiritually.
- Explore the Angelic hierarchy and the history of various beliefs.
- Make informed choices about channelling Ascended Masters, Spirit Guides and Guardian Angels.
- Use Angelic healing energies and raise consciousness.
- Understand the Essene communions with the angels in relation to our time.
- Consider past lives, karmic responsibility, and reincarnation.
- Use different forms of meditation so that you gain confidence in practising these techniques.

At the end of this programme you will have mastered the skills on which to further build knowledge, confidence and ability.

What is included?

The course consists of seven modules sent - one per month, (although you can take as much time as you wish to complete each one.) Many students spend about an hour, once or twice a week to work through the modules. You can use the guided meditations as often as you wish - even daily!

You will receive a Certificate of Achievement at the end of the programme and be eligible for a number of optional advanced modules including *setting up your own workshops*, *spiritual parenting* and *spirituality for teachers*, which lead to a Diploma of Competence, and the chance to deliver exclusive training workshops accredited by Chrissie.

Accompanying the programme, each participant will receive:

- course notes and workbook with each module,
- a beautifully illustrated folder in which to keep course notes and CDs,
- a complete set of *The Essene Communions* led by Chrissie, along with a guided meditation for each of the seven great archangels, supplied on CDs
- a copy of the recently revised and expanded guide; '*Gifts from the Angels*' to help you interpret your meditations,
- extracts from some of Chrissie's books and poems,
- certification at the end of the course.

There will also be opportunities to experience weekend workshops and residentials at preferential rates where the course modules may be further developed with other participants.



The Course Modules

Educating Heart & Soul consists of seven modules. Each module contains teaching notes, exercises for deep reflection and self-discovery, guided meditations, and an introduction to working with each of the seven great Archangels. The style is both informative and practical.



1 *The Angelic Golden Thread*

Work with the energy of Archangel Gabriel, the enunciator, and the angels of wisdom, to create new beginnings and develop your sense of purpose. Deepen your own angelic connection by receiving guidance, explore your spiritual journey, and connect with the angelic realms. Meet your own guardian angel and receive gifts for your spiritual growth. Introducing one of the greatest mystics from history, *Jesus and the Essenes*, but with a different approach. This module contains a set of fourteen beautiful Essene Communion with the angels of the Heavenly Father and Earthly Mother.



2 *On The Wings Of Angels*

Work with Archangel Jophiel and the angels of illumination to develop your inner beauty and enhance your ability to co-create. What is Mysticism? Are you a mystic? Looking at the mystery, with a little history and unwrapping. Spirituality v Religion ... is there a difference and does it matter? Exploring and defining spirituality and religion with exercises for spiritual orientation to discover your personal spiritual impulse and soul's journey. This module includes a visualization to heighten your awareness of the Divine connection by cleansing and purifying the chakras.



3 *Walking Your Talk*

Feel and connect to the amazing power of the great Archangel Michael and the angels of truth and protection. Work with Archangel Michael's silver sword of truth in visualization techniques for cutting away the unwanted ties that hinder our spiritual growth. Learn to practice spirituality in the workplace through regular meditation for unconditional love and kindness from the teachings of Buddha, Tao and Christianity, together with exercises for discernment and strengthening your resolve.



4 *Angelic Healing & The Healing Arts*

Tap into the healing energy of Archangel Raphael and the angels of healing for self-healing and the healing of others. Body-talk ... identifying and recognizing the messages from your body by working through the different energies of the Chakra system and learning to interpret the warning signals of stress and emotional pain. 'GO' for the green light ... healing and balance. This module contains a list and explanation of many respected complimentary therapies.



5 *Love Is Everything*

Work with Chamuel the great archangel, and the angels of love, to examine self esteem and relationships in this module. 'Being loved is being loving'. Connect to the wonderful rose pink energy of Archangel Chamuel to reflect on the aspects we find difficult to love in ourselves and learn techniques and exercises to let go of low self esteem and damaging habits of self-destruction. How to attract the real love you desire into your life relationships, including family, friendship and romance.



6 *Judge Not - Lest You Should Be Judged*

This module takes you to meet the wonderful Archangel Zadkiel and the angels of the Violet Flame, to address negativity and bring the gift of transformation. We introduce the 'New Age' teachings; a look at the work of Sir George Trevelyan, Alice Bailey and the Theosophists, and the Ascended Master teachings about the seven rays of energy governing our cosmos, and the magic of Findhorn.



7 *World Peace - Inner Peace*

Archangel Uriel and the angels of Peace ask you to commit to serve as a Spiritual Warrior. Building on the foundation of the previous modules we look at how spirituality in action calls us to serve the greater good. Meditate with the angels of peace for lasting inner peace. How will you commit to world peace and put love into action? Becoming a spiritual warrior involves constant practice - this module looks at self-reflection and various spiritual practices for you to adapt to everyday life.



Chrissie offers one-to-one consultations, personalised readings and workshops and can facilitate at spiritual events such as her unique Baby Blessing ceremonies.

How much does the programme cost?

For only £24.99 / €33 per month over seven months you will receive; a folder, printed course notes, a full set of course meditations on CDs, free signed copies of Chrissie's latest CD; *On the Wings of Angels* and her interpretation guide; *Gifts from the Angels*. There will also be a certificate issued on completion. You will also have access to personal support from Chrissie through the website. Alternatively you can pay for the whole course in advance and get 20% off - for a total of £139 / €185.

Course students will also be given preferential booking and discounts on workshops, residential weekends and advanced products (such as the beautifully illustrated and inspiring *Angel Insights Pack* due for publication in Autumn 2008.)

The course comes with a money-back guarantee so if you feel it's not right for you, simply return the first module within 30 days and we'll refund your payment.

Enrol online using a credit card, debit card or PayPal, or download an enrolment form which you can print and submit with a cheque or postal order. Alternatively, contact Chrissie direct on:

Telephone: 01371 851663
Email: chrissie@AngellLight.co.uk

www.EducatingHeartAndSoul.com



Chrissie's books and CDs are available through her website www.AngellLight.co.uk Books and CDs can be signed and dedicated if required.



About Chrissie

Educating Heart & Soul comes to you with the love, knowledge and experience of over 25 years of teaching, initially in business and nursing management (RGN) and more recently running workshops on healing, spiritual development and working with angels.

*The course itself is based on a lifetime of 'angelic connection' and mystical experiences combined with four years research for the publication of her books; **Gifts from the Angels, Discovering Angels, and Advice from Angels**. Chrissie has the academic backing of a B.A. Honours Degree in Comparative Religion (including mysticism and angelology) from the School of Oriental and African Studies (London University), followed by post-graduate certificates on Teaching in Life-long Learning (London University – Birkbeck) and Spiritual Development & Facilitation (University of Surrey).*

Her work includes books on Angels and Spiritual Development, numerous CDs featuring guided meditations, angelic communions and music by award-winning composers, along with regular TV and radio appearances and workshops around the world.

*Chrissie is a trustee of **The Essene Network International** and works closely with several organisations to promote spiritual learning and awareness.*

Educating Heart & Soul - Enrolment Form

YOUR NAME (PLEASE PRINT): _____

Your email address:

We need this to confirm your enrolment and to provide a password for the course website.

and

Postal address :

Post code / ZIP code:

We need this to send you your folder, free gifts and monthly modules

Telephone (in case of any problems): Home:
Mobile/Cellphone or Work number:

Course Costs: You can pay for the course in full (which includes a discount) for £139 (approximately €185 / \$275), or by seven monthly payments of £24.99 (approximately €33 / \$49). We can take credit cards over the internet (visit the website to enrol www.EducatingHeartAndSoul.com), payment by cheque or postal orders in Pounds Sterling, or by direct transfer (BACS/EBAN).

Cancellation: If you change your mind in the first 30 days, you can simply return the course saying you wish to cancel and we will refund your payment in full. After 30 days if you decide to cancel, we will take no further payments and you can keep all the course materials you have received.

FULL PAYMENT

To pay for the course IN FULL, please enclose a UK cheque or postal order for £139 payable to C ASTELL. Payment must be made in British Pounds. If you would like to pay by direct transfer please contact us first for details.

MONTHLY PAYMENTS

To pay for the course by seven monthly payments of £24.99 per month, please enclose your first payment by UK cheque or postal order for £24.99 payable to C ASTELL . You will receive confirmation with the first module and an invoice for future payments. Payment must be made in British Pounds.

Please return this form to: Chrissie Astell, Hawthorns, Dog Lane, Wethersfield, Essex CM7 4ED Telephone: 01371 851663