



Learn to Channel

Open Your Spiritual Self for Wisdom, Guidance and Joy.

With Teena Angelia

Have you ever been advised to connect with your higher self; get to know your guides or spend more time meditating and connecting to your spirituality? How do you do this? Where do you start? This course answers all your questions with the 'how to's'.

Teena Angelia presents an intensive experiential course on the fundamentals of channelling and developing a spiritual practice in your daily life. Through this practical course, Teena will show you how to safely and confidently open up to your spiritual self through channelling. You will learn how to work with energy to develop a relationship with your higher self; your guides and higher vibrational beings.

Channelling is a practice that is available to all people. It is part of your innate ability and is the master key to your personal power. It is about opening up your energetic being to receive guidance, rather than allowing spirit to take over your physical being or 'speak in tongues', as may be popularly believed.

As you spend more time connected to your higher self and spirit, you will be able to access higher guidance and wisdom. You will find your energies more balanced and will be able to raise your perspective above the daily aspects of humanity that can take us out of our power. You will find you more naturally heed the call of your soul and access your gifts and creativity to achieve your soul's purpose.

This course is suitable for those people wanting to:

- Develop a relationship with their higher self, guides and light beings.
- Access their gifts and abilities including psychic abilities, creativity and healing abilities.
- Balance and centre their energy.
- Develop a structure and framework for their spiritual practice.
- Live more in alignment with soul's purpose and spend less time in their lower energy states (i.e., fear and blocked ability).
- Communicate and access energy.
- Experience more synchronicity and joy in their lives.



This course is being offered in three units:

Unit 1 – Introduction to Energy (4 weeks, starting 1st Sept 2011)

This unit takes you through the basics of grounding and protection; developing a sacred space and ritual practice; opening your energy and channelling; sensing energy and working with crystals.

Unit 2 – Working With Your Higher Self (4 weeks, commencing 29th Sept.) Unit 1 is a prerequisite for this unit.

This unit helps you to develop a relationship with your higher self to enable you to connect and receive guidance for your life. It will involve a range of guided meditations and exercises to help you to experience your higher self.

Unit 3 – Working With Your Guides and Higher Realms of Energy
(6 weeks, commencing 27th October.) Unit 1 is a prerequisite.

This unit will support your developing spiritual practice; and will assist you to develop a personal relationship with your spirit guides and light beings. Through the experiential exercises and weekly homeplay, you will advance your skills and abilities to connect to these higher realms. This will support your higher self and assist you to gain wisdom and guidance in your daily life.

Each class is held on a Monday night and will involve an information component; experiential exercise i.e., meditation, visualisation etc; question time; and supper.

About Teena:

Teena Angelia is a Healer, Channel, Spiritual Artist, and Metaphysical teacher, who has been working with energy for over 20 years to guide and support people in their journeys. Teena is a veteran in communicating with spirit to receive healing energy and messages for both herself and her clients. She practices herself what she teaches others, and joyfully shares her knowledge of the spirit world to help others experience the same joy.

Time: Thursday evenings – 7.30 to 9.45.

Place: These classes will be held at Windsor (address available on enrolment).

Fee: \$65 per session, payable at the beginning of each unit.

Further information can be obtained by emailing Megan at megan@thereadingroom.biz. Places are limited to eleven for this course.