

COLLEGE OF LIGHT

50 Long Acre
Covent Garden
London, WC2E 9JR

OPEN: Monday - Saturday

Enquiries: 10am-6pm

Phone: 020 8749 0895

TUBE: 1 min Covent Garden station

5 min Leicester Square station

6 min Charing Cross station

6 min Holborn station

BUSES: Charing Cross Road, High Holborn

WEB: <http://www.collegeoflight.co.uk>

EMAIL: info@collegeoflight.co.uk

MAILING LIST: Log in to forums and join our mailing list for news & timetable.

BOOKINGS

TELEPHONE: Call for all card payments.

Credit Cards: Visa, Maestro, Switch, Solo & MasterCard.

BY POST: Return the enrolment form together with your cheque to *College of Light*

IN PERSON: From 10am to 6pm

WEBSITE: Enrol & pay at www.collegeoflight.co.uk

COURSES, WORKSHOPS & GROUPS

Unless stated otherwise, we require advance booking of preferably two weeks for courses and workshops. You may join the group through interview with the tutor.



COLLEGE OF LIGHT

www.collegeoflight.co.uk

020 8749 0895

*Health
Vitality
Happiness*

USUI REIKI

MEDITATION

TERA-MAI SEICHEM

ANGEL THERAPY

CHANNELLING & GUIDES

PSYCHIC DEVELOPMENT

CHAKRAS & AURAS



Would you like to develop a career out of helping others, regulate energy for optimum health or experience a greater sense of happiness or peace?

1 DAY WORKSHOPS

Usui Reiki 1st, 2nd, 3rd Master Degree
Tera Mai Seichem Reiki 1st, 2nd, 3rd Master
Reiki 4th Master Teacher Degree
Psychic Development with Tarot (weekly)

1/2 DAY WORKSHOPS

Introduction to Crystals
Crystals for Energy Work
Seeing & Interpreting Auras
Chakra & Aura Healing
Psychic Development and Intuition
Psychic Development and Channelling
Astral Travelling & Out of Body Experiences
Meet your Angels & Angel Therapy
Past Lives, Karma & Reincarnation
Palmistry and Hand Analysis
Attracting Abundance

COURSES

Creative Visualisation Meditation
Chakra Awareness Meditation

HEALING & REIKISHARE GROUPS

The Reiki share healing group meets twice a month for sharing healing. **TIME:** See timetable

PSYCHIC DEVELOPMENT GROUP

For intermediate students or students who have been through the foundation course. This is an on-going development circle to strengthen your psychic abilities.

TOPICS:

Psychometric readings
Photo readings
Angel cards and tarot for intuition
Visualisation for clairvoyance
Professional readings

PSYCHIC DEVELOPMENT & CHANNELLING GROUP

This is an advanced circle to strengthen your connection to your spirit guides and guardian angels. Refine and practice readings.

TOPICS:

Chakra opening & closing meditations
Link with angels & guides
Trance & inspiration
Professional readings

ENTRY: Prior Channelling or Psychic work

TIME: See timetable

HOLISTIC TREATMENTS

REIKI TREATMENT

Individual reiki treatments can your body into balance and enable the body to heal itself through channelled energy.

CRYSTALS, AURA & CHAKRA HEALING OR COLOUR THERAPY

Spiritual energy healing of the auras and aligns the chakras and crystals

TREATMENTS: Reiki Treatment, Chakra & Aura Healing or Crystal Healing

COLOUR THERAPY, CRYSTALS OR AURA & CHAKRA HEALING

Spiritual energy healing of the auras and aligns the chakras and crystals

TREATMENTS: Reiki Treatment, Chakra & Aura Healing or Crystal Healing

MASSAGE TREATMENTS

We offer the choice of relaxing and therapeutic massage treatments to relieve muscle tension through the healing power of touch. Benefit from relief of stress, muscle ache and greater flexibility. Massage also helps with sleep, improved posture & circulation. **TREATMENTS: Holistic, Deep Tissue, Swedish or Indian Head Massage**

ALL TREATMENT COSTS: £40 1 hr & 1.5hrs £55

*Your gift,
Their choice*

GIFT CERTIFICATES

Help people to find their own well-being with a gift certificate in the treatment of their choice. They are perfect for all occasions. Gift certificates can be redeemable on all treatments, guidance and on all courses.

CERTIFICATES: from £20 to any greater value

SPIRITUAL GUIDANCE

If you are confused or lonely, a session by a sensitive can provide you with solutions to alleviate your concerns and help find new insights to overcome obstacles or relationship difficulties.

You can request a specific or a general session. General session cover the following topics: all relationships, family, friends, spouse, health, finances, career, success & fortune, and about your past, present and future. A specific session will deal with the questions and areas of your life that interest you.



BOOKINGS & PAYMENT

ENROLMENTS, THERAPIES & READINGS

TELEPHONE: Call our bookings for enrolments, cash & card payments.

Credit Cards: We accept Visa, Switch, Solo & MasterCard.

BY POST: Return this enrolment for together with your cheque. Cheques made payable to *College of Light*

IN PERSON: At our office 10am to 6pm

WEBSITE: Enrol & pay at www.collegeoflight.co.uk

CANCELLATIONS & REFUNDS

COURSES: 7 days working days notice is required for all courses.

Cancellations before this period will be subject to an administration fee of 20%.

THERAPIES, REIKI & READINGS: 2 working days notice is required for cancellations.

BOOKING FORM

Title: First Name: Surname:

Address:

Town/ City: Postcode:

Telephone: Mobile:

Email:

Course, Reading, Treatment Name: Number of people:

Start Date & Time: Cost: £ Payment: Cash Cheque Phone

What was the factor in your decision to come on this course?

Course Program Website Know Tutor Friend Recommend Location Timing

How did you hear about us?

Friend or relative Alt Guide Healthy Pages Mysteries Watkins

Internet London & SE Connections Other (specify):

Credit/ Debit Card Details (if making payment)

Full Name: (As appears on your card)

Address:

Town/ City: Postcode:

Card type: Visa Mastercard Switch Solo Amount:

Card Number: Valid From: Expiry Date:

Debit Card Issue No: Security Number (back of card)

Signature: Note: Secure Credit Card Payments will appear as A1 Sales

HALF DAY WORKSHOPS ON A VARIETY OF INTERESTING TOPICS FOR YOU TO EXPLORE

ENTRY REQUIREMENTS: None

TIME: 3-4 hrs. Limited places, enquire.

MEET YOUR ANGELS

Your guardian Angels are being of light who can assist you in holding more love and light in your life. Learn the different types of Angels and how to work with them.

TOPICS:

Making and energy link
Energy of angels
Visualising angels
Communication with angels

ANGEL THERAPY

Angels can provide a stronger, more focused type of angelic light to assist you with your own healing journey or that of another person. Learn to channel this loving assistance for additional guidance during a healing session.

TOPICS:

Linking with healing angels
Channelling through angels
Hand positions
Directing angel light
Protection with angels

READINGS: For individual Angelic Healing, see back of this leaflet.

INTRODUCTION TO CRYSTALS

Crystals can also be used for a variety of purposes, to cleanse rooms and absorb energy. This course assume no prior knowledge of crystals. Learn the various ways to use crystals and how they can be a tool for energy work and healing.

TOPICS:

Types of crystals
Crystals structures
Buying crystal
Cleansing with crystals
Basic healing crystals

CRYSTALS FOR ENERGY WORK

Learn the various ways to use crystals and how they can be a tool for energy work and healing. The introduction to crystals course is recommended for new students.

TOPICS:

Selecting crystals
Maintaining crystal power
Crystal meditation
Crystal healing grids
Protection with crystals

Angels are here to help

ASTRAL TRAVELLING & OUT OF BODY EXPERIENCES

Have you had unusual experiences or would like to explore this in a safe environment? Are you curious about visiting places you have never been before?

TOPICS:

- About astral travelling & OBE
- Breathing and meditation exercises
- Body awareness and energy sensing
- Guided out of body meditation
- Guided astral meditation
- Protection & safety

ATTRACTING ABUNDANCE

If you want to create a shift in your life and draw in abundance, this course will help you do so. Your thoughts have substance and are designed to create whatever reality you choose to experience. Learn how to work with energy and allow the energy of abundance to flow into your life.

TOPICS:

- Breathing and meditation exercises
- Working with your intuition
- Exercises to manifest
- Healing the energy of fear and worry
- Working with your intuition
- Radiating the energy of success

Create your dreams

PALMISTRY & HAND ANALYSIS

Your hands are a reflection of your life and can reveal much of who you are, where you have been, and where you are heading. Make the most of your natural untapped potential for a more fulfilling life.

TOPICS:

- Career potential
- Spiritual purpose
- Potential relationships
- Improve health conditions

GUIDANCE: For individual Palmistry & Hand Analysis Readings, see back of this leaflet

PSYCHIC DEVELOPMENT AND INTUITION

Being more intuitive and psychically aware can help you gain a greater clarity for personal relationships, problem solving and decision making in business. Developing your intuition will also help you to be more aware of your spiritual self-enabling a more fuller, enriching life experience in alignment with your higher spiritual purpose.

Our exercises are designed to help you recognize, listen, develop, and trust your psychic abilities. Includes a manual & practical techniques to empower you to work on your own.

ENTRY REQUIREMENTS: None
ADVANCED STUDIES: Psychic Development Groups

Work with your angels & guides

PSYCHIC DEVELOPMENT AND CHANNELLING

Work psychically through your guardian angels and guides. They are your spiritual teachers and companions who have chosen to assist you in your development.

You will learn how to use your psychic tools, the chakras to open your spiritual channel in preparation for communication with your guides and work with and through them. Work with your guides and angels in a safe environment and open to sense their presence physically. We also work with other beings and provide evidence of survival after death.

ENTRY REQUIREMENTS: None
ADVANCED STUDIES: Psychic Development Groups

Intuition for more clearer guidance

TOPICS:

- Meditations for focusing
- Distinguish intuition from fear, doubt and desire
- Opening your energy channel
- Object & photo reading
- Intuition through psy cards
- Psychic readings
- Ethics & energy protection

TOPICS:

- Meditations for focusing
- Distinguish guide energy
- Opening your energy chakras
- Opening you chakras
- Inspirational speaking
- Channelled readings
- Ethics & energy protection

PSYCHIC DEVELOPMENT AND TAROT

The tarot cards provide you with a quick and easy method of accessing intuitive information. They can also help you better explain visually to others what you are sensing psychically.

This course is for students with little or no experience in the tarot cards to help you understand and use them for questions, decisions, future guidance, and to gain a greater clarity about your life.

The final part of this course is to increase sensitivity and heighten your intuition without using the cards. We cover the intricate details of the Major Arcana cards and link into the energy vibrations.

Note: as the tarot is intricate and complex, we recommend that you continue your studies in group. **ENTRY REQUIREMENTS:** None **ADVANCED STUDIES:** Psychic Development Groups

TOPICS:

- Background and history
- Developing vision through tarot
- Basis of a reading
- One card reading
- Three card reading
- The Major arcana
- The Minor Carcana
- Suit & court cards
- Symbolism, numerology & astrology
- Celtic cross reading
- Protection & ethics

What is my life purpose?

PAST LIVES, KARMA & REINCARNATION

Are you intrigued by reincarnation and to explore past lives? Have you always wondered if you've had past lives? Be guided through a series of regressions & visualisation discover how present day patterns of behaviour, events and emotional reactions are related to past-life experiences.

ENTRY: Meditation useful

TOPICS:

- Evidence of past lives
- Karma & karmic debt
- Reincarnation
- Meditation for hypnosis/ trance
- Two regression meditations
- Healing your past lives
- Discover life lessons and purpose

USUI REIKI FIRST DEGREE

Reiki is simple to use natural healing energy system. This energy is channelled through the hands and directed to heal.

Learn the origins of Reiki, the key people involved and its philosophy. Recieve amplification of energy through attunemnts and initiations.

You will be guided through a self-healing session, from preparation, to hand positions to completion and protection. A certified course with a 50-page manual and support group

ENTRY REQUIREMENTS: None. **ADVANCED STUDIES:** Second Degree Reiki

TOPICS

- History of Usui Reiki Rhoyo
- Reiki ethics & principles
- Grounding & protection
- Energy sensing exercise
- First Degree attunements
- Treatment guidelines
- 21 day cleansing cycle

Manage your energy for optimum health and vitality

USUI REIKI SECOND DEGREE

In the Second Degree, students are introduced to the Reiki symbols and their meanings in Reiki. The symbols are an integral part of Reiki and provide a focusing or visualisation tool, assist in amplifying energy and also link your to different energy frequencies. Those who wish to practice Reiki professionally are advised to do the Third Master Degree. A certified course with a 50-page manual and support group

ENTRY: Reiki First Degree **ADVANCED STUDIES:** Reiki Master Degree & Reiki Healing Group

TOPICS:

- Reiki principles & ethics
- Second degree attunements
- Focus power symbol
- Mental emotional symbol
- Distance healing symbol
- Symbols and hand positions
- Advanced energy sensing
- Reiki and animals

FORMAL COURSES

TERA-MAI REIKI FIRST DEGREE

Tera-Mai Seichem Reiki is the healing spiritual energy that was reawakened in the ancient pyramids of Egypt. It has many similar practices to Usui Reiki, however in Seichem, we use a combination of more advanced energies Earth, Fire, Water & Air providing a broader range of energy.

TOPICS:

History of Reiki and Seichem
Earth, Fire Water & Air Rays of healing
Breathing & relaxation meditations
The central light column
Seichem first degree attunements
Energy sensing & body scanning
Basic healing procedure & self-treatment
Protection, grounding ethics

TERA-MAI SEICHIM REIKI THIRD MASTER DEGREE

This course is designed for students who are interested in furthering and deepening their understanding of the complete Tera Mai Seichem energy or provide professional treatments. Seichem Reiki Master course provides a comprehensive approach to other spiritual healing concepts.

DAY 1

Revision of First & Second Degree
Learn the Master symbol
All Seichim Sacred Symbols
Seichem Third Degree attunements
Professional level healing session

TERA-MAIN REIKI SECOND DEGREE

The Seichem Reiki energy is a powerful encompassing all love energy and connection to the divine source, which also works on many levels. You use symbols as a tool for focusing and amplifying energy for healing.

TOPICS:

About the chakra systems
Sensing/scanning chakras & auras
Seichem second degree attunements
The human energy system, the aura
Focus & emotional symbol
Full healing session procedure
Distance healing symbol
Seichem sacred symbols
Professional practice & ethics

DAY 2

Advanced sensing chakras & auras
How to give attunements
Ethics & guidelines for professionals
Business practice basics & insurance
Reiki organizations & associations

SHORT COURSES

SEEING & INTERPRETING AURAS

Experience a profound opening up of your inner sight as well as your physical sight in order to see auras. Learn to interpret the meanings of shapes density various colours. All students have been able to successfully see each other's Auras.

ENTRY REQUIREMENTS: Meditation experience preferred.

Opening the third eye chakra
Visualisation of the Aura
Interpretation of colours
Closing & protection

Would you like to learn how to see auras?

Feeling energetically drained?

AURA & CHAKRA HEALING

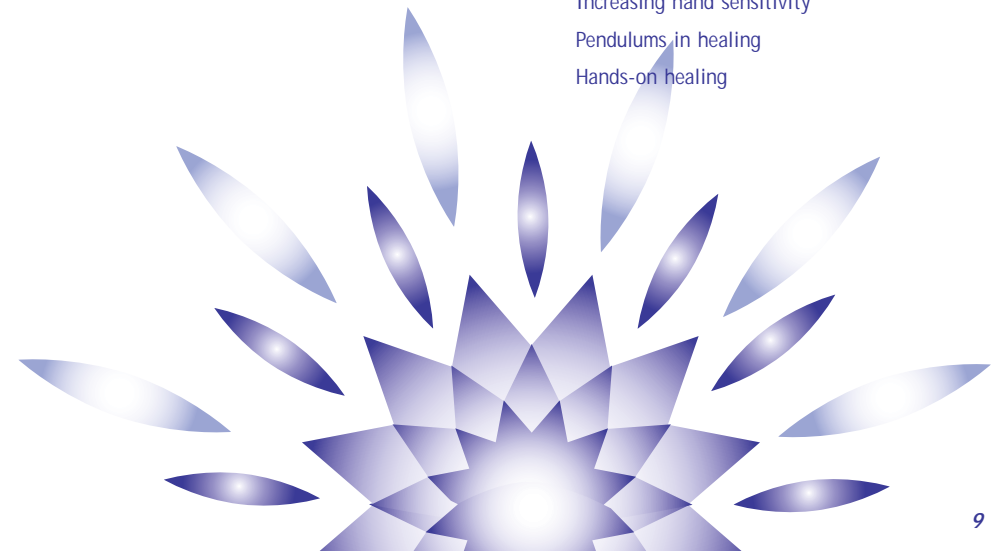
Your thoughts feeling and emotions affect aura. Learn how to recognise, control and direct this excess build-up of energy. Your spiritual energy centres, the chakras are vital for regulating your energy at all levels.

If you are feeling imbalances emotionally, mentally or physically, Learn to protect your aura against people to drain your energy.

ENTRY REQUIREMENTS: Seeing & Interpreting Auras or Reiki first degree.

TOPICS:

Functions of the major Chakras
Energy sensing meditation
Spiritual healing energy
Increasing hand sensitivity
Pendulums in healing
Hands-on healing



FORMAL COURSES

CREATIVE VISUALISATION MEDITATION

A deep peaceful series of guided visualisation meditations to ease nervousness, stress, inability to sleep, or to release tension-induced muscle pain. Allowing you to experience deeper states of peace and an increased ability to feel physically relaxed and at ease. Preparation for Psychic Development courses.

ENTRY REQUIREMENTS: None

ADVANCED STUDIES: Psychic Development courses

TIME: 7.00-8.00PM 4 WEEKS

Relaxation and inner peace

CHAKRA AWARENESS MEDITATION

Experience a greater sense of peace, relaxation and integration with your spiritual self through increased awareness of your spiritual body. People who have worked with these centers discovered a new sense of identity, an enhanced ability to stay calm and centered around unbalanced energies and emotional control.

Develop physical sensitivity to the chakras and how to open, close and protect them. By working through your spiritual centers you can help release physical and emotional energy.

ENTRY REQUIREMENTS: None

ADVANCED STUDIES: Chakra & Aura Healing

TIME: 7.00-8.00PM 4 WEEKS

TOPICS:

Clearing, breathing & relaxation
Focusing & concentration
Protection & grounding exercises
Sensing energy
Directing energy
Visualisation techniques
Guided journey visualisations

TOPICS:

About the Chakras
Clearing, breathing & relaxation
Focusing & concentration
Protection & grounding exercises
Sensing & directing energy
Root or Base Chakra meditation
Sacral & Solar Plexus Chakra meditation
Heart & Throat Chakras meditation
Third Eye & Crown Chakras meditation
Rainbow of the Chakras meditation

FORMAL COURSES

USUI REIKI MASTER THIRD DEGREE

This course is designed for students who are interested in furthering and deepening their understanding of Reiki or who wish to give Reiki professionally. This level provides you with the complete knowledge set, tools and integrate you with Master energy. You will learn how to give attunements in addition to a full healing session to professional standards.

ENTRY REQUIREMENTS: Reiki Second Degree

ADVANCED STUDIES: Reiki Development Group

DURATION: 2 DAYS

DAY 1 & 2

Introduction & outline
Revision of First & Second Degrees
Master symbol
Master Third Degree attunements
Learn to give First, Second and Third Degree attunements
Professional level healing session
Advanced sensing chakras & auras
Professional practice guidelines
Reiki business practice basics
Reiki organizations & insurance

USUI REIKI & TERA-MAI SEICHEM MASTER TEACHER TRAINING

This builds upon the Master degree, providing you with additional practice should you wish to teach Reiki. There are many practical considerations to take into account before you do teach Reiki. This certification allows you to teach Reiki to others and provides you with practice at co-teaching with an existing Reiki Master.

ENTRY REQUIREMENTS: Usui /Seichim Third Master Degree.

ADVANCED STUDIES: Reiki Development Group *DURATION:* 1 DAY

TOPICS

Teaching practice sessions with Reiki Master
Teaching guidelines for Reiki
Review all attunements
Review Reiki First, Second & Third Degree class structure

RE-ATTUNEMENT MEDITATIONS

Benefit from increasing intensity of healing energy for a more effective form of healing. These are done on a regular basis monthly

ENTRY REQUIREMENTS: Reiki First and/or Second Degree

TOPICS

Energy meditations
Reattunements
Reiki healing

"You have helped me to grow spiritually" **Niki**, Technician, Paddington



STUDENT COMMENTS

"The two days were a life-changing experience. It was a loving atmosphere. Thank-you, I will never forget this course and I will use Reiki to heal others and myself" **M. Bouchara**, Student, London

"It has to be the most interesting and open course I have attended, even for the "sceptical", this proves intriguing"

C. Gerrard, RAF, St Andrews

"A profoundly interesting and moving experience. I feel invigorated and look forward to applying what I have learned to those who need help. I will certainly pursue the subject."

R. Jenkins, Journalist

"Learning meditation at the College of Light has enabled me to bring my mind to a calm and peaceful state and visualise were I want to be."

S. Donald, Performer, Kensington

