

# HeartThread Practitioner Training



## HeartThread - Deep Healing for Body and Mind

HeartThread is a unique way of bringing to light and releasing the unconscious patterns and limiting beliefs that are obstacles to our happiness, success and forward movement. This gives us access to the endless resources and untapped potential that resides within each one of us. It is a simple and direct way of returning us to our natural flow, where our love, unique spark and individuality is free to express itself. We can begin to create a life of our own choosing, one of richness, fulfillment and joy.

HeartThread works from the basic premise that the body holds the memories of everything that has ever happened to us in our lives. It is therefore the key to unlocking and releasing old patterns, beliefs and conditioned ways of being, along with any unresolved griefs, traumas and stresses.

*Everybody wants to be happy!* We all want to love and be loved, to feel good about ourselves and be free to live and enjoy a fulfilling, contented life.

### How it works

In a HeartThread session the connection between the practitioner, recipient and anyone present, creates a space of safety, unconditional acceptance and love. As we begin to feel safe our body relaxes and is able to communicate with us. The practitioner is able to intuit these messages and returns them in the form of sentences and affirmations to the recipient who then speaks them aloud. Our spoken voice creates a vibrational resonance which the body recognizes. It can then gently release that which no longer serves us and we are able to step into the truth of who we are,

as infinitely creative beings with unique gifts and abilities. We are now free to step into our own self-authority.

## **About the Training**

This training will include everything you need in order to become a confident HeartThread practitioner. During the training we will explore a variety of exercises and meditations to support you in understanding the guiding principles and methods of this profound work. There will be plenty of time for practice and discussions and we shall have fun and connection along the way.

## **Certification**

In order to gain your certification as a HeartThread practitioner, after the completion of the course you will be required to complete 10 case studies. You will have plenty of support to assist you while you do this.

## **Refreshers**

This course is also suitable for anyone who has previously taken the HeartThread training and would like to refresh their practice, or for those who would like more practice delivering sessions online and on the phone.