Some of the benefits of meditation are :

- Reduces anxiety attacks as it lowers the levels of blood lactate.
- Builds self confidence.
- Increases serotonin which influences moods and behaviour. Low levels of serotonin are associated with depression, headaches and insomnia.
- Enhances energy, strength and vigour.
- Helps keep blood pressure normal
- Reduces stress and tension
- Creates a state of deep relaxation and
- general feeling of wellbeing
- Helps with P.M.T.
- Increases concentration and strengthens the mind
- Helps reduce heart disease
- Helps with weight loss
- Helps keep things in perspective
- Helps living in the present moment
- Creates a widening, deepening capacity for love
- Discovery of the power and consciousness beyond the ego
- Experience an inner sense of "Assurance or Knowingness"
- Experience a sense of "Oneness"
- Increases the synchronicity in your life
- Increased emotional stability.
- Increased acceptance of oneself
- Increased self-actualization.



Training & Therapy Fee's

Soul Contract Readings

Fee's include preparation time CD or MP3

Individual Reading	£94
Family and Relationships (for up to 9 names)	£166
Couples Reading	£94
Baby Naming	per hour £45
Name Optimisation	per hour £45
House Naming	per hour £45
Business Readings (websites products etc)	by Consultation

Individual Soul Contract Readings require a £45 non refundable deposit in advance and £80 for a Family and Relationship Reading.

Change Interventions

Transformation Coaching
Divine Master Key Healing
Homeopathy
Emotional Freedom Technique
Hypnotherapy
Past life Regression

Fee's and Session times
£45 for 1 hour
£65 for 1 ½ hours
£90 for 2 hours

A 1 1/2 hr Life Review /Evaluation for £65 is always required with an initial booking for any of the change interventions above.

Healing Sessions

Reiki
Spiritual Healing
Reflexology
Chakra Balancing and clearing
Meditation 1-2-1 teaching

Fee's and Session times
£40 for 1 hour
£60 for 1 ½ hours
£80 for 2 hours

When you book any Healing session for the first time I include a short consultation within the first treatment lasting 1 hour in total.
Course bookings are available please enquire about discount.
20 minute Personalised Relaxation/Meditation CD or mp3 £20

Hours of Work

Monday Tuesday Wednesday Thursday 9am-3pm
Thursday Evening sessions are available 7-9pm
In person or over the telephone.

Phone sessions are available for:
* Divine Healing Master Key * Soul Contract Reading
* Transformation Coaching * Homeopathy * EFT

For phone sessions and Personalised Relaxation/Meditation CD's full payment is required in advance of your booking.
I require 24hrs notice for cancellations. Payments Methods – Cash, cheque with a guarantee card, or online banking.

Training courses in - * Reiki * Channelling * Soul Numerology * Meditation * Chakra's * Ascension.

Circle of Meditation class every Tuesday from 6.45pm - 8pm £6
Reiki 1 - £140.00
Reiki 2 - £170.00
Reiki Master Course - £450

Soul Concept

Enlightenment - Integrity – Empowerment



Circle of Meditation

with

Alesha Schechinah Keen

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Alesha Schechinah Keen

I am an experienced trainer and facilitator of personal empowerment and spiritual workshops. I am a natural intuitive, modern day channel and Transformation Coach. I have studied and trained in many multi dimensional healing modalities and dynamic change interventions in the last 22 years as well as having a background in business management, marketing, retail and as a motivational speaker.

I have an innate talent to hold a safe place allowing you to engage in my transmission of catalytic healing energy. This in turn can provoke the self healing required to produce profound changes and insights into your core issues and patterns. You can then start to release obsolete beliefs, programming, emotions and behaviours that no longer support or serve a happy and fulfilling life.

The result of this raising of consciousness is **Personal Empowerment**, where you start to create the life of your dreams and desires and life no longer just happens to you, true Spiritual Alchemy. The focal point of my work is personal transformation using the right vibrational techniques that match your issue at that specific moment in time and assisting you in aligning yourself with the source of your own inner wisdom and innate healing ability. This in turn increases your own self awareness and raises your consciousness which is fundamental to achieving lasting change.

What is Meditation ?

The purpose of meditation is to make our mind calm and peaceful. If our mind is peaceful we shall be free from worries and mental discomfort, and so we shall experience true happiness. By training in meditation we can gradually learn to stay peaceful all the time, even in the most difficult circumstances.

If we practice meditation we will experience a calm, spacious feeling in the mind, and many of our usual problems will fall away. Difficult situations will become easier to deal with, we will naturally feel warm and well disposed towards other people, and our relationships with others will gradually improve.



If our mind is peaceful, we will be free from worries and mental discomfort, and so we will experience true happiness; but if our mind is not peaceful, we will find it very difficult to be happy, even if we are living in the very best conditions.

If we train in meditation, our mind will gradually become more and more peaceful, and we will experience a purer and purer form of happiness. Eventually, we will be able to stay happy all the time, even in the most difficult circumstances.

Who is it for ?

The **Circle of Meditation** has been designed to bring like minded people together of all abilities, to expand spiritually, mentally, emotionally, and physically. With the opportunity to feel deeply connected and united with the Divine. This type of meditation class is ideally suited to people who are on their spiritual path and want to expand their consciousness.

How is the class run ?



The classes are run as a small and intimate group with an emphasis on sharing, support and confidentiality.

The meditations are guided and supportive with the use of astrological influences, soul contract energies, energies of the day, spirit, channelled guidance and specific light body processes and clearing healing techniques.

The benefits of regular attendance can give a rising of consciousness, an increase in physical relaxation, better mental focus and improved emotional mastery.

What is required ?

A personal commitment to attend the class on a weekly basis is essential for the group to develop strongly and the energies to build so everyone can achieve the best experience and benefits.
I will also require the completion of a consent form containing a short health check.

What you also receive.

You will receive a meditation CD recorded by me when you start the class and new recordings throughout the year.
You will also receive a folder containing information on your soul numerology energies and the chakra's. This will also be added to over time.



Days and times of Classes

Tuesday 7.30pm - 8.45pm
Thursday 10am - 11.15am
£6.00 per session paid 4 weeks in advance.

"Namaste"