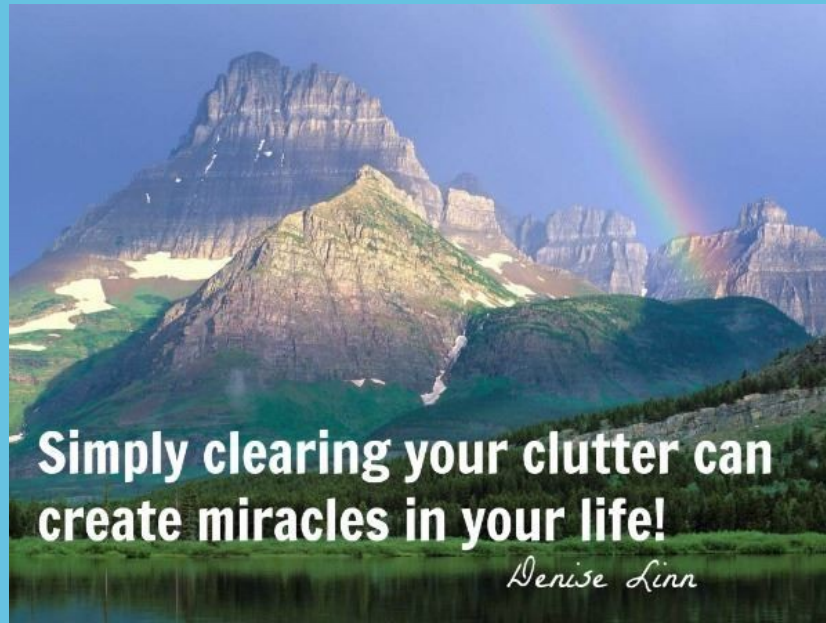


Set Yourself Free From the Clutter that's Clogging Up Your Life

Discover the Spiritual Message in Your Mess



“De-cluttering is a deep spiritual practice that can bring you closer to your true self, the people you love and your Divine Source. When you choose to de-clutter your life, you are embarking on a journey toward your Higher Self. The Light that dwells within you will find room to stretch out and illuminate the path you walk. Your clutter is your guide to that open, light - infused place.” (Lauren Rosenfeld)

Clutter comes wearing many faces. There's the obvious physical clutter we can all clearly see when we walk into a room and from a spiritual perspective, clearing clutter from our home is one of the most powerful things we can do. As we release what no longer serves us, we unblock the receiving channels, allowing Divine Flow

But clutter not only accumulates in our homes, it creeps into all the corners of our life and takes up residence in our mind, our relationships, our heart and our spirit. Clutter of any kind weighs us down and even if we de-clutter our home, unless we do the same for our heart, we will continue to carry around emotional clutter, often re-creating the physical clutter time and time again.

After accessing the material in these two workshops and putting the principles into action, you will never think of clutter in the same way again. Each day can be taken separately but if you really want the in depth experience, I would strongly recommend that you attend the full weekend. More details below.

Workshop No.1 Saturday 29th June 9.45 am to 5.30 pm

If It Doesn't Nourish Your Soul Get Rid of It

A Cosmic Clearing Workshop with Soul Guidance Practitioner
Christine King and Evolutionary Astrologer Amy Bird



Image courtesy of Gilbert Williams Studio

During our morning session, our “resident” astrologer Amy will give a brand new presentation about the Planet Mercury, the planet of communication. It rules the mind and the way we think. Around the time of this workshop, Mercury is preparing to go retrograde. This phase is known as the “impending shadow period” until it goes fully retrograde on the 7th July. Mercury Retrograde has been given a bad rap by the media and a lot of astrologers because it can cause disruption, especially in areas of communication. However the retrograde period is perfect for releasing clutter from all areas of our life. Amy will give you a personal Mercury reading from your birth chart and show us how we can use the retrograde period to our advantage.

We will also cover Cosmic Clutter Clearing

Let's start with our physical space

How to clear clutter from your home and turn it into a Sacred Temple of
Love, Joy, Rest and Renewal.

- The emotional causes of clutter
- Why we hang on to our “stuff”
- Clutter as a spiritual teacher
- Each room in your house has a message
- Deciding what nourishes us
- Letting go of what drains us
- If you don't love it or use it, it's clutter
- Blessing every item you release
- Opening a space for the new
- Offering your home to the Light



Image courtesy of Gilbert Williams Studio

Please scroll down for details of Sunday's workshop. The booking details are on the last page

Workshop No.2 Sunday 30th June 9.45 am to 5.30 pm

Breaking Free From the Chains that Shackle Your Soul

With Soul Guidance Practitioner Christine King



Image by special permission www.hollysierra.com

In workshop No. 1 we focused mainly on the causes of clutter and the importance of physically releasing it from our homes using Cosmic Clearing.

In Workshop No. 2 we will concentrate on shifting the mental and emotional rubbish that takes up residence in our mind, our relationships, our heart and our spirit.

All clutter is interconnected. Physical clutter is simply an out-picturing of our mental and emotional energy.

But even if we consider our homes to be virtually uncluttered, if we don't de-clutter our hearts and minds we will feel the effects in other areas of our life.

In this workshop we will include the following topics

- *The invisible chains of attachment that shackle your soul*
 - *Identifying the chakras that hold your clutter*
- *How to stop picking up other people's emotional stuff*
 - *Clearing unhealthy connections to the past*
 - *Uprooting the weeds of old toxic beliefs*
- *Breaking free from unhelpful ancestral programming*
 - *Cosmically clearing your heart with compassion*
- *Dropping outworn roles and responsibilities by saying "No"*
 - *Releasing relationships that drain your energy*
- *Inviting your Sacred Self to reside in your consciousness.*

Please scroll down for booking details and Early Bird discounts

**Order Form/ Details for Workshops
on Saturday 29th and Sunday 30th June 2019**

Time: 9.45 am to 5.30 pm. In Blackheath, London SE3

Each workshop if taken individually is £85 if paid before the **Early Bird date of 21st June 2019** and £95 after that date.

Both workshops £157 if paid before Early Bird 21st June and £180 after that date

The workshops all include teas, coffee, biscuits and refreshments and full course notes
Please note: lunch is not included. We usually eat as a group at a nearby cafe.

Optional Bonus Offer. If in addition to the workshop, you would like to include a one to one 45 minute follow up Skype or phone session with me (worth £65) to get personal help with some of the practices or content we covered, or to discuss anything you choose, here's the deal below:

Book a one day workshop at the Early Bird discounted price of £85 and add on the 45 minute Skype or telephone session and you can get both the one day workshop and the follow up session for the special price of just £107 (usual price £150)

This is incredible value because you will be getting a one to one 45 minute session with me worth £65 for just £22. A personal meditation tailored to your needs can also be recorded for you on Skype or your mobile phone at no extra charge. This session must be taken within 6 weeks of the workshop date.

Regretfully, these 45 minute bonus sessions are only available for people who attend the workshops **in person**. My regular one hourly fees apply if you are not attending.

Best Offer! book both workshops at the Early Bird price of £157 and add on two follow up 45 minute sessions for the special inclusive price of £197 (usual price £287)

Payment: please pay by bank transfer. (email me for bank details)
infinitekristy@hotmail.com or *christine@spiritualworkshops.co.uk*
If you wish to pay by any other method, please get in touch.

ORDER FORM/DETAILS FOR WORKSHOPS 29TH AND 30TH JUNE 2019

Name.....Email.....

Address.....Phone.....

Book Saturday 29th June by the Early Bird date of 21st June @ £85.....after £95....

Book Saturday workshop with follow up session Early Bird by 21st June £107.....

Book Sunday 30th June Early Bird by 21st June @ £85.....or after @ £95.....

Book Sunday with follow up session Early Bird by 21st June @ £107.....

Book both workshops Early Bird by 21st June at the special rate of £157.....after £180.....

Book both workshops Early Bird by 21st June with two follow up sessions at special rate £197.....

(usual price for this entire package is £287)