



# Development

Beginners and advanced

# Circles

The first thing is to learn circle etiquette – that means entering the circle room and sitting in silence to ground yourself, you will also learn why it is important to always sit in the same place each week – this has to do with the energies being constant. If you cannot make a circle each week to let someone in your group know this – after all it is only good manners to do so and not keep the circle waiting for stragglers. You will need to wear comfortable clothes – nothing tight fitting and make sure you have something warm to wear in the cooler months.

We will open with a prayer and ask for protection before we start with a meditation – nothing like you have done before and I will explain WHY I need you to do this.

After this I will introduce your guides and give you exercises to follow to allow you to get to know them.

You will also learn to recognise your healing guide as well and again exercises to help you with this.

You may do pendulum practice as well and I have some paperwork for you to make copies from to practice with.

You will also be doing psychometry –either with tissues or with jewelry or an item that you have on you –will explain in full when I get to you exactly what I need from you.

The advanced group will have a chance to channel if sufficient numbers are available to raise the energies to allow your guides to come through.

If there is time and you would like me to do a short chair workshop I will be happy to do that.....

My thoughts were as I described them to you on Saturday and I am willing to change the classes to suit your needs. After all you are the important ones here.

Friday afternoon would be good –say 2 pm. If I could hold the first class for those people who already sit in circle together with the circle leaders so that they can carry on after the weekend is over.

Saturday morning the people who are new or don't sit in circle

Saturday afternoon – the Friday group again.

Sunday after the service or after lunch whichever is easier for you  
guys – the new people again (the Saturday morning group)

Monday (either morning or afternoon whichever suits you) is  
open to all – that way we have 2 sessions with each group and one  
together

Ideally I would like the sessions to be 2 hours long as more than  
that your heads will explode with all the information.

Please confirm with Tina if you will be able to join us.

**Bring with every time we meet.**

Pen and paper – something to press on as well

Pendulums

If you think you need a cushion bring it with you,

Some people find sitting down for 2 hours a little hard on  
the backside.

Water to sip during the meetings.

*Date: 12 –15 June 2015.*

*Contact: Tina Thomas*

*Venue: Sanctuary of Love.*

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