

HEALING WORKSHOP

1. Introduction - 2. Energy - 3. Exercise 1 (Energy)
4. Our Bodies - 5. Exercise 2 (The Aura)- 6. Chakras
7. Exercise 3 (Sitting in the Power) - 8. Universal Energy Field
9. A Good Intention - 10. Exercise 4 (Healing Treatment)
11. Meditation - 12. Exercise 5 (Meditation) - 13. Conclusion

Meditation & exercises by Vince Price

Recorded at Norvic Studios Herts, UK

Featuring music from Healing Gold

Composed and performed by Aetherium

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HOME WORKSHOPS FOR YOURSELF OR WITH FRIENDS

HEALING

WORKSHOP VINCE PRICE



HOW TO HEAL YOURSELF WITH EXERCISES AND GUIDED MEDITATIONS

Welcome to this special Healing Workshop CD.

The purpose of this recording is to give you a basic understanding of healing and try to keep things as uncomplicated as possible.

Healing is a natural ability that you don't have to have a gift for. Like any ability, healing can be taken to any level, if you feel this is where you want to go. I cannot think of any more rewarding job than healing. To be able to relieve someone of their pain, to be able to see an instant improvement in a person's condition, even if it only making them smile and feel more positive, is a wonderful thing.



The Healing Workshop is not intended to be a substitute for medical care. If you are currently suffering with any medical disorder, we strongly suggest that you please discuss using these notes with your doctor or therapist. Always use this CD under supervision. Neither Vince Price nor Paradise Music Ltd. assumes responsibility for improper use.

All reputable spiritual healing organisations come under the umbrella of and follow the code of conduct of the Confederation of Healing Organisations (CHO).

For further information please contact:

The Administrator,
CHO, The Red and White House,
113 High Street,
Berkhamsted,
Herts.,
England,
MP4 2DJ

Tel: 01442 870660 for general enquiries, media enquiries and healer referrals.

Many healers also practise Distant Healing.

The NFSH operate a distant healing service and a world wide distant healing service by post operates from the Harry Edwards Spiritual Healing Sanctuary.

Donations are welcomed.

The Harry Edwards Spiritual Healing Sanctuary,

Burrows Lea,
Shere,
Guildford, Surrey,
England GU5 9QG

Spiritualist National Union

Redwoods
Stanstead Hall
Stanstead Mountfitchet
Essex CM24 8UD
Tel. 01279 816363



FOR FURTHER INFORMATION PLEASE CONTACT THE FOLLOWING ORGANISATIONS:

National Federation of Spiritual Healers,
Old Manor Farm Studio,
Church Street,
Sunbury-on-Thames,
Middlesex,
England,
TW16 6RG
Website: www.nfsh.org.uk

Tel: 01932 783164 for general information and enquiries about training. Fax: 01932 779648.
Tel: 0891 616080 Monday to Friday 9am – 5pm to contact the NFSH Healer Referral Service
(Calls charged at 50p per minute peak rate).
Email: office@nfsh.org.uk

The NFSH is a non-denominational organisation with affiliated organisations and healers worldwide. If you need the services of a healer then contact the referral line. It is a registered charity, so please send a SAE when corresponding with them. They can also provide you with a list of NFSH healing centres in the U.K.

Some spiritual healers work through the medium of Spiritualism and are guided in their healing by spirit guides or the energies of those who have already passed on.

For further information please contact:
The British Alliance of Healing Associations (BAHA),
Chairman: Mr. J. Wallace,
3 Sandy Lane,
Gisleham Lowstoft,
Suffolk,
NR33 8EQ

Tel: 01502 742224 for a list of BAHA Member Associations
Tel: Miss V.P. Hissey on 01227 373804 for healer referrals.

One of the things you will start to notice in your development as a healer is your sensitivity. This can work for you and sometimes against you. You may become more tearful, you may have unexplained mood swings or get angry. I'm afraid this is all part and parcel of this work. You are working with human beings. It is very hard not to relate your friend's condition to things that you may have experienced in your life. I will be honest with you at this point, a healer's path can be a difficult one, and it doesn't just start at the point you start to heal.

It is common that most healers in this world, and this includes everyone that helps their fellow man, has walked a difficult path to learn many experiences. But these experiences are important lessons in life that will help you to relate to people. A lot of people, especially nurses find their problems easier to handle when they are helping someone else. I hope I haven't put you off developing as a healer, because there are also many many rewards that come with healing as well.

You may want to become a better healer and have a qualification, so that you can reach out to more people. You may want to take up a career in healing. So where should you go for this? There are many governing bodies in this country that have training programs. My first steps toward healing on a larger scale were at a Spiritualist church. I often would sit week after week on a Monday evening watching healing taking place. This would often be a patient sitting on a chair with a healer laying on hands and channelling healing to the patient. Often the lighting would be dim and silence would be the order of the day. Quite relaxing music would be played in the background. I then asked if I could learn to become a Spiritual healer and was invited to be one of the regular trainee healers. This was an SNU church where you are taught everything you need to know to become a qualified healer.



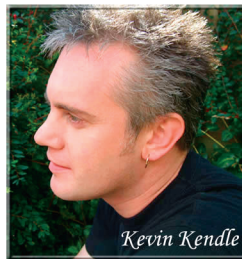
MEDITATION

Often we have many things going on in our daily lives that can sometimes become stressful. This can result in constant thinking which results in all sorts of physical symptoms.

Raised blood pressure, anxiety, palpitations, anger, difficulty sleeping, ...to name just a few.

This is often referred to as stress.

When you're feeling like this it can have a major effect on your health, and I believe continual daily stress can in the long term be one of the causes of disease. The word Dis- Ease speaks for itself. You simply aren't at ease with yourself. If you can imagine the mind like a muscle, when a muscle is relaxed things work as they should. When you constantly use a muscle, it begins to hurt. This is exactly the same with the mind. It wasn't designed to constantly be used in excess. So as with your muscle, the only way to to change is to learn to relax and reduce this constant thinking process. So this is one of the major benefits of regular meditation.



Music featured on the Healing Workshop is taken from the album Healing Gold by Aetherium. Produced by Kevin Kendle

HEALING GOLD



Healing Gold - Aetherium

Exciting new release from Aetherium. Healing Gold is very relaxing dreamy ambient music. Ideal for healing, massage, meditation or sleeping. Tried and tested by experienced therapists and healing groups. Includes detailed sleeve notes by Reiki healer Mandy O'Neill.

"Gentle music that drifts into the room creating a calm and peaceful atmosphere. My clients remarked on how relaxing the music was."
Denise Richardson Callistherapy Healing Centre, Wellingborough, UK





VINCE PRICE

I first became interested in healing when I entered my local spiritualist church in Kettering. There I witnessed the practise of laying on hands healing. I was very curious to know more, as I had never witnessed something so calming and positive as I did on those Monday nights. I was soon to find out that this healing was called Spiritual healing, which I then participated having most weeks. I have to say in those early days I started to become fascinated by all things spiritual.

My experience of healing was of a very warm comforting pair of hands being placed at certain areas of the body, which at the end of about a 20 minute session I felt so much better.

There was never any charge for this service. I soon became more involved with the church and was encouraged to learn to heal myself, which I did under supervision. After four years I then became a qualified SNU Healer. I have since also been attuned to Reiki healing which compliments spiritual healing. Over the last five years I have worked professionally as a Healer and Medium, working in a small psychic centre in Wellingborough. This you could say was where I truly learned my trade, working alongside the sick, those in pain physically and emotionally. My work also as a medium grew more and more stronger. People would come from all over the country to have a reading to hear from a loved one on the other side. I also now give demonstrations of mediumship all over the country. In my time as a healer I have witnessed many miracles, not cures but amazing improvement. Healing is a wonderful thing to give and receive. For any further information from Vince regarding his healing, mediumship please contact Vince Price on 07980498359 or visit his website www.vincepricemedium.co.uk

THIS ONLY HAS TO BE HALF AN HOUR A DAY.

One of the most important things to achieve as a healer is to have a passive mind - a relaxed mind. If you're feeling all wound up and you have someone who's feeling the same that you are going to try and help with healing, THEN you're going to start on the wrong foot straight away!

Unconsciously you're going to sense how they're feeling and they're going to sense how you're healing. So who is the healer and who is the patient. Ideally when you heal you need to be in good health and relaxed. Meditation also helps to attune you to higher healing energies. So before you can help anyone else you must first help yourself.

A passive and relaxed mind is not always easy to achieve in the world in which we live. Even now when I heal, the odd thoughts drift into my head about something that I need to sort out, or the odd worry. This is normal, but if you are in some sort of constant mental turmoil then you are little use to anyone at this time because you need to be focusing on yourself rather than trying to help others. Using the guided meditation in this workshop CD will help to relax your body and your mind and give yourself healing.



THE SEVEN CHAKRAS

Base or Root Chakra "Muladhara"



The first chakra or base Chakra is located at the base of the spine, This Chakra points downwards and is placed between the genitals & the anus. It is linked with the colour RED and it is connected to the adrenal glands. Its main functions are physical survival and reproduction, aggression, self-defence. Affects: Lower pelvis, hips, legs, and feet.

Sacral Chakra "Svadhithana"

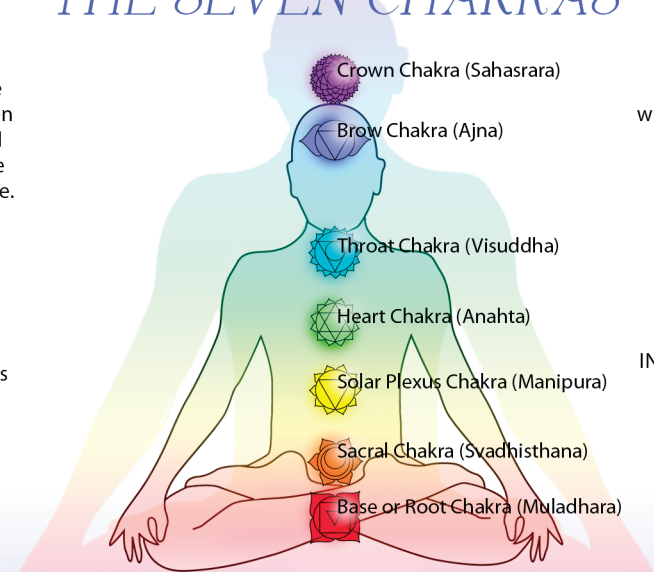


The second chakra is situated in the lower abdomen just below your navel, it is linked with the colour ORANGE and is connected to the gonads, and its main functions are creativity, relationships and self worth, sexuality and joy of the inner child. Affects: Ovaries, womb, kidneys, lower back and colon.

Solar Plexus Chakra "Manipura"



The third chakra is at the solar plexus, just below the ribcage, it is linked with the colour YELLOW and is connected to the pancreas and spleen, and its main functions are assisting in your sense of identity and self-confidence, your entire energy system runs off this chakra and your fears, anxieties, thoughts and feelings. Affects: digestion, pancreas, liver, middle back



Heart Chakra "Anahata"

The fourth chakra is located at the centre of your chest; it is linked with the colour GREEN and deals with relationships, personal development and sense of direction. Deals with emotional problems, inner feelings, unconditional love and the Soul. Affects: heart, lungs, middle and upper back, arms and hands



Throat Chakra "Visuddha"

The fifth chakra is at the throat, by the thyroid gland, it is linked with the colour BLUE and deals with communication and personal expression, creativity, trust and truth. Affects: Thyroid, ears, nose and throat problems.



Brow Chakra "Ajna"

The sixth chakra is in the centre of your brow, it is often referred to as the "Third eye" it is linked with the colour INDIGO and deals with understanding, perception and ancient knowledge, Intuition, knowledge of past lives and reason. Affects: Eyes and Head, Mid-upper back.



Crown Chakra "Sahasrara"

The seventh Chakra is located just above the top of your head called the Crown Chakra; it is linked with the colour VIOLET and maintains overall balance of the Chakra system and channels The Universal energy, It maintains a sense of wholeness and stimulates finer levels of perception, tuition and inspiration. Affects: Entire physical body. Shock