

Reaching Out

Level 2 - Reaching Out & Stepping Up

ITINERARY

This is a one-day practical based session looking back at what we have achieved in Level 1 and “*Stepping Up*” the understanding of the science of *Spirit* in a greater depth bringing you closer to *Spirit* so that you can begin to find your own answers to your own questions.

Course tutor: **DAVID TRAYNOR**

Location: **The Studio**, Ravencrag Hall Lane, Wrightington, WIGAN, WN6 9EL

- 10.30 am **Introduction to the Group.**
An introduction to the group and finding out how we got on with Level 1 – ‘Reaching Out To Spirit’.
- 11.00 am **Talking About Ourselves.**
Introducing a physical action which is not ours and learning to understand its recognition.
- 12.00 noon **You are not Alone.**
Understanding the different levels of Human Spirit within the individual; both Physical and Non-Physical.
- 12.30 pm **Lunch.**
An inclusive buffet lunch with hot and cold food.
- 1.30 pm **Opening One’s Awareness.**
Exercises and Meditation to open One’s Awareness by using and building places in the mind-set to communicate with other beings.
- 2.30 pm **Know your Connections.**
Recognising that Spirit has joined us and understanding the different levels the Spirit communicates upon using the physical body of another.
- 3.30 pm **Using Over-Shadowment.**
Exploring how to enhance One’s communication by allowing Spirit to ‘over-shadow’ you and express the message on more than one level.
- 4.00 pm **Open Communication.**
Open Communication gives the individual chance to test out what they have gained from the day.
- 5.00 pm **Round Up**
Questions and Answers relative to the day.