

*Do you feel the call of the Angels and want to  
shine your light as a beacon to seekers?*



*Chrissie Astell's*

*Educating Heart & Soul*

*A Journey in Spiritual Self Discovery*



# Educating Heart & Soul

**Educating Heart & Soul** is a unique self discovery programme that has been written as a result of the many requests from Chrissie's readers and workshop participants over the past ten years. Working in your own time and sacred space the course will empower you to gain a deeper knowledge of your own spiritual development, your personal angelic connection (exploring different ways of creatively expressing it), and help you guide other seekers towards finding their connection to the Angelic realms.

The course enables participants to share the love, excitement and wonder of working with angels and connections to the Divine. It also promotes self-healing, spiritual growth, and a support network between participants for ongoing learning. Chrissie's unique style comes from a combination of academic research, personal teaching and life experience. She is the author of several books on Angels and spiritual development and has appeared on numerous TV and radio shows.

## Who can do the course?

**Educating Heart & Soul** is perfect for people of all ages. Followers of all faiths and beliefs are welcome. You may have a basic understanding of various aspects of Spirituality, Healing or Angels or you may simply feel a 'calling' to gain a better understanding of your spiritual needs. The course is fully supported with guided meditations led by Chrissie and through email and telephone support if you need it.

The course is especially suited to those working in spiritual fields such as teachers, healers and spiritual practitioners.

Since much adult learning is through experience and example every participant will begin by deepening their understanding of their own spiritual connection to the angelic realms. You will learn and develop skills to:

- Use techniques for the protection and grounding of yourself and others.
- Recognize, honour and respect all individual spiritual journeys.
- Encourage others to open their heart to forgiveness, cleansing and healing.
- Gain knowledge of different types of mystical belief.
- Judge differences in integrity, authenticity, discernment and truth.
- Understand how people develop spiritually.
- Explore the Angelic hierarchy and the history of various beliefs.
- Make informed choices about channelling Ascended Masters, Spirit Guides and Guardian Angels.
- Use Angelic healing energies and raise consciousness.
- Understand the Essene communions with the angels in relation to our time.
- Consider past lives, karmic responsibility, and reincarnation.
- Use different forms of meditation so that you gain confidence in practising these techniques.

At the end of this programme you will have mastered the skills on which to further build knowledge, confidence and ability.

## What is included?

The course consists of seven modules, sent one per month, (although you can take as much time as you wish to complete each one.) Many students spend about an hour, once or twice a week to work through the modules. You can use the guided meditations as often as you wish - even daily!

You will receive a Certificate of Achievement at the end of the programme and be eligible for the diploma programme which leads to a **Diploma in Spiritual Workshop Facilitation**, and the chance to deliver exclusive training workshops accredited by Chrissie.

Accompanying the programme, each participant will receive:

- course notes and workbook with each module
- a beautifully illustrated folder in which to keep course notes and CDs,
- a complete set of *The Essene Communions* led by Chrissie, along with a guided meditation for each of the seven great archangels, supplied on CDs
- a copy of the recently revised and expanded guide; '*Gifts from the Angels*' to help you interpret your meditations,
- online access to Chrissie's 7-part webinar series 'Discover The Power of the Archangels',
- extracts from some of Chrissie's books and poems,
- certification at the end of the course.

There will also be opportunities to experience weekend workshops and residential retreats at preferential rates where the course modules may be further developed with other participants.



# The Course Modules

**Educating Heart & Soul** consists of seven modules. Each module contains teaching notes, exercises for deep reflection and self-discovery, guided meditations, and an introduction to working with each of the seven great Archangels. The style is both informative and practical.



## 1 The Angelic Golden Thread

Work with the energy of Archangel Gabriel, the enunciator, and the Angels of Wisdom, to create new beginnings and develop your sense of purpose. Deepen your own angelic connection by receiving guidance, explore your spiritual journey, and connect with the angelic realms. Meet your own guardian angel and receive gifts for your spiritual growth. Introducing one of the greatest mystics from history, *Jesus and the Essenes*, but with a different approach. This module contains a set of fourteen beautiful Essene Communion with the angels of the Heavenly Father and Earthly Mother.



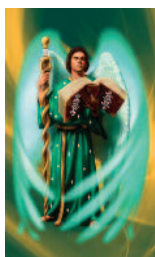
## 2 On The Wings Of Angels

Work with Archangel Jophiel and the Angels of Illumination to develop your inner beauty and enhance your ability to co-create. What is Mysticism? Are you a mystic? Looking at the mystery, with a little history and unwrapping. Spirituality vs Religion ... is there a difference and does it matter? Exploring and defining spirituality and religion with exercises for spiritual orientation to discover your personal spiritual impulse and soul's journey. This module includes a visualization to heighten your awareness of the Divine connection by cleansing and purifying the chakras.



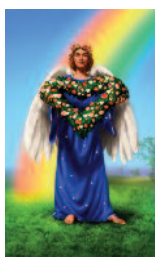
## 3 Walking Your Talk

Feel and connect to the amazing power of the great Archangel Michael and the Angels of Truth and protection. Work with Archangel Michael's silver sword of truth in visualization techniques for cutting away the unwanted ties that hinder your spiritual growth. Learn to practice spirituality in the workplace through regular meditation for unconditional love and kindness from the teachings of Buddha, Tao and Christianity, together with exercises for discernment and strengthening your resolve.



## 4 Angelic Healing & The Healing Arts

Tap into the healing energy of Archangel Raphael and the Angels of Healing for self-healing and the healing of others. Body-talk ... identifying and recognizing the messages from your body by working through the different energies of the Chakra system and learning to interpret the warning signals of stress and emotional pain. 'GO' for the green light ... healing and balance. This module contains a list and explanation of many respected complimentary therapies.



## 5 Love Is Everything

Work with Chamuel the great archangel, and the Angels of Love, to examine self esteem and relationships in this module. 'Being loved is being loving' - connect to the wonderful rose pink energy of Archangel Chamuel to reflect on the aspects we find difficult to love in ourselves and learn techniques and exercises to let go of low self esteem and damaging habits of self-destruction. How to attract the real love you desire into your life relationships, including family, friendship and romance.



## 6 Judge Not - Lest You Should Be Judged

This module takes you to meet the wonderful Archangel Zadkiel and the Angels of the Violet Flame, to address negativity and bring the gift of transformation. We introduce the 'New Age' teachings; a look at the work of Sir George Trevelyan, Alice Bailey and the Theosophists, and the Ascended Master teachings about the seven rays of energy governing our cosmos, and the magic of Findhorn.



## 7 World Peace - Inner Peace

Archangel Uriel and the Angels of Peace ask you to commit to serve as a Spiritual Warrior. Building on the foundation of the previous modules we look at how spirituality in action calls us to serve the greater good. Meditate with the angels of peace for lasting inner peace. How will you commit to world peace and put love into action? Becoming a spiritual warrior involves constant practice - this module looks at self-reflection and various spiritual practices for you to adapt to everyday life.

"I would recommend this course to clients and friends. I have found it to be one of the most grounded courses I have ever come across and will refer to it again and again ... It has been a wonderful journey ... Your words and insights have guided me home to myself. My warmest thanks and regards." Teresa.

"I had a gut feeling before I started it that it was what I needed to develop a void which I knew I had to fill. It has made me more eager than ever to find out more about myself and become more tolerant of myself and others. Thank you." George.

"I would definitely recommend it to anyone setting out on a spiritual journey ... I enjoyed it immensely. The amount of knowledge and information in the course is amazing... Thank you so much Chrissie, for the opportunity to work with you." Pauline.

"I feel spiritually empowered and now feel that life is a wonderful, special and sacred journey ... I now meditate regularly - and can find inner peace even when things are difficult." Pauline.

"I am so pleased I did this course ... I felt it to be a huge part of my journey to self discovery and a beautiful connection to the angels." Anne.

## How much does the programme cost?

For only £29.99 / €36 / \$49 per month over seven months you will receive; a folder, printed course notes, a full set of course meditations on CDs, free copies of Chrissie's latest CD; *On the Wings of Angels* and her interpretation guide; *Gifts From The Angels*. There will also be a certificate issued on completion. You will also have access to personal support from Chrissie through the website. Alternatively you can pay for the whole course in advance and get 20% off - for a total of £168 / €198 / \$266. There is a small additional charge for post and packing.

You can also order an online version of the programme which includes all the workbooks, meditations and webinars in electronic formats to download from the internet. Prices from £24.99 / €30 / \$40 per month.

The course comes with a money-back guarantee so if you feel it's not right for you, simply return the first module within 30 days and we'll refund your payment.

Enrol online using a credit card, debit card or PayPal, or download an enrolment form which you can print and submit with a cheque or postal order. Alternatively, call direct on:

Telephone: 07794 268208

[www.EducatingHeartAndSoul.com](http://www.EducatingHeartAndSoul.com)



Chrissie's books and CDs are available through her website [www.AngelLight.co.uk](http://www.AngelLight.co.uk)  
Books and CDs can be signed and dedicated if required.



## About Chrissie

**Educating Heart & Soul** comes to you with the love, knowledge and experience of over 35 years of teaching, initially in business and nursing management (RGN) and more recently running workshops on healing, spiritual development and working with angels.

The course itself is based on a lifetime of 'angelic connection' and mystical experiences combined with four years research for the publication of her books; **Gifts From Angels**, **Discovering Angels**, and **Advice from Angels**. Chrissie has the academic backing of a B.A. Honours Degree in Comparative Religion (including mysticism and angelology) from the School of Oriental and African Studies (London University), followed by post-graduate certificates on Teaching in Life-long Learning (London University – Birkbeck) and Spiritual Development & Facilitation (University of Surrey).

Her work includes books on Angels and Spiritual Development, numerous CDs featuring guided meditations, angelic communions and music by award-winning composers, along with personal individual One-to-One consultations.

Chrissie is a trustee of **The Essene Network International** and works closely with several organisations to promote spiritual learning and awareness.