



# Key Workshops

Empowering...Enlightening...Enriching.



## The Key to Self-Awakening

An introduction to the 5 Key Workshops Programme from Radford Holistic Therapies

A gift of love from Wendy Radford and Sue Fishbourne

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Key Workshops

[www.radford-holistictherapies.co.uk](http://www.radford-holistictherapies.co.uk)

Based in Sussex



# Key Workshops

Empowering...Enlightening...Enriching.



Discover your own individual power

Know you always have a choice as to how to respond

Live in the moment of every minute

Come from a place of love not fear at all times

Learn to love your life for the gift that it is

Recognise that life is precious and full of joy

[www.radford-holistictherapies.co.uk](http://www.radford-holistictherapies.co.uk)

[wendy@radford-holistictherapies.co.uk](mailto:wendy@radford-holistictherapies.co.uk)

07921 837807



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## **Finding your own rhythm**

Dancing is about moving your body to the beat of the music.....normally someone else's!

Living your life is, perhaps, about listening to the personal beat of your own heart, feeling the energy and light which is pulsing through you from Source and allowing it to move and flow to your own rhythm. This rhythm is ever-expanding as you become more and more conscious of your own value. Come with me as I help you to begin to create an uplifting new chapter of your very own storey listening to your very own and individual beat! Helping you to reach for the stars.



Life as a human is really one big adventure and it is your choice how you view it and live it. Some of us humans have come to believe that we are separate from each other and Source. This creates such dense energy, pain, sadness and suffering.

There is another way, another reality. We are all connected to each other, all from the same Source, be that god/Allah/the divine/ etc...or whatever describes your term for Source. Recognising this is the real key to unfolding a life that is based on love, not fear.



## **Self-awakening**

In taking a journey of self-awakening, you can discover and let go some of the ego's tricks and open the door to releasing some of its multifaceted programmes with love and humour.

This can be where you turn the first page of the book of your new life. This brings you to a new awareness of your truth and the dawning of your enquiry into all your experiences and what you can ultimately learn about yourself and others by digging deeply into your learnt behavioural patterns.

This newly acquired view of life brings you to a place of joy, peace, love...yes, and humour too! With this comes the knowing that you are oh so much more than your body living a human life. You are a spark from Source.....

## **The multifaceted ego**

The separation that we feel is the work of the ego, which wants to keep us "safe" (in its view) at all costs, thus causing a separation from ourselves, our soul, and it causes us to make life into "us" and "them" or "me" and "everyone else" (when we are referring to others). As we gain this knowledge and awareness of the tricks of the ego it allows us to stop blaming everyone else, handing over our power by expecting "them" to sort us out. When we are able to quieten the ego and honestly understand, listen to our inner wisdom, the spark from our heart that is love, then we can glory in the peace and joy that we are here to share.



It is this energy of expansion through change that our ego struggles with. It is fear based (and for fear we can read it as, False Effects Appearing Real!) and as we learn to let go of these fears (which are after all only addictions and habits), we can bathe in the illumination and understanding of the gifts of our stories and dramas. When we greet experiences with anger for instance, the anger is only notifying us that our comfort zone has been breached, our boundaries challenged. It is a call for us to be aware, to be intrigued and to get back in control of our own life.





So anger, fear and negative emotions can be viewed as our friends...When we make the commitment to openly listen to our inner voice of wisdom and recognise our needs, we can acknowledge that we can meet them ourselves, stop blaming everyone else and expecting them to sort us out. As we release "them" from the responsibility of "us", we can tell ourselves to STOP, find awareness, discover our balance and choose to take action that will bring us joy and peace. It is our choice at every moment as to how we choose to respond to any situation....

## **Love and trust equals joy!**

As you learn to take the steps to do this, then and only then can you begin to appreciate and celebrate your decision to awaken and live an authentic and joy filled life. Self-awakening brings the letting go of self-doubt and fear-based emotions by replacing them with the knowing that you are the master of your life and experiences. You are the one in charge of your choices as to how you view and feel each and every experience that you have.

Remember that every time you feel uncomfortable in a situation, this is a brilliant opportunity to dig deep and release an old story and choose to have a new reality based in love, not fear. Be intrigued, be willing to learn and trust your own inner wisdom to choose joy. It is not rude if you decide to choose clarity and truth over being nice....! It is essential for your peace and authenticity to be able to release your pain, attachments and limitations. Your energy can then begin to flow with trust and joy. Why not choose love and trust – after all they equal joy!

**LOVE + TRUST = JOY.....FREEDOM!**

As you learn to remember to live your life to the full, showing your light ...you start to lead by example. Not just *talking* about a better world of joy, of peace.....*being* it.....*doing* it.....*feeling* it.



## **Learning to shine your light**

We believe that this IS the true path and will make your heart sing, as you show others the way.

Our opinion is that there are no co-incidences in life and the fact that you are reading this means that you are ready to engage with your true purpose.

Shining your light for yourself and for others to see, means that you will share with them all the love and light that is yours. When we start to be who we are and honestly practice what we preach, then we can change the world. Start with your immediate world and watch it spread like the dandelion seeds in the wind, or the sun rising at a new dawn (choose your own analogy, I couldn't decide!!!). Share your personal choice with me by email I would love to hear from you, [wendy@radford-holistictherapies.co.uk](mailto:wendy@radford-holistictherapies.co.uk)



When we are on our path we are able to find the way to live in peace while “chaos” surrounds us. As we learn to choose a life that transcends fear, we can relax and let go of the need to control everything by letting go of our expectations of the outcome, taking responsibility for our own part in every drama and experience that plays out in front of us. When we can surrender to reality, and not fight it, we become free.







## **Recognising Self judgement**

As we make judgements of self (we are such hard task masters of ourselves and nine times out of ten, we require no less than perfection), we fail, as we find ourselves falling short of our view of perfection.

When we have learnt to love ourselves just as we are, then we can really begin to radically release judgements of ourselves and others' actions, finding love, trust, joy and peace. Having recognised, understood and let go of heavy emotions, we can come from a place of love and discover the connection and the wholeness of us all. In awakening to these thoughts, and recognising the part of us that is in everyone, then we can embrace everyone's journey for the beauty that it is. Not all journeys are the same; however they do all lead home.

## **The joy of your true essence**

Our true essence is love and when we are coming from a place of love, then we are home. Home to our true essence, from where we first came. It is about the breath of life, the three in one. There is a saying "when three are joined together, miracles happen". When a soul, a body and a heart join together, the breath of life occurs. We are the miracle of life ... As we grasp and accept this, we can live in love and bring joy to ourselves and others. This is our gift to the world, to live our lives to the full and recognise the pure beauty and joy of life itself, just for life's sake. Nothing more complicated than that.

So breathe in the breath of your life, laugh in the face of your adventures, smile and know that life is the gift, you are the life, therefore you are the gift. You are the gift to the world when you come from a place of love and knowing. Then you will open up like the beautiful flowers of nature.



## **Your choice**

So I joyously and whole heartedly invite you to come on these courses and let me help you to reconnect with your gift of remembrance of your own mercy, compassion and enlightenment.

My truth is that you will find these courses ever-illuminating and uplifting, bringing forth the expanding energies of love, trust, joy, peace and harmony, with humour, honesty, integrity and laughter. As you remember and re-awaken these energies within, you realise that your true purpose in life is to share this gift with the world.



Wendy Radford &

[www.radford-holistictherapies.co.uk](http://www.radford-holistictherapies.co.uk)

07921 837807: 01825 733590

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