

31st October 2022

Dee Banton

Welcome to my first Newsletter

Thank you for taking an interest in my website and the:
Courses , Workshops and Teachings I am offering.

For November Only

£20.00 discount when you call and book:

Reiki Healing in person, or via zoom.

As a Big thank you! I am offering £12.00 off

The Base Chakra Meditation Course

The Base Chakra is our Shamanic Connection with Mother Earth. Through the roots of the base chakra, the chi, or life force, moves down our legs and through the Soles of our feet, into the Earth, we root ourselves to the earth. The earth's energy supports us in our everyday life. It supports our Physical Body, we have a body to live life on the earth plane, we are all spiritual beings having a physical experience. You came here to the earth this incarnation, with a destiny to fulfill, so it is important to take care of your body as it is the vehicle for you to complete your life plan.

So what does the base chakra do? You can learn more on the mini course!

Each chakra builds on the previous one, and the chakras develop accordingly. So the base chakra is the root chakra, upon which all the other chakras build. It is important for our Abundance, Good Health and Vitality, for maintaining a flow of money via a job or form of income, when this chakra is balanced, we are

compelled to move forward with the vigor and joy feeling supported on the Earth Plane. The music with this guided meditation is Rainstick, the Drum and Keyboard.

Journey into the **Muladhara Cave**, to regenerate and restructure your base chakra with this guided meditation containing positive programming, to regenerate and restructure your base chakra.

I have been Teaching Sound Therapy for 25 years, along with other modalities, including positive programming and DNA Repatterning, a therapy I developed 10 years ago to re-program and re-structure your life.

Use Discount Code: **Base12** in the Coupon Box at the Check out.

This course is a sample of what to expect from the:

7 Week Chakra Initiation Program. If you choose to buy the complete course, you will find a further Discount Code for £22.00, you will be given a discount code.

[Read More on our website](#)

We have 2 Types of Online Courses:

- Courses taken without a tutor on our Online Learning Platform. You can complete the whole course on line listening to Mp3 and reading through the course work information. Some of these courses you can completely download:
- The Seven Week Chakra Initiation Program can be completed online, you can also download all 7 Mp3's and a 68 page manual, to keep and work through from your own platform. The guided meditations are copyrighted so they are for your personal use only, thank you.

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- The Base Chakra Meditation / Mini Course can be completed online or downloaded.
 - The I Am Presence Meditation - A guided Meditation with Tibetan Bowls to open and align the chakras and cleanse the aura, is for online completion or downloading.
 - Toning Through the Chakras : this course has some content which has to be completed online. Some quizzes which are fun. All the other content and the manual can be downloaded for you to continue your Om Toning Practice as you wish.

Online Live Courses via Zoom - [Learn more](#)

Courses available Via Zoom at the moment are:

Holy Fire Reiki Courses

Reiki 1, Reiki 11, Reiki Art Masters, Karuna Reiki Masters

[In Person Courses](#) are held in Porthcawl, South Wales

Coming Soon: The Crystal Healing Course

An in-depth training course for online completion due the Video Content, training you for your own home use, or as a practitioner!

Workshop - Classes and Training Course for 2022... more to come.

In Porthcawl: Reiki Share £10.00

2 & 9th November from 9.30 - 11.30

30th November from 7-9.00 pm



In Porthcawl : Group Sound Healing £20.00

Small Groups of 6 people.

26th November, 10th December from 1.30 - 3.30

XMAS SPECIAL: Including a Heart Chakra Crystal Bowl

27th December 2022 from 1.30 - 3.30

Usui Holy Fire Art Masters Training - In Person/Porthcawl

December 1/2/3rd 2022 : [Learn more](#)

Suitable for all Reiki 11 Level or Masters who would like to train in the Holy Fire method.

Thank you so much for your patience in reading through this Newsletter!

I am happy to offer discounts for one to one sessions, please just ask, during these financially difficult times.

To unsubscribe email "unsubscribe" to deebanton777@gmail.com

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[Dee Banton](#) and [Reiki Enlightenment School](#)



