

# Healing Support Group

Tutor: **Jeff Steadman**

**Second Friday of each month  
7.30 to 9.30pm**

Fee: £8 per session



Whilst the main purpose of this group is to support the personal spiritual growth of students who are developing as a channel for healing energies, all levels are welcome – from students nearing completion of their training to become healing members of The Healing Trust, to complete novices (or those simply wishing to find out more about spiritual healing).

The meetings will provide ample opportunity to ask questions and for practical experience under the guidance of a well-established professional healer.

## What Is Healing?

Healing is a natural energy therapy that complements conventional medicine by treating the whole person - mind, body and spirit. Spiritual Healers are thought to act as a conduit for healing energy, often described as 'love and light' which relaxes the body, releases tensions and stimulates self-healing. The benefits of healing can be felt on many levels, not just the physical, and the effects can be profound.

Spiritual Healing is not 'Faith Healing' - it is not linked to a particular religion and faith by the patient is not required. Healing can help people regardless of their religion or beliefs.

**If you have any questions**, please contact the Sanctuary and leave your name and telephone number so that we can arrange for Jeff to get in touch with you.

Please complete the tear-off booking form below and send to:  
*The Sanctuary (Healing Support Group), Pea Lane, Upminster, RM14 2XH.*

---

## BOOKING FORM

*to: The Sanctuary (Healing Support Group), Pea Lane, Upminster, RM14 2XH.*

<b>Name:</b>	_____
<b>Address:</b>	_____
	<b>Postcode:</b> _____
<b>Telephone:</b>	<b>Mobile:</b> _____
<b>Email:</b>	_____
<i>I enclose cash/cheque</i>	£ _____ <i>made payable to Jeff Steadman</i>
<b>Signed:</b>	<b>Date:</b> _____