



*Rosemary Wilkie is qualified in Psychosynthesis, spiritual psychotherapy and healing, is a student of the ancient wisdom, a trustee of the Sundial Group and writes adventure books with spiritual teachings for children. She has been involved with Heart Awakening since 1988.*

IMAGINE YOURSELF in a peaceful valley near Sedona, surrounded by red hills and low buildings built into the rocks. You hear music, take off your shoes and enter a large room full of flowers, crystals, candles and people. Some are lying on massage tables, deeply relaxed. Beside them are others, working on their auras or talking to them quietly. Sometimes a cry of joy or pain is heard, or laughter ripples round the room. The presence of angels is tangible. You are in the School of Heart Awakening. Later there will be delicious organic food and a walk back to the cabins, the stars bright and close overhead. The students will be up early to balance their energies for the day with qi-gong master Chris Fernie.

Heart Awakening is a powerful transformational therapy, a spirit guided process that heals on the deepest level. When your heart is awakened you have the ability to look at everything from a divine perspective and know that God is present in everyone and everything. You perceive the Divine Plan in any situation. You live in harmony with yourself and others. Heart Awakening not only provides powerful assistance for those jolted awake by painful life events, it is enormously helpful for those genuinely seeking the next step of their soul's journey.

A session begins with intuitive counselling to establish rapport and

## Heart Awakening

by Rosemary Wilkie, MNFSH

work through your surface worries to identify the underlying issue. Then you lie down and the practitioner says a prayer invoking angelic presence and divine help with the change you are ready and willing to make in your life.

As you float with the music, the heart awakener works on your aura, clearing, smoothing and balancing the chakras. Traumas and repressed fears or anger you are holding are reflected as congestion, scars or tangles in your aura; the practitioner has learned to see or feel these, and guided by Spirit, smooths them out, making it easier for you to release negative emotions. Alpha and omega points, representing past lives that may be fused and blocking your evolution, are cleared. The work draws in pure loving energies of the highest order, that remind you of your true nature and of the unconditional love and caring that are your birthright.

When your aura is clear, you hear the voice of the heart awakener, but the words come from Spirit. Your response comes not from your personality, but from the depth of your soul. You may need to go back in time to the events that were the source of your problem. In the safety of the session, surrounded by

unconditional love, you perceive them again from the perspective of your soul and can release the grief and pain permanently. When you reach the point of breakthrough you cry out as understanding, acceptance, compassion or forgiveness flood in. Then you see how to carry the new understanding into your everyday life, before the session closes with a prayer, followed usually by hugs, laughter, and amazement that several hours have passed!

Each year the School holds four residential classes lasting five days. The first year emphasises self-healing and is open to everyone. Professional healers and counsellors whose training has involved self-work may enter the second year, during which students learn to do the work. The third year is an ascension mystery school, from which graduates are going out into the world to take light into dark places, such as prisons.

The entire syllabus is available on web-site: [www.heartawakening.com](http://www.heartawakening.com) where you can read the full story of Heart Awakening, and order tapes and books, including Raoul Bartrand's book describing his own journey, and many stories of those whose lives have been transformed by Heart Awakening. ♦



A Heart Awakening group at the end of a course, with Rosemary Wilkie, kneeling centre, and Raoul Bartrand, standing, with his arms embracing two of the attendees



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