

## Malaysia workshops with Helen Forty

### Isis Healing

#### Ancient Egyptian Healing for Emotional well-being



This workshop leads you through a deep energetic cleansing process. It is designed to bring insights, and help you work with your emotions with more ease and joy. It will also benefit your physical health.

You will experience ceremonies, postures, movement and healing processes.



Egyptian heart amulet



Feather

The ancient Egyptians believed to raise your consciousness you need be 'light-hearted', where all your emotions are in balance, and you feel positive.

This workshop will help you transform any 'heavy' emotions so your heart feels light.

#### Ceremonies/process include:

- Transforming fear into feeling safe
- Transforming anger into empowerment
- Transforming grief/sadness into freedom & love
- Opening to joy and self love
- Emotional balance & heart healing

#### 5 Goddesses of emotional healing:

- Isis: goddess of compassion & magic
- Serket: goddess for overcoming fear
- Nephthys: goddess of empathy
- Neith: creation goddess of nourishment
- Ma'at: goddess of balance

#### 4 Guardian protectors

- Jackal for stomach & joy
- Falcon for intestines & courage
- Baboon for lungs & freedom
- Hapi (human) for liver & empowerment

#### Benefits of this workshop

- Feeling much lighter
- Feeling safer & more relaxed
- Feeling more empowered
- Having more self love
- Energy upgrade!

#### Helen Forty

Helen has a very strong connection with ancient Egypt including past life memories of being a teacher and healer within the Isis Temple.

#### Dates

Monday 20th October 10:30 - 6pm

Tuesday 21st October 10:30 - 7:30pm\*

*Please note this is a powerful energy cleansing workshop. You may need to rest afterwards.*

**Fee:** Early bird RM 1999, Original RM 2198

**Booking:** Clarins +60 18 770 3238 @clarins.chew

\* Please bring some food to share for Tuesday afternoon. Simple food such as fruit and snacks is best. The food will be shared during a ceremony.