



MARCH NEWSLETTER

Welcome to the Omega Therapies March Newsletter. We hope you are taking care of your health and well-being.

COUNSELLING

There are many reasons to contact a counsellor/therapist, whether you are going through a difficult time in your life or you are just checking in as part of your self-care routine.

It is especially important in our fast-paced and technology-driven society to take a moment and see if your mental health needs are being met—and if they aren't, it's good to know when to seek counselling help.

Trauma - Any kind of emotional or physical trauma that has happened in your life, whether it be abuse, the death of a loved one, or say a car accident—all and any traumatic events need to be healed.

Self-Acceptance - Many people experience self-esteem challenges. They also feel shame and guilt in regard to their experiences as a result, you may feel like you do not receive happiness or joy.

Self-Care - Regardless of what your challenge is, self-care is one of the most important steps towards recovery.

Mood Disorders and Personality Disorders - Mental health is just as significant to one's well-being as their physical health. Counselling can help deal with your emotions and find the tools to cope with triggers and depressive or manic episodes, communicate your needs to others, and so much more.

You Are Worth the Fight - When life's challenges come up, sometimes people feel hopeless and defeated. They feel like nothing could get better. However, that is an illusion.

Counselling gives you time and space to work through your problems. Counselling can help you regain wellbeing and balance in your life.

Therapy helps you gain a different perspective on problems and issues. Therapy provides a safe, non-judgmental and respectful environment.

QUANTUM ANALYSER

The Quantum magnetic resonance analyser is an effective and accurate way to monitor your health. The analysis system has been established from a strong scientific background, leading to a high accurate analysis of your overall health. The Quantum Magnetic Analyser is non-invasive and painless. By simply holding the sensor in the palm of your hand, it can obtain an understanding of your health within minutes via specific electromagnetic wave signals.

It will then provide you with a report with information about your body health.

Your report will include information about these health factors:

- human toxins
- trace elements
- vitamins
- amino acids
- heavy metals
- endocrine system
- immune system and environmental allergies.
- gastrointestinal
- liver
- cardiovascular system
- blood sugar
- kidney and lung function
- skin
- breast
- bone density
- gall bladder
- pancreatic

ANGEL HEALING THERAPY COURSE

Healing with Angels Therapy Course.

Due to our popular spiritual healing workshops, we are pleased to announce that we will be launching our Healing With Angels Therapy course.

In this course you will learn all about Angels

- How Angels protect and healing
- Enhancing your own healing powers
- Healing with Crystals and Chakras
- Connecting with Angels and much more.

This is an 8-lesson course and will start Saturday March 18th 3pm to 5pm.

The total cost of this course will be £300 with an Angel Healing Therapy Certificate awarded on completion.

UPCOMING WORKSHOPS

Wednesday 15th March
and Wednesday 29th March
6:30pm – 8pm

A whole workshop dedicated to the practice of wicca and witchcraft.

£7.50 per person, if you bring your own ingredients.

£10 per person, if you would like to use the ingredients which we provide for you.

For more information give us a call.



There are many reasons to contact a counsellor/therapist.



Using the Quantum Analyser is very simple, you just hold onto a metal rod for a few minutes.



Our new course will teach you all about Angelic Healing and how to perform the treatment.



Candles and Incense have been used for thousands of years, and are still widely used today.















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CANDLE MAGIC

 <p>White Candle Any type of spell Meditation and baths Healing and protection</p>	 <p>Yellow Candle Promotes intellect Mental clarity Knowledge</p>	 <p>Orange Candle Success and prosperity Emotional healing Positive thinking</p>
 <p>Black Candle Banish a curse Remove negative energies Protection</p>	 <p>Blue Candle Spirituality Creativity Harmony</p>	 <p>Brown Candle Stability and security Protection of pets Concentration</p>
 <p>Red Candle Passionate love Sexual energy Physical attraction</p>	 <p>Green Candle Material growth Good luck Fertility</p>	 <p>Light Blue Candle Increase peace Devotional Family union</p>
 <p>Pink Candle Romantic love Friendship Relieve depression</p>	 <p>Purple Candle Psychic powers Spiritual development Consciousness</p>	 <p>Gold Candle Success Power Abundance</p>

Here at Omega, we sell a range of Magic Spell Candles. Below is a list of them.

Balance Confidence Friendship Happiness Love Prosperity
Sweet Revenge Seduction Success Cleansing Protection Luck



INCENSE STICKS

The history of incense is known to have started in China and India, expanding around Asia, before entering Europe through the Silk Road and trade routes.

Many people use incense for several issues, and there are many reasons to use incense:

- Incense fragrances can be of such great strength that they obscure other less desirable odours.
- Incense made from materials such as citronella can repel mosquitoes and other irritating, distracting, or pestilential insects.
- Religious use of incense is prevalent in many cultures. One common motif is incense as a form of sacrificial offering to a deity.
- Incense clocks are used to time social, medical and religious practices in parts of eastern Asia. They are primarily used in Buddhism as a timer of meditation and prayer.
- Incense is claimed to cleanse and restore energy in healing stones. The technique used is called "smoke cleansing" and is done by holding a healing stone over the smoke of burning incense for 20 to 30 seconds. Some people believe that this process not only restores energy but eliminates negative energy.

ROOM TO RENT

Room to rent on daily basis, would suit a therapist or counsellor.

£30 a day or a deal could be made if wanting more than one day.

For more information, please call us on 01527 585023 and ask to speak to Joe.

To book any appointments or workshops, please call our number at 01527 585023 or visit our website and online shop at www.omegatherapies.org.