

- The Journey starts here -



THE GENTLE SELFING ONLINE WORKSHOP



Welcome!

Thank you so much for considering signing up, or, if you have, congratulations on embarking on **The Gentling Way** adventure!

This course is for women in every phase of life. You are invited to see this workshop as a retreat, where you are entirely focusing on your own self-care and healing journey. You will learn, experience, and delve deeper into yourself. You will gradually integrate new techniques and practical knowledge into your life which will shape the future for the new you! If you make no change - nothing changes, right? Time to become the more vibrant and optimal version of yourself!

After the **Gentle Selfing Workshop**, we offer a 1 hour session once a week for 4 weeks on Zoom as catch-ups, to support the integration of what was covered in the class.

* Day and time for catch-ups will be chosen by the group.



How to Prepare:

Please start with the three self-paced online pre-courses:

1. **WHAT CAUSES HEALTH,**
2. **SELF-SOOTHING BELLY CARE and**
3. **PERINEAL STEAMING.**

It is ok if you cannot complete them all before the workshop, but please begin working your way through the content.

During the weekend there will be breaks as well as several opportunities to learn experientially with your hands practicing the Self-soothing massages, Qi moves and Meditations.

Understand that we will be working deep in the body and the energetic field. Please be aware of your emotions and feelings during this time. The most potent way that you can respect this process is to give yourself the gift of relaxation and reflection after classes. If possible, schedule some time for yourself afterwards. If that is not possible, schedule in other ways to be mindful of the emotions and feelings you may encounter. Be prepared with all physical items you will need (listed below), and keep an eye on your dreams before and during this course.



Heather Bruce and the Gentling Way



My life journey – "Follow Nature" . .

Always different – a maverick/outlier/way-finder.

This life has been totally shaped by my maternity.

Having become an accidental mum in 1977, I gave it my best shot.

I could see that my baby was possibly going to go down the chronic life long illness path of his dad – so I made sure that this was not going to happen. Starting with only natural – he had a mammalian upbringing – we had no cash, so he was worn, breastfed and reared by his parents till school.

He missed out on his dad's horrendous asthma and eczema. He grew strong (and still at 47 has a thicket of head hair – whereas his dad was bald at 28 when I met him). What is this about? Inner wealth – a measure of inner strength.

My passion

Untangling that which holds the structure and thus function hostage.

Assisting others to Wake Up on all levels – that they may also shine their lights on the world.

Formal trainings (not limited to): Acupuncture – Chinese Medicine, Naturopathy, Western herbal Medicine, Reiki, Aura Soma, Arvigo ® teacher's level and advanced pregnancy, Mercier techniques, Spiritual healing.

Why I developed the Gentling Way

- After a lifetime of assisting others (having heard their stories of woe, of medical forcing and of that not working, and of all those decades of dispensing care and tending /touching people's bodies and souls: deeply, the Gentling Way was birthed. It originated through my curiosity – when things that were supposed to work did not.
- Always a hands-on worker, I discovered that the more gentle, less pressure, the more profound the result.
- Background of designing acupuncture colleges and post graduate courses, plus working in all hard areas (infertility - prior to IVF clinics , AIDS – prior to medications, cancer – when chemo etc have failed – and difficult/'high risk' pregnancy and post surgical repairs), I am well versed at being the last in the long line of people who have had maybe one piece of your healing puzzle. Let us put ALL the pieces on the table – right side up.
- I later started teaching those who can help YOU realign to your best self. All year mentoring international online healers to emerge to take this multi modality multi lineage body of what works combining the knowledge and skills of my entire career – to the world. Now focusing on helping those who wish to help themselves.

The **Gentle Selfing Workshop** is the entry course to all the other modules I offer.

Gentling Incorporates:

1 – Awareness of there being more than the human consciousness at play in all things.

2 – Natural rhythms of life – through the seasons of a day, a month, a year, a life

3 – Classical acupuncture – Light and energy bodies, grids and pathways, auric, nadis and what creates/blocks these.

