

# LIGHTING UP LIVES THE HEALING POWER OF LIGHT

An introductory talk and interactive light experience on the power of light and field therapy.

Have you ever wondered how it is that light has the power to heal?

We speak of 'seeing the light' and say that the eyes are 'windows to the soul'

But is there a real connection between light, consciousness and healing?

Join Denise Hadden, an optometrist and Light therapist who uses coloured light through the eyes to heal, and sees vision and our eyes as the direct energetic pathway to healing. Our nervous systems are currently bombarded by fear.

Light and the awareness of how it affects us is the way to an empowered and happy life.

Who benefits? – Light may be used for home use and holistic practices such as naturopaths, energy medicine and integrative practitioners, counsellors, coaches, psychotherapists and physical therapists

Venue: The Holistic Centre, Godalming

Date: 13<sup>th</sup> December 2018

90min presentation: 11.30am

Fee: £20

For Private sessions: contact Denise on 07943357174

or email [light@denisehadden.com](mailto:light@denisehadden.com)

[www.denisehadden.com](http://www.denisehadden.com)

Training workshops for 2019

Date: 2<sup>nd</sup> February 2019

Lighting up Lives-The Miracle Workers

Date: 30-31<sup>st</sup> March 2019

Lighting up Lives - The Emotional Jewels



