

How much does it all cost, and how do I arrange it?

Carol's fee is £500 per person for the course, payable in advance. The final session will be on a one to one or group basis (never more than four people).

You will be responsible for booking your own flights to and from Alicante or Murcia. From there you can hire your own car or we can arrange a private pick-up (not included in price). We have negotiated out of season discounted rates at the two hotels that Carol works at. You will need to arrive the Sunday before your first session on the Monday. The course will end on the Thursday.

Please note that we do not claim to provide an alternative to any other medical treatment, and you will be required to sign a simple disclaimer to this effect. You will also need to complete a confidential lifestyle form, upon receipt of which we can go ahead with the booking. We'll be honest with you; if we do not think this course is for you, we'll tell you. Please note also that whilst you are on the course, Carol will not be able to give you any time outside your appointment; much as she loves chatting to people she has to conserve her energy so that each person derives the optimum benefit from their sessions with her.

What do I need to bring?

- ✓ Tape recorder and cassettes
- ✓ Small dropper bottles - Bach flower, B12, Rescue Remedy
- ✓ Loose-fitting comfortable clothing. You are here to relax and be at one with yourself, and at peace with the source that is helping you.

What can I expect from my mind-body-soul assessment? How will it help me? And what won't it do?

Your mind-body-soul assessment forms part of your first session with Carol, when she will tap into a higher source which will provide her with insights into you as a unique being on all three levels of body, mind and soul. You will then be counselled as to how you can get the very best out of the cards that life has dealt you this time. Stress affects all our bodies detrimentally, so your 'mind' assessment might identify which behaviour patterns and relationships are of current benefit to you and which are not, for example an unsuitable job or unsatisfying relationship, and you will be advised as to how to address these for the benefit of all. This might mean making very small changes, simple ways of dealing with your loved ones that will have far-reaching effects, or relate to deeper issues that Carol feels you need to be made aware of, then acknowledge and address.

Looking at your body, and bearing in mind that physical illness can come from the subconscious or even from a blockage in a past life, Carol will not tell you things that you cannot handle, only the areas where there are physical blockages, remembering that these blockages can be released with the healing, as well as the techniques that you will be taught to take home with you. You may be advised to make dietary changes, or do liver or colon cleanses for example, all of which can be conducted with the help of an holistic doctor or practitioner known to us as being an expert in his or her field, and who will work sympathetically with you to achieve your optimum health. The aim is to arm you with the knowledge and know-how to help your own body to heal itself. Regarding your spiritual healing, which is the development of your soul, you may be pointed in the direction of painting, visualisation exercises, or any other activity that involves the right brain and which Carol feels would be beneficial. All of this will be conducted in an empathetic and sensitive way in a safe and reassuring environment; Carol is not there to judge you, merely to help you become the best you can be in all areas of your life. In the following sessions she will be focussing on the spiritual, mental or physical blockages that she has identified, removing them at source to leave you 'connected' and empowered to take charge of your life, healing yourself in the truest, holistic sense of the word.

MIND-BODY-SOUL CONNECTION WITH CAROL EVERETT IN SPAIN



After many years of working in the psychic field it has become more and more apparent to me that you cannot address just one part of the being; it has to be the whole - the mind, body and soul connecting in harmony. This programme has been designed so that when you leave, you will be equipped with the tools to take control of all areas of your life, programming your mind to boost physical health and progress your spiritual development, which will strengthen your soul and enhance your karmic development.

I am offering a four day retreat in southern Spain which will connect your mind, body and soul and send you home relaxed and renewed, ready to embrace your onward journey.

For more information and to reserve your place, telephone UK +44 (0)1363725003 or Spain 0034 636297872.

Many people believe that the body is the last place where illness manifests itself, the soul or the mind being the source. It's all about frequencies; when they are low spiritually or mentally, this message is communicated between the soul and the mind, and the depletion eventually extends to the physical body. We are not always aware of this, but it happens to everyone. And when we are at a low ebb, it is easier for our aura to be penetrated. The aura of our body is like an outer skin - it guards and protects us. When the mind, body and soul are in harmony, this protective field is like a shield, and instead of negativity, (either mental, spiritual or physical) getting through, it bounces back, making this shield the most important thing in our lives. By connecting the mind, body and soul, the whole 'being' that is you is given the strength to defend itself from any form of negativity coming its way. Therefore it makes sense to work on all levels, as a preventative measure or to help a person with a low frequency that has manifested into an ongoing condition, be it acute or chronic.

Session 1 During the first session of your programme you will be looked at from a higher source to determine where the weakest links or blockages are in the chain of your mind, body and soul, and how these impact on your current situation. Once the location of the weaknesses has been determined, the energy from the higher realm can come through in later sessions to cleanse the blockages and strengthen the links. In this session though, Carol will highlight issues relating to your lifestyle and attitudes that you can deal with yourself, and counsel you in an empathetic and non-judgmental way as to how to implement changes. You need to bring a tape recorder and cassette tapes with you to

this session so you can replay them. There will be practical work to be done by you, and the recording will serve as an aide memoire to anchor your goals in your mind and remind you to keep focussed on them. Your lesson for this evening will be listen to what you have been told, and register it in your brain before you go to sleep, so that while you are sleeping it can filter through your subconscious and link to all three entities - mind, body and soul.

Session 2 The location of your weaknesses was determined in Session 1; now energy from the higher realm can come through, cleansing blockages and strengthening links. Healing will be sent directly into the blockages and your mind will be taken back to the time when they occurred. It could have been in your childhood, in the womb, or in a past life, but in taking your mind back and healing at the time of these occurrences, blockages will be released for you and any weak links strengthened. You will not be aware of what is going on; you will just be in a very relaxed state, so there will be no trauma of 'being taken back' or 're-experiencing' for you to fear. The idea is to release the fear, not plant it back again for you to dwell on!

Session 3 Everyone's body runs on a different frequency. Once the blockages have been cleared, it is necessary to determine what frequency your body works on and raise it to its highest capability. Obviously for someone of 95, the potential frequency will not be as high as someone who is 55; nevertheless we should aim to reach our highest frequency depending on our age and where we are spiritually. You will need to bring small dropper bottles with you. One should be a simple Bach flower remedy suited to you, or liquid Vitamin B12, and during the healing session it will be imprinted with your highest potential frequency, to be taken under the tongue each day. Those of you who suffer panic attacks or whose health is affected by stress will need a bottle of Rescue Remedy as well. The frequency in this bottle will be different from your daily bottle, and is to be used for any time when you feel you need extra support, for example if you are going to meetings or appointments that you feel fearful about, or seeing people

who stress you. This is not to be used daily, as it is effective because the body is not used to it.

Session 4 In this session the frequencies you have already received from the higher energies all week will be taken to an even higher level. Carol will be in a deep trance state taking you with her to the higher planes to help ensure that you are totally at one in mind, body and soul, all three of which will be communicated with telepathically to leave you with a positive mind set. You will be fully connected during this session yet you may fall into a semi-sleep, which will feel a lot deeper than your normal sleep pattern.

Session 5 To complete the course, you will be given lessons to take home with you, for example visualisation and breathing techniques. This will be on a one to one or group basis, depending on numbers. You will also be taught how to project any negativity, stress or illness out of your body and into the middle of the room so that the source can 'collect' it and send it off into another dimension. This does not mean you are healed instantly, but the negative is being taken away. The more people there are in a room, the more positive energy there is, which can be harnessed to help all of you. If a group meditates together, the energy becomes stronger and they become more at one with each other and therefore with the source; more harmony and more love means more strength, and the resulting vibration can be extremely powerful.

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