

Spiritual Awareness Course

Stepping into the Age of Aquarius

by Dr Renata Bartoli

Whatever the Mayas actually meant with their prophecy about the Winter Solstice of 2012 (and we shall never know for sure), it's undisputable that we are living in times of great changes and energy shifts. So many things are happening nowadays that would have been unthinkable even in the late 90s. Financial trouble on an unprecedented international scale, widespread political unrest and mass reactions to injustice and abuse of power are something that has never been witnessed before - not on this scale at least - and put at stake the entire world as we know it. Also, thanks to modern means of communication, human relationships have dramatically (and irreversibly) changed. The energy shifts brought about by collective changes of such magnitude affect all of us, and our horizons are expanding and widening by the day, collectively and personally supported by an attitude of "I can do it. Why not?" The collective plane and the personal one have never been so clearly connected together before. Although we are often pushed out of our comfort zone, living in these challenging times can be very exciting and rewarding. However, to take full advantage of these energetic shifts we need to work on ourselves, so that we can be fully ready for the moment when the heightened consciousness level, which is fast growing on earth, will reach the critical mass needed to allow a sudden "quantum leap" in spirituality for all humankind. And why not be one of the very authors of this "quantum leap"? Why not be part of the growing number of those very special individuals that form the critical mass which will raise human consciousness to a higher spiritual level? Each of us is important and has something unique to give that no-one else can offer. You are important, your spirit is important: you can make a difference, for yourself and for the rest of us all. Don't miss the chance: step into the wonders of the Age of Aquarius.

The new course we are offering at Footprints from the Past wants to help you on this path: it wants to help you to develop your full spiritual potential so that you can live a more fulfilling and rewarding life in this incarnation during such crucial times. If we are here now, it's for a reason and not by chance. Let us not sit on the fence. The world is at a tipping point: let us be part of those who make the quantum leap possible! Let us make this incarnation important and valuable for our Karma and for the Karma of our entire species.

Course Structure

The course consists of 10 modules of one day each - one weekend a month for five consecutive months. The internal structure of the course is kept flexible in order to adapt to the specific needs and strengths of each group and - based on these needs - the discussion of some subjects may slightly extend over the following Modules.

Venue

The course will be held in the beautiful and evocative Tudor Lodge Hotel in Eastcote, Middlesex, which occupies the premises of a 15th century farm. A special discounted price will be offered to all participants who want to spend the night between the two modules (Saturday) at the hotel in order to enjoy the advantages of a full-immersion residential course. For those interested in this option I can recommend, for the evening meal, an inexpensive pizzeria in the area (appropriately called *Karma Free*) run by one of my former students. Not only are the pizzas very large but they are also the best I have ever eaten outside Italy (word of an Italian ☺!)

The course starts at 10am precisely and ends at 5pm (however - on some occasions - it can extend until 6pm).

Requisites

There are no pre-requisites to enrol on the course, but seriousness and commitment are expected. Whatever your spiritual background and experience, you will be helped and you will be able to progress on your path in a dramatic way. However you will be expected to commit to your spiritual and material improvement as you will be expected to ensure that you will be able to attend all the Modules. This is indispensable because we shall be working closely together, and each participant will benefit from the energy raised by the synergetic effect of the entire group. At the end of each monthly meeting some homework will be given. It will include practical exercises and some reading. The tasks won't be heavy, but they are indispensable for the final success of the course because - due to the nature of the subjects treated - repetition and continuity are indispensable. For this reason both the reading and the exercises have to be considered as an integral part of the course itself.

The course is transformational and this requires that students be committed to increasing their spiritual awareness so that they can improve their life, spiritually and - by consequence - materially too. See this course as a portal to a better future.

Although this course is for personal growth and inner investigation, a diploma will be awarded at the satisfactory completion of the course, as a sign of your commitment.

Places are very limited to enable the tutor to follow each student's path personally. Follow-up by email between Modules is also included.

During the course you will receive 3 free CDs with inductions; 1 free subliminal CD to boost Confidence; a free crystal for programming; a free guided visit to the Historic Walled Garden of Eastcote House, and a free motivational book of aphorisms on positive thinking.

About the Tutor

Dr Bartoli is a highly qualified hypnotherapist, who has trained with Dr Brian Weiss, the world-renowned authority in Past Life Regression Therapy. She specialises in

Reincarnation and Spiritual Disciplines and gained her international reputation by regressing hundreds of people around the world, both one-to-one and in workshops. Some of her regressions have been published in the national press, and her own story will be featured in *Sometimes Miracles Happen*, the new book by Dr Brian Weiss (due for publication in 2012).

Renata has been interested in Reincarnation and Spirituality since her teens in order to better understand her personal experiences. During her Doctorate research in Comparative Neo-Latin Philology (the historical branch of Linguistics) and in the years after it, she has studied Symbolism, the Christian and pre-Christian descriptions of journeys to the Other World in medieval Europe, and the History of Religions. This has naturally led her towards Jungian psychology, the rôle of the Subconscious, and Hypnotherapy which she started to practice in 1994. She has a solid academic background with more than 20 academic publications to her credit - including two books - and she has spoken at international congresses. As well as some specialisations in branches of conventional hypnotherapy (see her website www.the-apple-tree.co.uk), she has specialised in Advanced Past Life Therapy; Past Life Energy Therapy, Future Life Progressions, Life Between Lives, Age Regression Therapy and Counselling.

Renata is passionate about her job and is committed to helping people discover their spirituality and improve their lives. Her clients and students find her inspirational.

What Our Students Say

Spectacular, unique: was it by chance or was it destiny? I don't know, but for several years I had had the intention to have a past life regression, because I am very interested in spirituality and I have experienced psychic phenomena myself. For years I had searched Google to find someone qualified who could regress me, but I never found what I wanted and I gave up.

Some weeks ago however, I started searching Google again and - by chance - I came across Renata's website, *Footprints from the Past*. I suddenly felt very curious about it and when I saw her photo I felt something inside myself telling me that she was the right person. For this reason I contacted her and took an appointment for a one-to-one session. I was very happy with that; I felt very much at ease to speak to her about my experiences and Renata definitely helped me a lot. After the session I felt more alive and I also felt that my love for my present life has increased.

I definitely recommend Renata to everyone wishing to have a PLR. Besides being a beautiful and patient person, very highly qualified, Renata has a very strong natural energy. After my one-to-one session I attended a one-day workshop on PLR and future life progression: it was a wonderful day and a wonderful experience. I had the pleasure to meet other like-minded people who were there for the same reason as me. The atmosphere was splendid: so positive!

You don't need to have already had important psychic experiences to contact Renata. Curiosity, interest and the wish to investigate a past life are enough, whether you choose a one-to-one session or a workshop: believe me it's worthwhile! The experience will change your life for the better, it will give you more energy, determination and

motivation. You will have the feeling to have been reborn into a new person ready to face life with a big smile on your face. Thank you Renata, Thank you for existing.

S.O. - London, UK

It was beyond my expectations. My first appointment was for a One to One session and I was shocked by the results it gave me later on. It helped me to remove the Thanatophobia. It also improved my confidence and self esteem. I've been wrapped into this sunbeam light since then and people can see it. Also the workshop about PLR&FLR was absolutely great and covered most of the schedule planned by Renata. I managed to see 2 previous lives ... How spooky is it? She called me a Walk out:) She is like a magnet for thoughts, as in few occasions I was thinking about something and I was nearly ready to ask my questions when she gave me already all the answers. Renata is high skilled and she is a whirl of knowledge. I would strongly recommend her to anyone.

V.T. - Spitalfields - London, UK

I only attended a full day workshop and I can say it was one of the most exciting and motivating experiences I have had in my life. The hypnosis she did was really different from what I expected (film-style), you remain perfectly conscious of everything you see and of your body as well. You live your real dream, you command it and live in it, with a level of self-awareness never experienced before. Also my perception of the relationships around me changed positively, all my best friends felt somehow involved with a sense of happiness when I talked to them of what I experienced. I strongly recommend it to every person who seriously wants to understand him/herself in depth.

A.R.N. - Chiswick - London, UK

I attended a one day past life regression workshop with Renata and all I can say is WOW!! I have never been hypnotised before and wasn't sure if it would work, let alone know what to really expect. To my astonishment, it most certainly did work, and I was able to tap in to a life over 150 years ago, to one that is parallel to my current life. A real eye-opener, helping me refocus on my priorities in this life and to concentrate on myself as well. I would highly recommend Renata to anyone that is even slightly curious about their past lives. She is an absolute patient professional trained by Dr Brian Weiss, and makes you feel completely comfortable and at ease.

S.B. - Harrow, Middlesex, UK

Thank you very much for your time yesterday, I found the regression process absolutely fascinating. It certainly gave me lots to think about.

P.R. - London, UK

The journey to your house activated something - I could feel that throbbing in my forehead/3rd eye I get when approaching an energy rich environment. Your voice/energy/something was very effective in getting me into deep state ... I went into successive deeper layers of semi-consciousness. I heard consciously only the key directions - little of the elaborations. This is unusual for me, I don't get whacked out easily unless in the audience of a spiritual master (i.e. twice in my life!).

The CD had the same impact ... I tried it twice - sends me deep. Tried it again first thing

this morning after good night's sleep ... to control for tiredness. I started getting snippets of things ...

S.C. - London, UK

Investment

£1135

Two deposits of £400 are required: the first to reserve your place and the second 30 days before the starting date. The balance needs to be paid before the beginning of the course.

Special Group Offer: when eight people enrol, one attends free.

Terms & Conditions

- All payments made to us are non-refundable. However, if you find yourself unable to attend, you may transfer your booking to someone else if you wish.
- In the event that for any reason we are unable to complete the workshop/course, we shall refund you for the cost of the cancelled sessions, proportionally to the full cost of the workshop/course.
- We also reserve the right to change the dates or venue of the sessions if necessary. New dates and venue will be proposed subject to mutual agreement. In the event that you are unable to attend we shall refund the cost of these sessions.
- We reserve the right to decline applicants to our workshops/courses.
- No recording or filming is permitted at our workshops/courses.
- Participants must be at least 18 years old to attend.
- The decision to participate in a workshop/course is entirely your responsibility. If you are in any doubt as to your suitability to participate in the workshop/course, please consult your GP before booking.

Included in the price: lunch and refreshments; 3 hypnotic CDs with inductions; 1 subliminal CD to boost your confidence; a crystal for programming; a free motivational book of aphorisms on positive thinking; a guided visit to the Historic Walled Garden of Eastcote House and a booklet with the history of Eastcote House.

Dates

6-7 October 2012

3-4 November 2012

8-9 December 2012

19-20 January 2013

16-17 February 2013

Despite our best efforts, **dates and venues on the websites may be subject to change** (please contact us for confirmation).



PROGRAMME

*This programme is to be considered only as an outline
to show the subjects covered in the course.*

*Some changes or additions can occur during the development of the modules
in order to update the information and adapt it to the specific needs of the group.*

MODULE 1 **Psychic Abilities**

Introduction

Short relaxation (induction)
Short introduction to hypnosis and how
it works - The functions of the
Subconscious (theoretical)
Time distortion - Parallel universes &
Astral journeys - Out of the Body
Experiences - Near Death Experiences -
Shared Death Experiences (theoretical)
Training to sense energy (practical)
Grounding and Shielding Techniques
(practical/induction)

Negativity in the spiritual world -
Religion *vs* spirituality - Sexuality in the
spiritual world - The universe is alive:
how we attune to sense energy - Place
energy - Plant energy - Divination -
Animal Communication today - The Web
of Life and the Anglo-Saxon Wyrð -
(theoretical)
Developing psychic abilities (induction)
Meeting your Spirit Guide and your
Animal Spirit Guide (induction)

MODULE 2 **Psychic Abilities**

Reconnecting

Short relaxation (induction)
Developing psychic abilities (induction)
Creating a spirit room/Safe place to
meditate (induction)

Different types of ghosts and other
entities - The "dark" history of Spirit
Release - Are there good possessions? -
Soul Retrieval (Shamanic and non-
Shamanic) (theoretical)
Psychometric exercise (induction)
Chakra cleaning and balancing (induction)
Colour affirmations (induction)
Creating your Heart's Desire (induction)
Healing Garden (induction)
Healing Temple (induction)
Homework

MODULE 3 **Past Life Regression**

*Reconnecting, revising and discussing the
homework*

Different methods of PLR -
Different use of 1-to-1, CDs and
group sessions
Various theories on Reincarnation
and Karma (Eastern and Western) -
Birth marks - General theories on
the Other World and its possible
structure - Interlife Explorations -
Religion *vs* Spirituality - Soul
Mates - "Old Souls" - Spiritual
Families - Parallel Lives - Circular
Time - Destiny and free will
(theoretical)
PL Regression (induction)

MODULE 4

Past Life Regression: Advanced Techniques

Reconnecting

Blood-line vs Spiritual family -
Living in a multiform universe: non-
human lives. How does Darwin fit
into all this? - Konrad Lorenz on
Ethology and intelligence- Crossing
the boundaries: together again (our
animal companions) - Vows,
promises, curses, contracts ... -
Practical uses for healing purposes
of spiritual techniques like Remote
Viewing, Cutting the Ties, Letting
Go (of old traumas and limiting
beliefs) - Soul Retrieval - Spirit
Release - Advanced techniques of
PLR - Mental & physical disabilities
- Suicides - Incarnated and non-
incarnated Souls (theoretical).

Study of some Cases (theoretical)
PL Regression (induction)
Homework

MODULE 5

Future Life Progression & Interlife Exploration

Reconnecting, revising and discussing the homework

Theories about these two techniques -
More reflections on the nature of time -
Grieving & Bereavement - Akasha &
Akashic Records (theoretical)
Future Life Progression and Interlife
Exploration (induction)
Cutting the Ties - Limiting Beliefs
(inductions)

MODULE 6

Working with Dreams & Taking Control of Your Mind

Reconnecting

Remembering dreams and Working with
dreams: how to program your dreams
(instructions)
Theories about the nature and meaning
of dreams - Seeing the Future -
Controlling and inducing Out of the Body
Experiences (theoretical)

Thought Management & Self-Hypnosis
(instructions)
Boosting Confidence and Self-Esteem
(induction)
Homework

MODULE 7

Working with the Natural World of the Elementals

Reconnecting, revising and discussing the homework

Children of the universe: connecting with
our astrological elements and balancing
them - Elementals and other Spiritual
Beings: theories and ... confusion - How
to connect with Natural Spirits and
Places - Findhorn - Religious ostracism
and its damages (theoretical)
Meeting the Crystal's Deva (exercise)
Sensing place energy and plant energy
(exercise)

MODULE 8

Taking Control of Your Life

Reconnecting

Dealing with our homes' energy and
getting the life we want - Energetic
Feng Shui: everything is alive and
vibrating (theoretical/instructions)

Visit to the Historic Walled Garden of Eastcote House (regression and energy exercise).

Homework

MODULE 9

Spiritual Awareness for a Meaningful Material Life

Reconnecting, revising and discussing the homework

Bits and Pieces: completing and refining the previous modules; exercises and discussions.

MODULE 10

Clearing Karma, Going Forward

Reconnecting

Putting it all together: structuring the learning of the entire course into an organic way of living.

Inductions as appropriate (PLR or anything else requested by the group).
Distribution of the Certificates.

