



WHAT IS ENLIGHTENMENT?

Relaxing into life. Lightenment (becoming lighter, unencumbered). Something you don't have to get, or achieve, it is always here and with us. An unravelling/dismantling of all the limitations and stories we have placed upon ourselves that take us from our love, peace & freedom, and from ourselves.

My Passion:

Bring people home to themselves. To inspire, encourage and assist them in opening to the depth of their being, radiating inner peace, love and kindness upon themselves and the world. Being a wayfinder, peace creator, teaching ways to have greater ease with life, relaxing into life, enlightenment.

Discovering their truth and putting action & passion to it, then taking that out into the world

Teaching them, they are the answer to their search... coming home completely. We are love searching for itself.

My passion is kindness... Radiating love, peace, light, divinity, freedom, beauty and life.

Namaste

Frances Munro

HOLISTIC APPROACH: Mind/Body/Soul/Spirit

Below is a list of some of the things I help people with as a Holistic Practitioner through providing; support, counselling, coaching, listening and validation, giving practical tools, techniques and working with a number of modalities that assist in resolving the impact of these situations, along with bringing greater clarity and connection to your own inner guidance/intuition and empowerment of self:

OUR OFFERINGS	WHAT WE CAN ASSIST WITH
• Reiki Master, Teacher, Practitioner	• Liking/loving yourself and who you are
• Certified Reiki Clinic (RA) & Training Provider (IICT)	• Confidence, Trust, Coping with Life
• Family & Systemic Constellation Facilitator	• Life path, direction, goals, choices
• Holistic Counsellor	• Empowerment
• EFT (Tapping)	• Anxiety/Stress
• The Work of Byron Katie	• Depression
• Personal Empowerment	• Trauma recovery, PTSD, Abuse recovery
• Effective Communication	• Relationships (all types) (incl. mediation)
• Soul Journeywork	• Addiction
• Access Bars	• Fears, Phobias, insecurity
• Sound Therapy	• Self-harm, suicide
• Meditation	• Grief
• Art	• Getting connected back to life & to self
• Spiritual understanding & guidance	• Mind/Body/Soul alignment
• Sacred practices	• Inner guidance, intuition
• Holistic Candle Making	• Beliefs, imprinting of family patterns