

QUALIFICATIONS & TRAINING – MICHELLE CORRIGAN

1994 – Buddhist Vipassana Meditation Retreat
Thai Massage course in Wat Po, Bangkok.

1995 – Aromatherapy course – The Raworth Centre, Dorking, Surrey

2001-2003 - Reiki I, II and Master Level III with Trudi Morgan, Devon
Energy healing, tuning in to esoteric energy system within and surrounding the body, to help remove blocked energy from wounds of the past, present and future. This is a therapy taken lying down on a healing couch fully clothed. I will channel energy from The Divine and the healing goes to where it is needed, for the highest good of the Self.

2003-2005 – Woking Spiritualist Church – Training in developing Intuition, Clairvoyance and leading Meditation.

2005-2008 – The British Wheel of Yoga with Satchidananda Mataji – Yoga Teacher Training Diploma. Teaching Yoga through the postures for physical healing, breathing techniques and working with Prana – energy, and Relaxation and Meditation techniques

2007 – 2012 - Eagle's Wing College of Shamanic Medicine, East Sussex with Leo Rutherford, Dawn Russell & Lorraine Grayston

Shamanic Practitioners Course:

Journeying & Soul Retrieval

The Medicine Wheel & Star Maiden's Circle of Healing

Cauldron of Changes – ceremony and rituals for healing purposes

Earth Child – wounded child to magical child

Woman Wyld & Still – rites of passage for women

Magical Adult course

An experiential training course which has provided me with tools and techniques to work at a deep level of healing with myself and clients. Leo and Dawn have holistic psychology, psychotherapy and mental health backgrounds and Lorraine is in the field of Homeopathy as well as being a Shamanic Healer & Teacher.

2011 – NESCOL College, Epsom – Counselling Level I & II

October 2011 – November 2013 – Gestalt Practice Diploma with Paul Barber, Redhill, Surrey

EAGLOD – European Association of Gestalt in Leadership & Organisational Development, affiliated to The European Centre for Psychotherapeutic Studies (Eurocps) and the European Association for Gestalt Therapy (EAGT):

Facilitating Groups & Leading Teams

Gestalt Coaching & Counselling

Resolving Conflict & Healing Communities

Inquiring and Learning in the Gestalt way.

Gestalt Exploration of Spirituality

I attended fortnightly Therapy sessions plus some Saturdays.

Paul is a highly qualified and well-known Teacher in the field of Gestalt Practice. Gestalt Therapy is person-centred and focuses on the here and now, with relevance to exploring when appropriate the unconscious and the past. Gestalt has links with Shamanism in that the aim is to clear blocked energy from the body, gain clarity in the mind and work through emotions that are not flowing which causes imbalance.

2012 – Greg Szanto – The Raphael Institute for Contemporary Counselling and Holistic Therapy:

An Introduction to Eating Disorders

Specific Eating Disorders & problems

Eating Disorders – Treatment & Recovery

February 2013-December 2013 – Shamanic Apprenticeship and Mentorship with Faith Nolton and Nick Breeze-Wood, Abercystwyth, Wales. Deepening Shamanic Teachings and connection to my Spirit Helpers. Journeying. A year of further personal growth and healing.

July 2013 – Ancestral Healing, Extraction & Psychopomp (Lost Souls) Course with Jez Hughes in Sussex woodlands.

2013 – Personal experience of working with the passing of my beautiful Step-Mother – Joan. August – trip to Peru to have initiations from four Shamans to gain deeper connection to Spirits and Mother Earth, and protection, to release 'Hucha' (heavy energy) and gain independence.

2014 – Shamanic Death & Living Course with Jonathan Horwitz of Scandinavian Centre for Shamanic Studies. As a healer, the shaman must often come into contact with death. On this course we faced death from a shamanic perspective. The workshop was for those who wish to learn classic shamanic techniques to help others who are close to death, and to develop a deeper understanding of death. To do so we confronted our own mortality, and learn to use death as an advisor for living fully. We experienced ways to complete unfinished business, explore the territories one travels to after death, and learn to help others cross over to the other side with traditional soul-guide work.

The shaman's work with death and dying is closely connected to both soul retrieval and shamanic healing and is one of the core practices of this work. To be able to be in the presence of death enriches all shamanic practice, as well as teaching us to be more fully alive right now.

2015 – Counselling Skills level 3

EXPERIENCE:

I have been working with Clients since 1995 when I trained as an Aromatherapist and Thai Massage Therapist. My work took me more on a spiritual path when Clients reported miraculous healing experiences after their treatments. This is when I trained in a more spiritual way with Reiki which helped to be more in tune with the Client.

I thought for a while that I wanted to be a Medium which is why I took the two year training with the Spiritualist Church. I gained a great technique and uncovered my gift of leading and channelling Meditation both in groups and one-to-one. I realized that being a Medium was not my vocation. I now hold regular Meditation Healing groups and have really good feedback on the benefits.

Having attended Yoga classes for many years I decided to do the Teacher Training Course and found my love of spiritual philosophy and have had three books published on this subject. Philosophy = love of Wisdom. I found the Hindu system fascinating and it really resonated with me along with Buddhism. I really like the gentle and peaceful energy of Buddhism and have trained with Monks on Mindfulness and Insight Meditation and I often visit Monasteries here in the UK. I taught Yoga to many different groups and this filled a very enjoyable few years but again it didn't feel as if it was solely my vocation.

Then I discovered Shamanism and due to my love of nature, animals and helping folk to find their place of healing this is my true vocation. My Shamanic healing is softened with the beautiful energies of Buddhism and Yoga but is deeply effective in helping folk to remove blocked energy due to traumas, difficult past, illness, depression, feeling fragmented, lethargy, lack of direction, unbalanced and so on.

I teach Yoga & Spiritual Development twice a week to groups of teenagers and feel I can really connect and resonate to this age group. I work with teenagers in a deep healing way on a one-to-one level also.

A course of healing sessions are recommended but focusing on one issue usually takes from around four sessions to maybe ten to twelve sessions, depending on the need of the individual, how deep the issue is ingrained, their environment, the past, finding the source of the issue and whether the Client is really ready to release and open the wound. Often working with one issue can release work in other areas from the sub conscious in order for the Client to be in good health – state of balance in mind, body and emotions. I find some folk can find their balance and health within a few months and others maybe one year or two years – we are all different.

You do not have to wait until you are ill before you have healing – prevention is better than cure! To stay in balance and to following the path of awakening it is worth bearing in mind receiving regular relaxing energy healing which is done fully clothed on the healing couch and energy channelled for your highest good. This helps to balance your energies and keep the Chakras (energy centres) flowing freely.

I am a very nurturing person and my purpose is to work with people at this healing level and teach spiritual awareness – awakening, so that folk can live a happy and balanced life, feel alive, connect to nature and the changes of seasons. I am a Mother of a teenager Son plus step-mother to three young adults who have been part of my life since 1996. These courses above have been for me, finding my Wisdom through experience and living life in an awakened state. I have been blessed with the most brilliant Teachers and finding it very fulfilling and rewarding to pass these teachings on.