



Women's Wisdom

Bringing Women's Wisdom Home



WOMEN'S WISDOM

Prospectus for Women's Wisdom

If you are Passionate about women's medicine healing ways then this is the course for you! Women's Healing Wisdom is an innovative and inspiring approach to working as a healer and will support you in working from a place of trust and confidence.

You have within you an abundant potential, and through the journey this training offers you will be invited to discover who you really are and what you are here to do, so that you may then chose to support others on such a journey for themselves.

This course supports students to experience directly for themselves that it is safe to trust, to let go of self-doubt and to work with a sense of ease and joy. This enables a communication between practitioner and client to flourish and that affirms trust and relaxation within the wider context of relationships.

Love becomes the foundation of your practice when working as a healer. We have discovered that this quiet confidence in the healing balm of love enables symptoms and diagnosis to be attended to with particular tools of focus whilst also going deeper than the presenting form of distress.

This training will be of assistance to a whole variety of women; those wanting to embark on a journey of deep healing for themselves, those wanting to develop as a medicine healer for their family and friends, those you want to work professionally as a

healer in one to one sessions and offering healing circles, and those who are already trained as a body worker, herbalist, counsellor or yoga teacher who want to find new tools of focus to add to their present skill set.

Many of our students in past trainings have also found work in charitable institutions, prisons and the NHS.

Are you feeling pulled to develop yourself professionally and personally in 2016?

You will emerge from this training emotionally, spiritually and physically nourished

Do you feel a calling to connect with ancient knowledge within? Do you yearn for space to live as the visionary that feeds your own soul? Do you want to work with deeper understanding of the ancient wisdom and healing practices of the wise woman?

This is an invitation to you to join our circle and commit to your own instinctual knowing and destiny with tutors who have worked in the healing arena for over 50 years between the two of them.

This is an invitation to become the heart whisperer you are, and to heal relationships with the power and wisdom of Love.

Women's Wisdom is offered by two well-known and experienced tutors who have worked with families, individuals and children throughout their lives. Amanda Rayment and Dominique Sakoilsky share their wisdom and experience in their gentle, clear and supportive

teaching style. That continually affirms that there is a way to work with clients that comes from a deep sense of trust within themselves.

Amanda and Dominique have worked with many shamanic and medicine women though the years, but learning hugely from the clients in their busy practice, whilst staying true to continually attending to their own healing along the way.

They've run menstrual health trainings, relationship trainings, women's spirituality trainings and doula and birth trainings since the 1990s.

[Discover more about the teachers Amanda and Dominique](#)

On this course you will be invited to attend to the places within you that may have historically limited the potential to meet symptoms with a sense of relaxation, profound curiosity and a way of dropping underneath what is presented so as to widen the possibilities of treatment. What is it that we are healing here? Using our own stories as a map to healing, the teaching will include the earliest embodiment wisdom from the world of peri natal psychology, to the practice of self-enquiry.

Women's Healing Wisdom is set apart from others in terms of physiology as we are passionate about the wisdom of the body. As women we will be learning about the role of hormones as wise messengers, supporting women through the cycles of their life. This does not mean that the healers once trained will only work with women as many work with men and women, but understanding that for ourselves as women means you can trust your physiology in embodiment as woman which

brings enormous and grounded depth to a healer.

We are able to communicate this body wisdom in a way that encourages people to listen and trust their body.

We understand the connection between mind, body and spirit and we want to share the width and breadth of this knowing with our students.

Healing is a relational journey and we like to include every bit of our being in this including the body.

Expertise and accreditation - students are offered the very best of the tutor's 50 years of combined experience and expertise. The

course fully accredits students to work professionally as healers.

The model that the tutors have developed has been birthed and nurtured from many years of practice, running groups and retreats and their own ongoing

exploration of self. It offers unlimited healing in any area of life, and we will teach you so that you can use it in a way that feels authentic for yourself.

Women's Wisdom is fully accredited by the International Practitioners of Holistic Medicine (IPHM)*

*IPHM provides the general public and health professionals with a body of regulated professionals, all qualified to accredited levels.

Women's Wisdom invites us to connect with nature in a very personal way



What makes Women's Wisdom special?

Women's Wisdom is able to offer you the student the confidence and inspiration to step fully into this arena; as you would expect this course offers tools of focus and an in-depth knowledge of women's holistic health care and healing.

Yet the most profound and it also has to be said the most practical offering from this course, is the recognition of the power of love. Throughout the course students are reminded that all any of us at any stage of our life yearns to know, is that they are loved, loveable and capable of loving others.

The course supports students to experience directly for themselves that it is safe to trust, to let go of self-doubt and to work with a sense of ease and joy. This enables a communication between clients and practitioner to flourish and affirms trust and relaxation.

Love becomes the foundation of your practice when working with women. We have discovered that this quiet confidence in the healing balm of love enables symptoms and diagnosis to be attended to by your practitioner skills, which also communicates your trust in the woman to meet the particular situation she is encountering.

Women's Wisdom will teach you more about communication than you will get on other trainings:

1. Amanda and Dominique are passionate about communication! Running groups, working with clients, working with women and families, public speaking, we have listened to and communicated with women in an enormous array of settings, all ages, from all walks of life, communication is our passion and our tool.
2. Communicating from a place of emotional intelligence, clarity of intention and depth of understanding of women's health and



healing wisdom enables a dynamic and loving way to dialogue with clients. How do you do that? Women's Wisdom will teach these skills.

3. Communication includes relationship: it is often where we have felt wounded and misunderstood so being clear in our communication (both in listening and speaking) offers opportunities of healing and a transformed experience of relationship in the present moment.

Women's Wisdom offers unique teaching skills to the students:

Teaching from the heart; students are supported in discovering what makes their heart sing in the arena of health and healing. From this perspective we at Women's Wisdom believe students will be able to support and assist clients through the many life cycles and experiences encountered. This will offer confidence and assurance to the women they work with that is way beyond simply offering information. We believe it communicates a trust in the decision to live life from an existence within us that is authentic, loving and joyful.

Healing and understanding of own experiences; this course is set apart from others by its expertise and exploration in the psychological and emotional aspects of health and healing.

Students are offered tools and processes to use for healing and understanding their own experiences. From this direct experience for

themselves comes a confidence in supporting and assisting others.

Students are encouraged and supported in questioning their own beliefs and judgments of the many models of health offered to women today. This enables students to offer information and explore choices from an open mind and accepting attitude with the clients they will work with as Women's health and healing practitioners.



As we travel through life
we can get addicted to
beliefs and habits,
losing our clarity to
follow our own heart
wisdom

Women's Wisdom
opens our awareness to
see life in a bigger
perspective and free
ourselves of what no
longer serves us

Women's Wisdom
offers us the connection
we all yearn for

Our commitment

- ♥ To commit to deep self-honesty and self-enquiry in all aspects of our work
- ♥ To communicate clearly with each other and all the students
- ♥ To offer ourselves as assistance to each student
- ♥ We give our work to truth

Our Vision

Our vision is to offer Women's Healing Wisdom as a tool for self-realisation, bring healing and happiness to every being, so that every human being may remember the invitation that is ever present, to rest in the presence of Love.

Our Mission

We will do this by our training programme, our private practice work, films, writings and talks. In this way we will join with others to realize the reality of Love, bringing peace into our hearts and minds.

Guiding Principles

- ♥ To work with complete integrity in every aspect of offering Women's Healing Wisdom
- ♥ To communicate clearly with each other and all the students
- ♥ To offer ourselves as assistance to each student
- ♥ No compromise on being who we are

Women's Wisdom Course Outline

How Women's Wisdom is delivered

Women's Wisdom is a year long course, delivered in 6 weekend face to face modules in Frome, accompanied by distance learning in between with some home study.

Pathway to accreditation

To receive accreditation students need to attend all modules, complete distance learning and one seen paper.

How much does it cost?

£1600 for the training

There is a payment plan available please ask for details. You will pay a £600 deposit on enrolment and then set a monthly standing order to spread the cost of the balance.

Those who pay the full course fee by the start get a 10% reduction off the training fee.

Additional support for learners

There will be a monthly group Skype session and a private Facebook group. Amanda and Dominique will be available to assist students, either by individual Skype, telephone and email.

How learners will be assessed

There will be plenty of skills practice in every module, home study work will be assessed and one seen exam paper.



Course Aims and Objectives

1. The course aims to develop competent women's health practitioners who are equipped with the skills, knowledge, and understanding and trust necessary to be effective practitioners.

This will be offered over a one-year period with six face-to-face modules consisting of two days each and distance learning study.

Each module is firstly enabling the student to explore, discover and learn about the purpose and role of a practitioner. Secondly the student will develop the relevant skills required in working as a women's health and well-being practitioner.

2. The course aims to teach a unique approach developed from Amanda's and Dominique's own teaching and private practice experience.

Each module will contain aspects of this approach for the students to have direct experience for themselves. At the heart of the approach are practiced skills of listening deeply and openly to what the client is saying and sharing. Alongside this the process of self-inquiry will be used to support the opening of both the heart and the mind to the potential of healing.

The student will be supported in each module to discover the value and benefits of questioning beliefs both old and new. This is offered in the form of a journey of discovery as to how each of us is capable of responding to others and situations from a clean slate.

The particular healing approach supports the value of self-honesty and forgiveness. Both these tools are used and demonstrated in each of the modules.

3. The course aims to teach each student a range of tools to support the natural harmony and wellbeing of the physical body.

The tools will be offered in a particular format that supports the core values of the unique healing approach developed by Amanda and Dominique.

The tools taught will support knowledge, confidence and understanding of physiology, nourishment and self-kindness. Alongside using these tools we will open to the potential of healing the mind's tendency to feel separate not only from parts of the body but also from our true selves.

A focus of working with the body will be the thought that "it is not what we do but why we do something that brings about the outcome."

Many of the tools will be learnt through the means of gentle bodywork and natural healing methods. Each student will be supported to feel confident in the use of the



tools offered. There will be opportunities of direct experience for themselves and case studies are required to gain experience of working with others.

Outcomes

- ♥ You will emerge from this training emotionally, spiritually and physically nourished
- ♥ Women's Wisdom invites us to connect with nature in a very personal way
- ♥ Women's Wisdom allows us the connection we all yearn for
- ♥ As we travel through life we can get addicted to beliefs and habits, losing our clarity to follow our own heart wisdom. The teachings open awareness to see our life in a bigger perspective and free ourselves from what no longer serves us.
- ♥ You will discover your own trust worthy natural instinct and learn tools to help others to discover theirs

Claim your potential
Claim your happiness
Claim your freedom

Specific skills and knowledge learners will take away

- ♥ Communication skills; active listening techniques, questioning skills adapted from systemic work, self-enquiry as a process, and clarity of communication
- ♥ Reflective practice
- ♥ Building relationships; taking ownership of projections and finding ways to take responsibility for how we see the world, others and ourselves
- ♥ Holistic healing of the mind and body
- ♥ Women's life cycle wisdom including the knowledge of the body through these life cycles
- ♥ Body work tools, using herbs and nutrition and hands on body work practices

Learning Modules

Module 1: Modern Medicine Women

What is healing?

This module will explore the following to assist students in answering the question for themselves “what is healing?”

There will be an introduction to the course with Amanda and Dominique.

Students we look at in depth the role of the practitioner both within groups and in one to one sessions.

We will begin an introduction to the process of holistic self-enquiry and the practice of forgiveness as a model of healing that offers participants the process of taking back projections and finding a deeper sense of connection to their authentic self. We will offer the first steps in understanding the process of taking responsibility for one self as a means of integrating experiences from the past and how they take on a “life of their own” when caught in the nervous system.

At Women’s Healing Wisdom we believe within every woman lies the answer to her own healing and development. This belief will be investigated and explored within the group.

Module 2: Learning to listen with ears that are willing to hear; listening from the heart

Students will gain basic counselling skills and active listening skills including systemic questioning and reflective practice.

Students will receive grounding in ethics and diversity awareness relevant to the work of practitioners.

Students will gain an experience of the above through role-play and experiential learning.

What is healing? On this weekend we will continue to ask the question “what is healing?” by working with the following processes.

.Included in the process will be learning to listen to the loving voice within each of us. Intuition and instinct will be explored.

Students will learn how to offer and support others with the process of holistic self-enquiry and self-reflection.

Students will be invited to participate in this learning by practicing both as the role of the client and the role of the practitioner.



Module 3: Natural healing ways for women's life cycles

In this module we will begin exploring the contents of our medicine bag with safe and simple healing tools that can be used in the home by women in their daily lives throughout the different lifecycles of a woman.

We will learn of herbs, foods and natural healing techniques that assist wellbeing and also attend to uncomfortable symptoms within the menstrual cycle, fertility and menopause.

A large part of this module is not only acquiring and discovering the knowledge but also you will be supported to use the information for yourself to have direct experiences for yourself. To actualize the knowledge, which will deepen your ability to be able to communicate with the women you work with the benefits and outcomes of using natural healing ways in their homes.

We have discovered for ourselves that having clarity of purpose of why we are using natural healings ways is of far more benefit than what we do with the tools. We will explore as a group how to work from our heart to our hands with these tools.

In this module will cover aspects of the physiology of the endocrine system related to menopause and in further modules the physiology of the menstrual cycle. We will look at the relationship between the endocrine system and our emotional responses and our health.

Throughout this module students will be supported to step in to opportunities to trust themselves and take responsibility for their own health and wellbeing. In receiving this process for themselves we feel this is the most effective way in teaching how to offer this to others.

In this module we will explore working with our medicine bags within groups offered to women in your communities and also working one to one with women.



Module 4: Ancient and Modern Wisdom of Women

Women have the cycles of the universe within them: Shamanic wisdom for every woman.

Women are reclaiming and developing ancient wisdom as healers in family and community.

A strong sense of connection with women's healing ways, the life cycles of women and feminine wellbeing will be developed throughout this module, including a look at relational well being emotional intelligence and supporting a healthy sense of sexuality in women. How do we work with ancient knowledge in a way that feels pertinent to modern women? How do we integrate the ancient and the new? Every woman has ancient and shamanic healing tools within her, and they have good medicine for the modern age. Students will be supported to work with themselves in their learning so they can get direct experience of what it is we are offering in the wider community.

In this module we will:

- ♥ Learn about the life cycles of women
- ♥ Learn about the heart womb connection and its usefulness in the healing process for women
- ♥ Students will learn simple bodywork exercises and tools, which promote connection and health in the body, relieving symptoms and coming back to wholeness and integration.
- ♥ Skills will be offered that enable students to know how to chart a menstrual cycle. This will be used to support both health care and awareness of changes in a woman's life cycles



In this module we will look closely at the role of nurturing, supporting, affirming and offering healing and assistance to other women within our communities? Students will also work with visualisation, hands on bodywork skills, ceremony and creating sacred space for deep healing.



Module 5: Responding to symptoms and diagnosis

In this module we look at what it means to each student to hold the space for the women they will work with in groups or working one to one. We will use the symbolism of holding to begin our exploring. Then we will move on to asking questions that will act as signposts to move deeper into our inquiry of what it means to hold space for others.

In this module students will look at ways in which we can respond from a place of ease to difficult diagnosis and symptoms. Examples would be the need for a hysterectomy or infertility diagnosis and pelvic disease.

Students will be supported in a process of meeting the feelings that may arise in symptoms and diagnosis both for themselves in offering groups and sessions and to use as a process with the women they work with. We will look closely at what is at the heart of discomfort and suffering both physically and emotionally.

Together as a group we will explore the value of sickness and recognizing hidden agendas and subtle payoffs. Students will be offered opportunities of discovering another way to respond.

This module will continue to use women's life cycles as a model to explore symptoms and diagnosis. Alongside continuing with the question what is healing and health?

Module 6: All we need is Love

In this last module we will ask the question what is atonement? Students will be supported to discover the answer for themselves.

How does trauma get stuck in the body and what tools might we bring to loosen the trauma and bring resolution? We will also learn some parent/child healing tools, which will allow practitioner to be able to map and then work with parts of ourself that got stuck or lost along the way. Students will learn creative tools that bring healing to the child in themselves and their clients.

Students will be introduced and supported to healing past and present relationships through the process of forgiveness. We will not only work with this in a psychological process, but also in the body, in ceremony, and hands on.

Included in this modules medicine bag will be:

- ♥ The State of Sorry; bringing deep healing and release to relationships. This is a practice that can be used as a way to find healing and integration where there is blame, guilt or shame. Once learnt this simple but profound practice can be applied to any situation that brings agitation with powerful effect.



- ♥ The process takes us through a journey of responsibility, remorse, repair and release, and students will have plenty of skills practice to get comfortable with the application of this practice. This offers both healer and client alike a way to find much more freedom and joy in themselves and their wider relationships.
- ♥ Choosing again.
- ♥ A clean slate. Is it possible to approach each encounter and each relationship from an experience of a clean slate? Can we put down the old memories and experiences of the past and begin from a clean slate? These are questions we will explore as a group.
- ♥ The Power of Love. We will use the following quotes to deepen our commitment to the power of love within our lives and work practices.

“Your task is not to seek for love

But merely to seek and find all the barriers within yourself that you have built against it“

“Out beyond ideas of wrong doing and right doing

There is a field.

I’ll meet you there”

“Love is not learned

Its meaning lies within itself.

Learning ends when I have recognized all it is not. “





If you would like to know more why not talk to us or check out our websites;

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