



DESCRIPTION:



Archetypes are the energies which your soul interacts with to create and form every aspect of our life. They provide you with a set of tools, skills, capabilities, lessons, opportunities and potential for this lifetime. In the words of Caroline Myss, "you don't know yourself, until you know your archetypes." When you understand the archetypal patterns that shape your life, then you can begin to know and understand your life's purpose, your goals and your Sacred Contracts. You can also work with your archetypal energies to bring healing to areas of your life that need it, and shift and move unhelpful patterns.

In this introductory course, we will take a look into the world of archetypes and sacred contracts and examine:

- What are archetypes, why are they important and how do they affect my life?
- What are sacred contracts and how do I identify them?
- The four core archetypal energies that we all share and which shape how we act, how we feel, how we think and how we live into our potential and how to use these in healing
- Identifying your individual archetypes, archetypal patterns and living into them.

This course is for everyone – whether you're new to archetypes or know a little or a lot, this hands-on, experiential workshop will gift you a deeper understanding of your self.

ABOUT

KATIE McRAE:



Katie is a Psychospiritual Healer and a Certified Archetypal Consultant with the Caroline Myss Institute in the US, having studied with Caroline Myss for more than 2 years in Chicago. She is also a Master Practitioner in Past Life Therapy with the Association for Alignment of Past Life Experiences in the US, a Spiritual Healer, Intuitive and a Reiki Master.

Her study has taken her into areas such as Dream Therapy, NLP, Medical and Emotional Intuition, Intuitive Counseling, Evolutionary Astrology, Spiritual Direction and Holistic Healing with Norm Shealy as a part of a Masters degree in Spiritual and Holistic Healing from Holos University in the US. She is currently working towards her PHD in Spiritual and Holistic Healing at Holos University.

Dr Norman Shealy MD PHD - author of many books including *Creation of Health* with Dr Caroline Myss and founder of Holos University:

"I am delighted that Australia has access to the best two psychospiritual therapies I know - Archetypal Contract analysis and Past Life Therapy. Trained by leaders in these fields, Katie McRae is well-qualified and gifted in helping you gain insights into yourself."

Jim Curtan - lecturer at the Caroline Myss Institute and creator of the archetypal workshop "Change your Story change your life"

"Katie McRae is an enormously gifted and imaginative interpreter of symbolic language. In particular she has a keen understanding of archetypes. Katie's insight into the connection between the Caroline Myss' four survival archetypes, the characters from the Wizard of Oz and the Four Bali Brothers is especially illuminating."

DURATION: 6.5 hours (1 day workshop)

WHAT TO BRING: Please bring a notebook and pen. You might like to bring your own journal as well. If you own a set of Archetype Cards, please feel free to bring them along (optional)

RECOMMENDED READING: You might like to consider the following texts:
Sacred Contracts by Caroline Myss

AFTER THIS COURSE: You might like to consider the following related short courses:

- Transpersonal Psychology, An Introduction (as part of the Certificate/Diploma of Transformational/Transpersonal Coaching)
- Introduction to the Holistic Perspective (as part of the Certificate/Diploma of Counselling)
- Introduction to Energetic and Spiritual Healing & Subtle Anatomy 1 (as part of the Diploma of Energetic Healing)
- Astrology 1 (as part of the Certificate in Astrology)
- Meditation 1 (as part of the Meditation Facilitator's Certificate)
- The Artist's Way
- Pastels, Paint, Passion... PLAY!

CPE POINTS: Members of ATMS (Australian Traditional Medicine Society) can receive Continuing Professional Education points for this course. 1 hour = 1 point with a maximum of 5 hours.
Please bring your ATMS CPE form to have signed by your trainer at the end of the course.

Please be respectful of your fellow students and arrive on time for classes. Please ensure all mobile phones are turned off prior to the commencement of class.