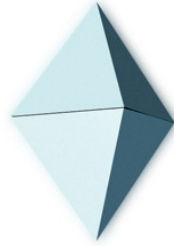
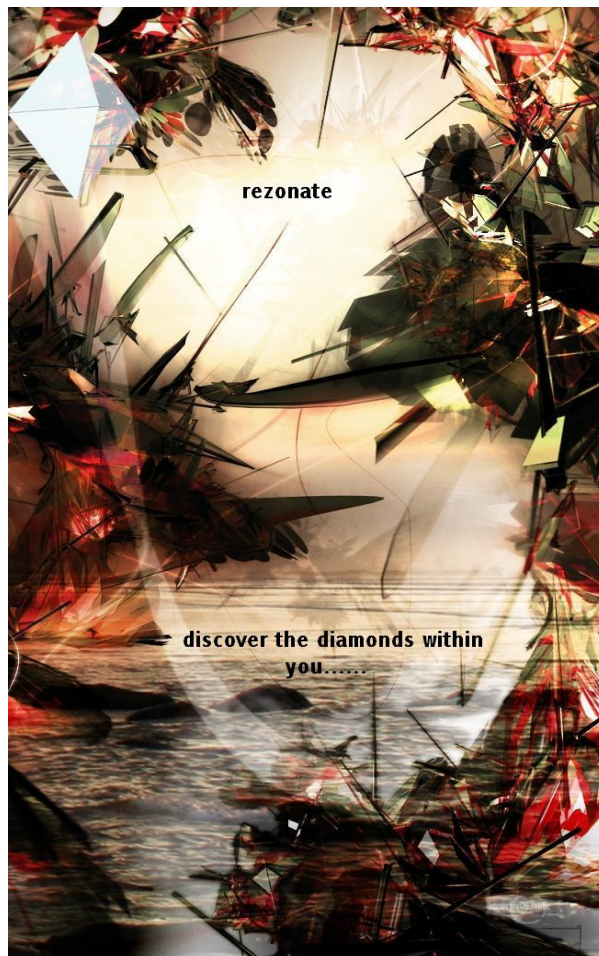


# Rezonate / Diamond Light World



## Workshop and Seminar Information



*Begin with the possible; begin with one step*

Rezonate

[www.rezonate.co.uk](http://www.rezonate.co.uk)

[www.diamondlightworld.com](http://www.diamondlightworld.com)

Tel : + 44 (0)1845 526406    Mob: + 44 (0)79 0086 1221    e-mail : [julie@rezonate.co.uk](mailto:julie@rezonate.co.uk)

*In this booklet you will find a brief outline of each of the workshops and seminars facilitated by Rezonate (including Diamond Light World).*

*Each of these workshops is designed to support you in not only understanding the transformation that each of us is going through, but also to provide you with some practical tools for navigating the process with more ease.*

*You will also find a schedule of planned workshop dates as well as a booking form at the end of the pack. Please bear in mind that we are also available to facilitate special groups by request, so if you have a group in your area and would be interested in hosting a workshop, then please contact Julie Umpleby to discuss your requirements.*

*Below is a list of the workshops for which information is provided, and all are relevant no matter where we are on our journey.*

- 1. *The Magic of Colour***
  
- 2. *Angelic Ascension Pathways***
  
- 3. *The Antaneeea Technique***
  
- 4. *Design Your Destiny***
  
- 5. *The Diamond Light Grid Level 1***
  
- 6. *The Diamond Light Grid Level 2***
  
- 7. *In the Heart of the Diamond***
  
- 8. *The Energies of Transformation***
  
- 9. *A Call to Presence (Home Study Program)***

## THE MAGIC OF COLOUR

### WORKSHOP INFORMATION SHEET

**Duration : 2 days**

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Learn the language of colour and light in this interactive and stimulating 2-day workshop.

Understanding the impact that colour has on us at many different levels, is literally like learning to speak a new language. When we learn to communicate with the world around us through the language of colour, it opens up deep insights for us as individuals and also enhances our perceptual and intuitive abilities. You will be amazed at how much you already know that is simply waiting to surface from your subconscious as we **all** respond to the energy of colour at subtle levels.

In this workshop you will come to understand more about the impact that colour has on your life, and on your emotional, mental and physical well-being. You will learn practical ways of working with colour as well as how to do either a 3 or 9 colour reading that looks at all aspects of your life. Amaze your family and friends with the information that is revealed !

We use the beautiful '**Oils of Transformation**' colour set to play and explore this magical language. This comprises 13 different coloured oils, designed to stimulate the senses and awaken your perceptions.

The workshop also introduces you to the "**Angels of Transformation**", which are sprays to balance your energy centres and are used for space clearing and harmonizing. This workshop will teach you about chakras, dowsing, space and energy clearing, colour readings and how to incorporate the magic of colour into any other therapy.

Contents of this workshop include :

- AN INTRODUCTION TO LIGHT, COLOUR AND THE ELECTROMAGNETIC SPECTRUM
  - HOW WE SEE OR SENSE COLOUR
  - THE POSITIVE AND NEGATIVE ATTRIBUTES OF KEY COLOURS
  - THE LINKS BETWEEN COLOUR AND THE CHAKRA SYSTEM
  - HOW TO 'READ' THE MEANINGS IN COLOUR SELECTIONS
  - COLOUR MEDITATIONS AND ENERGY TECHNIQUES
  - SPACE CLEARING TECHNIQUES
- WAYS IN WHICH YOU CAN INCORPORATE OR USE COLOUR PRACTICALLY IN DIFFERENT FACETS OF YOUR LIFE

**COURSE COST : £150** (includes full workbook and a mini oil)

**DEPOSIT : £40**

For more information about the Oils of Transformation or the Sprays, please visit [www.divine-space.com](http://www.divine-space.com) . Rezonate is the distributor for these wonderful products here in the UK.

## ANGELIC ASCENSION PATHWAYS

### WORKSHOP INFORMATION SHEET

**Duration : 2 days**

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## Introducing Archangel and Ascended Master Support for your Ascension Journey

The whole of our precious planet is in the process of ascending to a new level of being, and she is not alone. We, too are changing, evolving and growing in amazing ways as we open up more and more to the magnificence of our true Self. This is not always easy, and in the midst of what can appear to be turmoil or chaos it can be difficult to see the perfection in all that is unfolding. We actually have a great deal of support available to us from the Higher Realms of the Angelics and Ascended Masters.

We are not alone in our transformation process, and our burdens can be carried much more lightly when we know that we have helping hands we can call on when we need them.

This 2-day workshop is an experiential time, which helps you to connect with & truly feel the deeply supportive & loving guidance of 14 master vibrations to help you on your journey. For instance:

- Aligning with Archangel Raphael as he assists with physical healing
- Allow Mother Mary and Archangel Gabriel to welcome new born souls into life.
- Archangel Metatron facilitates your understanding & support of Indigo Children
  - Connecting with Melchizadek for manifestation.

We will work with a series of delicate coloured products (Divine Transformation Oils) that facilitate alignment with the Angelic and master vibrations we will be exploring.

Through Meditative processes and visualizations you will deepen your connection to these Beings, while learning to identify and listen to the answers that may come to you.

You will learn new energetic healing techniques to enhance and support clients, family and friends and this will also provide you with a great support for any other therapy.

**COURSE COST : £170** (includes full workbook and a mini oil)  
**DEPOSIT : £40**

For more information about the Divine Transformation products, please visit [www.divine-space.com](http://www.divine-space.com) . Rezonate is the distributor for these wonderful products here in the UK.

## THE ANTANEEA TECHNIQUE

### WORKSHOP INFORMATION SHEET

**Duration : 4 days**

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#### “Soul Massage”

The Antaneeaa Technique is a new vibrational healing method that originated in South Africa and is steadily gaining recognition in the UK.

The technique recognises that the body is like a giant computer library, storing and recording all of our negative emotional experiences. If we are unable to deal with the original emotions at the time we first experience them, we will very often repress the pain of the memory. However the body retains the chemical and energetic pattern of this, and over time we find that we will attract people or circumstances to ourselves that replay the original trauma. In Antaneeaa, this unconscious repetition is known as a “time gateway”. If we are caught in an emotional time gateway (or energy feedback loop), we may also experience physical pain or illness depending on the intensity of the experience, emotion or thought. The purpose of the treatment is to locate these time gateways or age locks – areas in the body which correspond to the age a person was when they experienced painful emotions. By bringing these issues into conscious awareness, the individual is then supported in working through the issue gently and safely.

Antaneeaa uses a number of vibrational healing tools to accomplish this and incorporates colour (in the form of 11 coloured oils), sound, crystals and geometric symbols. When these are applied to the body through physical massage, the age locks and types of emotional experience are revealed and the energy systems are then able to realign themselves. The body is also massaged 3 times in one treatment, allowing the physical body to align with the emotional and mental bodies and finally integrating with the spiritual self. A deeper sense of awareness and a connection with the individual’s *soul frequency* is thus achieved.

The training groups are small and the course includes guided practice sessions, ensuring that the techniques are clearly understood and integrated. This is a powerful and highly practical technique to enhance any other therapy or as a first stepping stone for anyone wanting to start using their healing gifts.

The results will surprise you !

#### THE 4-DAY COURSE COVERS THE FOLLOWING :

- THE CHAKRA SYSTEM, EMOTIONS AND BEHAVIOURS
- BODY WORK TECHNIQUES AND HOW TO MAP AND READ THE BODY
- UNDERSTANDING OUR CHALLENGES AND WHY WE HAVE CREATED THEM
- MEDITATIONS AND VISUALIZATION TOOLS
- APPLICATION AND INTEGRATION OF COLOUR, CRYSTALS, SYMBOLS AND SOUND
- BASIC COUNSELING TECHNIQUES

**COURSE COST : £300** (includes full workbook and oils used during the workshop)

**DEPOSIT : £40**

For more information about the Oils of Transformation or the Sprays, please visit [www.divine-space.com](http://www.divine-space.com) . Rezonate is the distributor for these wonderful products here in the UK.

## DESIGN YOUR DESTINY

### WORKSHOP INFORMATION SHEET

**Duration : 2 days**

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***BECAUSE THERE IS NO ONE ELSE LIKE YOU IN THE WHOLE WORLD!***

For the most part, our lives are largely determined by external factors and circumstances. From our earliest beginnings, we absorb the values and traditions of our closest family and cultural groups. As we grow and develop, we begin to establish some sense of individual identity, but our place in the whole is often shaped by the influences on our personality development, the beliefs and values of greater society, our relationships, workspace etc.

We are ALL born with a unique blueprint for this life. This is your AUTHENTIC self, a one of a kind design intended to assist you in bringing to the fore the gifts and talents you have to offer the world. When you operate from this level of awareness, and express the richness of who you are, you bring upliftment to the world around you. Your greatest responsibility in life is to simply be the best YOU that you can be.

Discover the role you were meant to be playing and take full control of your life. Re-create your life map, uncover your deepest desires and discover ways to make your deepest dreams a reality. You CAN design your destiny.

**In this two-day workshop, you will explore :**

How your values influence your decisions

A re-discovery of what brings you passion and excitement

What you desire for yourself and others

How grief, trauma and emotional events have clouded your blueprint

Releasing past conditioning and establishing a firm foundation for future potential

Your voice of self-sabotage, where it comes from and how to override it

The core essence of who you were born to be

The gifts that you bring to the world

Completion of a pre-course questionnaire is required, and your personal blueprint (profile) is presented at the workshop

**COURSE COST : £190** (includes your personal profile as well as a full workbook)

**DEPOSIT : £40**

## **THE DIAMOND LIGHT GRID – LEVEL 1**

### **WORKSHOP INFORMATION SHEET**

**Duration : 2 days**

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#### **“SPIRITUAL ALCHEMY”**

**Our world is evolving and changing.**

**Increased energy of higher and finer frequency is pulsing through and from our sun, affecting our planet and all who live on it.**

YOU are evolving and changing in direct correspondence with this. It is a spiritual evolution and you are being called to awaken!

You have a new energy field that is emerging and taking shape that will support you in this process, helping to maintain balance and integrate the new energy gracefully

It is the Diamond, or Sacred Octahedron—a diamond field of light, a personal grid structure that anchors, aligns calibrates and integrates more of your essence to hold it within the physical body.

Once aligned to it's original structure, your grid allows a greater degree of resonance with your purpose and original state of perfection. It also enables your physical body to hold a greater frequency of light energy as it is developed. The outcome and benefits of this are numerous, and include greater clarity, more energy, ability to manifest what you desire, improvements in health, skill in recognising disharmonious emotional patterns and the power to bring about meaningful changes in your life.

Most importantly, your Diamond Light Grid enables you to maintain a state of balance in the face of the earth changes that are now happening, and to integrate the new cosmic energies. It is also naturally protective and grounding.

**This exciting two day workshop will introduce you to your diamond light grid, and includes:**

- **Introduction to the Earth Changes and the meaning of Ascension**
  - **An introduction to the science of Biogeometry and recent research**
  - **A brief overview of sacred geometry and the relationship with energy**
    - **Your aura and the diamond energy grid**
    - **The significance of the Octahedron or Diamond**
  - **The structure, function and anchor points of your 'Diamond Light' grid**
    - **The links between The Diamond Light Grid and DNA**
      - **Causes of grid misalignment**
      - **An attunement to the Diamond energy**
    - **Exercises to align and strengthen your own grid**
  - **An introduction to recalibrating the Grid for others**
- Requirements for becoming a practitioner**

**COURSE COST : £150 (includes full workbook)**

**DEPOSIT : £40**

## THE DIAMOND LIGHT GRID – LEVEL 2

### WORKSHOP INFORMATION SHEET

**Duration : 2 days**

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#### **“Working with the Light Codes”**

The Level 2 workshop is designed to develop and build on the processes from Level 1, and introduces you to the Diamond Light Codes.

In the years building up to 2012 our greatest challenge is to stand fully in our power and enable our DNA to hold the full charge of our essence. It effectively becomes a superconductor of energy. In order to do this, we need to clear through all resistance patterns that are currently locked into our DNA and activate the portions that are currently not working. The Diamond Light Codes specifically focus on repairing and working at the level of the DNA. During this workshop, we also work on linking the Diamond Light Grid with the additional light field grids of the planet.

Through this deeper work with the grid and the Light Codes, the Sacred Heart is also activated, bringing your Divine Self into greater presence in every day life. The more we can hold and anchor this deeper energy of bliss in our life, the stronger and clearer our energy fields and emotional bodies become. Through our heart, we entrain the mind. Through the Sacred Heart, we entrain the Higher Mind bringing us into Sacred Relationship with our Divine Self.

This is a workshop of personal transformation, engaging deeper alchemical processes. As the Diamond Light Codes operate through the Diamond Light Grid as the energy *vehicle*, it is necessary to have completed the Level 1 workshop first, and to have experienced at least one grid alignment session (either in person or distant).

In the two days, we will cover :

**Special Grid Breathing techniques to further build energy in the grid and the core**

**How the DLG functions in conjunction with other sacred geometries**

**The meaning in experience and Sacred Heart activation**

**Understanding the deeper aspects of how DNA works**

**How our original perfection patterns have become scrambled**

**The function of the Light Codes and links with the Pineal Gland**

**The Meaning of the Light Codes**

**Ways of working with the Light Codes**

**COURSE COST : £170** (includes a mini working set of 26 diamond light codes)

**DEPOSIT : £40**

## IN THE HEART OF THE DIAMOND

### WORKSHOP INFORMATION SHEET

**Duration : 1 day**

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#### Introducing the Diamond Light Grid and the Sacred Heart

This one day workshop serves to introduce you to a new energy field, the Diamond Light Grid and it's main functions, including how it serves as a connection to the sacred or divine heart. Some schools of thought refer to this as the Heart of Hearts, taking us beyond the confines of the human heart.

When we understand that the diamond is "the shape of the soul", we can perhaps see that the diamond itself acts as a container for soul energy and through the energy of our soul, we are able to glimpse the heart of creation. Working with the diamond assists us in recognizing and accessing the energy of our soul, and the infinite patterns and love of creation.

The primary focus of this workshop is therefore to bring us into alignment with the sacred heart, which is so desperately needed at this point of transformation in consciousness.

This NEW workshop will introduce you to your diamond light grid, and will incorporate :

- Introduction to the cosmic and planetary Changes
- The Merkaba, the diamond and the sacred heart
  - Your aura and the diamond energy grid
- The deeper significance of the Octahedron or Diamond
- The structure, function and key anchor points of your 'Diamond Light' grid
  - The nature of DNA Activations and the diamond connection
    - Grid misalignment

Benefits of working with the Diamond Light Grid

- An attunement to the Diamond energy
- Exercises to align and strengthen your own Diamond Light Grid and sacred heart ·

**COURSE COST : £85**

**DEPOSIT: £20**

## THE ENERGIES OF TRANSFORMATION

### WORKSHOP INFORMATION SHEET

**Duration : 1 day**

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#### **“Having the courage to *keep on* awakening”**

No two spiritual awakening experiences are the same, and every journey is as unique as the individual concerned. However, one thing is consistent – every awakening involves an influx of energy that can literally turn our lives upside down in a multitude of ways. Awakening is also not a one-off incident, but a process that continues and deepens throughout life.

The energetic environment on our planet is triggering many spiritual awakenings in people that have no guiding principles or understanding of what is happening to them. This new energy impacts us at all levels of our being, and it is going to become more and more important for therapists and individuals alike to understand the implications of and possible responses to this energy, as well as what is happening at physical, emotional, mental and spiritual levels.

This 'energy' of transformation is the energy of the original creator seeking to express itself via your soul and through your physical body. This is no mean feat as your entire being has to readjust and align to accommodate this energy. Sometimes it also requires that we have to confront many shadow aspects within ourselves as the limitations imposed by our personality-ego are dismantled.

This can be very uncomfortable and at times scary if there is no guide to support you. There are many so called Light Workers and spiritual seekers who have spent years on the 'path', and yet still go through some difficult and challenging experiences. This is a natural and very necessary part of the process.

It can help to have a basic understanding of this to support you through the many and varied manifestations of transformation.

This special one day seminar will introduce you to this, giving you an overview as well as some practical tools to assist you and others through the transformation happening on our planet right now.

**COURSE COST : £85**

**DEPOSIT : £20**

## A CALL TO PRESENCE

### HOME STUDY PROGRAM - INFORMATION SHEET

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**This new home study programme is specifically designed to support you in connecting you with your Diamond Light Body stabilising your energy and transforming belief patterns. Even those who have attended the Diamond Light Grid level 1 workshop will benefit as there is additional information and exercises to that which is covered in the workshops.**

The New Energy environment is about you embracing your authentic power, which ultimately comes from one place – your soul and connection to divine source. When you can do this, all else falls into place, manifestation becomes easier and emotions stabilise. If the Law of Attraction is all about vibration, then mastering your vibrational core has to be the first step. The Diamond Light Grid is an energy body of tremendous personal power - a container for an amazing amount of energy. Find out how and why it is gathering so much interest and momentum in this special home study series.

I have spent many years researching and working with the materials to bring this to you so you have a head start.....

**What can you expect from the programme?**

#### A CALL TO PRESENCE – Home Study Programme

##### **What**

**A 6 part transformational home study programme**

**Approximately 9 hours of audio, meditations and guided energy exercises**

**100+ page workbook presented in a binder**

**Additional energy support tools**

**E-mail support during the 6 weeks**

##### **Content**

**Over the 6 sections we will be covering many topics including :**

- The nature, origin and importance of the diamond
- Ascension, 2012, earth changes and personal changes
- Understanding the nature of light, energy, your Light Body & the physical body connection
- New Energy, spiritual alchemy and how it links with the Diamond Light Grid

- What to expect as you begin structuring and increasing the frequency of your energy fields
  - Clearing the heart space and creating a new heart-mind linkage
    - Activating the heart diamond
    - Co-ordinates for the Diamond Light Grid
    - - Unlocking your inner vision
  - Working with the spiral to create energy vortexes and further activate your energy bodies
    - Graceful releasing - why the old system of "cord cutting" doesn't work and replacing it with a process for the New Energy.

**and more.....**

Each aspect covered has powerful energy exercises, breathwork and tools for you to work with, as well as special meditations to support you. Many of these are new and specifically developed for working with and building your Diamond Light Grid

#### **Your Investment**

**98.99 GBP + £7.50 p&p**

#### **Payment**

via Paypal (online at [www.diamondlightworld.com](http://www.diamondlightworld.com) ), or cheque

**Cheques should be made payable to "Rezonate", and sent to Mill House, South Kilvington, Thirsk, North Yorkshire, YO7 2NL.**

**For cheque payments, please use the "Course Booking Form" provided at the end of this brochure, and submit with your payment**

**Everything around us is changing, and it is vital that we learn how to maintain stability in this new electromagnetic environment.**

## WORKSHOP SCHEDULE

Below is a schedule of planned workshops for 2009. Please note that this is subject to change dependant upon final booking numbers for each of the workshops. In the eventuality that a workshop has to be cancelled, any deposit you have paid may be used against a future workshop date or booking.

DATES	COURSE/WORKSHOP TITLE	VENUE
<b>JANUARY 09</b>		
19/20	The Diamond Light Grid - Level 2	Thirsk, N. Yorks
24/25	The Diamond Light Grid - Level 1	The Healing Touch, Sandsend, N. Yorks
<b>FEBRUARY 09</b>		
14/15	The Diamond Light Grid - Level 1	Stepping Stones Centre, Farnham, Surrey
21/22	Design Your Destiny	Thirsk, North Yorks
<b>MARCH 09</b>		
5-8	Antanee Technique (4 days)	Stepping Stones Centre, Farnham, Surrey
29	In the Heart of the Diamond (NEW)	The Light of Hope Centre, Sale, Cheshire
<b>APRIL 09</b>		
4/5	Angelic Ascension Pathways (NEW)	Stepping Stones Centre, Farnham, Surrey
18/19	The Diamond Light Grid - Level 1 (2 days)	West Midlands
24/25	The Diamond Light Grid - Level 1 (2 days)	Gauteng, South Africa
<b>MAY 09</b>		
2/3	The Diamond Light Grid - Level 2 (2 days)	Randburg, Gauteng, South Africa
10	The Energies of Transformation (NEW)	Gauteng, South Africa
16/17	The Diamond Light Grid Level 1	Cumbria
<b>JUNE 09</b>		
4	In the Heart of the Diamond	The Healing Touch, Sandsend, N.Yorks
7	The Energies of Transformation (NEW)	Tyne & Wear
13/14	The Diamond Light Grid Level 1	Richmond, North Yorkshire
27/28	The Magic of Colour (2 days)	TBC

<b>JULY 09</b>		
4	In the Heart of the Diamond (NEW)	West Midlands
5	The Energies of Transformation (NEW)	West Midlands
18/19	The Diamond Light Grid Level 2	Stepping Stones Centre, Farnham, Surrey
<b>AUG 09</b>		
1/2	The Diamond Light Grid Level 1	TBC (possibly Canada)
16/17	The Diamond Light Grid Level 1	The Healing Touch, Sandsend, N. Yorks
20-23	The Antaneea Technique	TBC
<b>SEPTEMBER 09</b>		
12/13	Design Your Destiny	Surrey
26/27	The Magic of Colour	Tyne & Wear
<b>OCTOBER 09</b>		
3/4	The Diamond Light Grid - Level 1	Near Bucknall, Shropshire
18	The Energies of Transformation (NEW)	TBC
24/25	The Diamond Light Grid Level 2	Richmond, North Yorkshire
<b>NOVEMBER 09</b>		
1	In the Heart of the Diamond (NEW)	TBC
14/15	The Diamond Light Grid Level 1	TBC
<b>DECEMBER 09</b>		
5/6	The Diamond Light Grid Level 2	TBC



## REZONATE

Therapies and workshops helping you to discover the diamond inside!

### COURSE BOOKING FORM

Please note that the indicated deposit for the required course is required with your booking form. The balance of the course fee is payable on the first day of the workshop.

#### REGISTRATION DETAILS

DELEGATE NAME (S)	
CONTACT ADDRESS	_____ _____ _____ _____
CONTACT TEL. NO.'S DAY EVENING MOBILE	_____ _____ _____
E-MAIL ADDRESS	
NAME OF COURSE	
DATE OF COURSE SELECTED	
VENUE	
NO.OF PLACES	
TOTAL FEE PAYABLE	
<u>DEPOSIT</u>	

Please return this form together with the relevant deposit to :

Julie Umpleby  
Mill House  
South Kilvington  
Thirsk  
YO7 2NL

Course confirmation will be provided for all deposits received. Cheques can be made payable to *Julie Umpleby or Rezonate*

Regretfully deposits are non-refundable unless the respective course is cancelled by the organizers.

If you are unable to attend at short notice, your deposit may be used to secure you a place on an alternative workshop at a future date.