

Joy Nicholson has spent the last 25 years working with people of all ages, in one to one and group settings. Her work has mainly consisted of facilitating people to assist themselves by gaining a greater understanding and insight and thus enabling them to make choices about how they live their lives.

ISET plays a large part in Joy's life, not only in working with clients but also in her own self development. She has found it to be one of the most powerful tools to use in enhancing one's own growth.

Joy runs a Holistic Therapy practice (which includes workshops, meditation groups, reflexology, massage, Reiki and ISET sessions) and works in an aged care facility as a Therapist and Trainer in Hobart.



The ISET INSTITUTE is an accredited college of the Australian Holistic Healers Association and was formed in 2005 to continue and further develop the work begun by Eileen Goble.

We provide Courses and Workshops using the ISET (Integrated Self Empowerment Therapy) Method to allow participants to empower themselves through knowledge, understanding and practical experience.

Joy Nicholson
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JOURNEY TO SELF EMPOWERMENT CERTIFICATE

Journey to Self Empowerment Certificate

Using Guided Meditation and visual imagery techniques, this course allows you to discover your infinite nature and embark on a journey towards self empowerment.

The course provides a great opportunity for you to create positive change in your life and in the lives of the people around you.

Due to its practical nature, it is very common for participants to experience healing and change at the spiritual level resulting in an increased sense of well being and self awareness.

Most participants comment that their whole way of thinking about their world has changed after completing this course.

This course is now offered in Hobart and facilitated by Joy Nicholson.

Please see insert for details of dates, times, cost and venue.

Course Outline

Module One—Understanding your Spiritual Nature

In this first module we look at understanding who we are, our belief systems and discover the reasons behind the life choices we make. We explore the concept of negative and positive energies and learn the art of spiritual protection. We look at past life connections and their relevance to today. And the connection between yourself and your family and incidental meetings.

Module Two—Metaphysical Connections

We look at how we can release the past and move forward with a more positive approach. We explore the concept of spiritual guidance and you have an opportunity to meet one of your spirit guides through a guided meditation..

Module Three—Healing Energies and Spiritual Healing

We look at healing energies, their purpose and use. We learn about the Chakras—colour, emotion and energy. You get to experience a chakra balance using colour and healing energies. We look at our emotional reality and using the healing energies to control pain. Practical experience with surrogate healing of physical, emotional and spiritual conditions.

Module Four—Metaphysical Reality

Exploring our infinite energies—positive and negative. We will discover any part of our infinite nature that has allowed any negative energy to become attached to or influence us. We will also explore where this influence has occurred in things, places and events.

Module Five—Channelling for Growth

What is channelling—preparing to channel and formulating the right question to obtain the relevant answer. We look at how you can channel your higher consciousness using Chakras as a focus. We learn about different forms of channelling and have the opportunity to experience this in an area that you feel comfortable with. We explore the concept of auras, learn how to draw the auras of others, recognising their difference energies and qualities for different people. We look at different levels of channelling—light, medium and trance.

Module Six—Healing Metaphysically

Experience healing physical or spiritual disharmony with colour. Finding and recognising the origins of disharmony. Locating past life memories locked in the physical. Putting the healing tools together—colour, healing energies, surrogacy and past life memories.