

Future - Progression & Development options.. If you have enjoyed this course and you would like to remain in contact or work further together then there are a few ways to do so. A few are mentioned here and my full schedule is available and regularly updated @ ...[www.tracee.cullen.com](http://www.tracee.cullen.com)

### **High Dimension Awaken & Healing Programme (HDA&HP)**

This is for those that are ready to delve deeper into oneself and your 'inner journey', it will be profound in doing so and having space held for you at this level is without doubt life changing. You will find this a 'calling' to attend.

Its about finding you, gaining the courage to break and unravel old patterns that hold you back and to shine light within whilst seeking 'enlightenment' at soul level.

You knowingly discovered that you have all you need within, and have confidence and feel empowered to make changes that allow your authentic self to shine and follow your passion.

The HDA&HP - is of new vibration - Not to learn a 'new' method, treatment, modality or healing, its's a process of going within to seek yourself.. to be.. to find you.. Empowerment of self - initiated by YOU!

This is to know & action that 'you can do it'.. Not needing to seek externally, - you simply are..

Stripping back the layers that stop you being you.. fear, self-confidence, of not being good enough. Knowing your sense of direction, and how to pursue it.

### ***Meditation Teacher Training Journey - Delivered in UK & India & ONLINE.***

- *7 Day intensive course - Meditation Teacher Certification*
- *100 hours Certification - additional 6 days training – September 2020*
- *200 hours – 13 days (available 2021)*

### **Awakened Inner Circle -**

This is my Online Group, where I work with you on a fortnightly basis providing channelled guidance, spiritual development soul sessions – you can access at any time 24/7 and will be part of a supportive community.

This is for continued personal and spiritual development navigating the current awakening energies.

Includes - HD meditation, Soul sessions, Energy Updates, Free Meditation Library & Live sessions once a month with Tracee - £60 for 4 months. (£7.50 per session)

*Invest in yourself.*

### **One to one sessions - Held via Skype or Zoom**

- *Intuitive session 30 mins or 1 hour*
- *Spiritual Business Mentoring*
- *Coaching package – 3 sessions*

### **Retreats - Spiritual Retreats held in North Devon, Greek Islands, Sri Lanka & India.**

*It's been a pleasure to deliver this course to you. Continue ONLINE with me!*

*Namaste.. 'My soul honours your soul.. Tracee.x*