INSTITUTE OF QUANTUM THERAPIES
THE ESSENCE



COURSE PROGRAM

Frequencies of Light Foundation Training

4-Day Intensive Course for Energy Centres Harmonisation

4 Days Intensive Training | In-Person Training (UK)

Discover a powerful holistic method for energy balancing, wellbeing, and personal transformation.

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The Frequencies of Light Foundation Training is a comprehensive 4-day intensive course designed to introduce you to the core principles and practices of the Frequencies of Light method. Whether you are beginning your personal development journey or expanding your professional holistic practice, this training provides practical tools to support harmonisation and greater energetic awareness.

More than a course, this is an initiation into a unique modality that combines energy work, intention, consciousness, and holistic wellbeing practices to help restore balance within the energetic system.

What You Will Learn

During this immersive four-day experience, you will:

- Understand the foundations and philosophy of Frequencies of Light.
- Learn techniques for energy centres harmonisation.
- Develop awareness of energetic imbalances and how they may affect wellbeing.
- Explore practical methods for self-treatment and supporting others.
- Learn grounding, protection, and energetic alignment techniques.
- Gain confidence in applying Frequencies of Light in everyday life.
- Experience guided practical sessions and energy exercises.
- Develop a deeper connection with your intuition and personal growth journey.





Who Is This Course For?

This training is suitable for:

- Holistic practitioners seeking to expand their skills.
- Coaches, therapists, wellbeing professionals, and energy workers.
- Individuals interested in personal development and self-discovery.
- Anyone wishing to learn techniques that support balance, harmony, and wellbeing.
- Complete beginners, no previous experience required.

Training Benefits

By the end of the course, participants often report:

- Greater clarity and self-awareness.
- Increased confidence in working with energy.
- Improved sense of balance and wellbeing.
- Practical tools for daily energetic maintenance.
- A deeper understanding of consciousness and personal growth.

Course Format

DURATION

4 Days Intensive Training

DELIVERY

In-Person Training (UK)

CERTIFICATION

Frequencies of Light Foundation Training Certificate

The course combines theory, demonstration, practical application, guided exercises, and experiential learning to ensure participants gain both knowledge and confidence in the method.

Begin Your Journey

Join us for an inspiring and transformative four-day experience and discover how Frequencies of Light can support energy centres harmonisation, personal growth, and holistic wellbeing.

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The Essence Institute of Quantum Therapy

Empowering transformation through consciousness, energy awareness, and holistic development.