



# BRIDGING MINDS

## School of Spiritual Enlightenment

### One-Off Courses & Professional Qualification

Bridging Minds is for you...



If you know there is more to life and wish to find your own peace & happiness. If you wish to awaken your true strength and purpose and inspire others to do the same.



If you would like to bridge the gap between material values & a new spiritual awareness, leading the way forward into a better future for all.



If you would like to become a Spiritual Mentor, enabling individuals to transcend stress, experience healing and find harmony, creativity and enthusiasm in all aspects of life.



If you would like to be part of a new visionary movement of people seeking to open new pathways of Truth within the world and make the world a better place



Spanning the divide between the physical and the spiritual, Bridging Minds opens a multitude of new doorways in thinking, visioning & truth

Through the experience of soul, individuals free themselves from restrictions & limitations and experience the wealth of knowledge and the fullness of potential that lies within the infinite. Through Bridging Minds you will step into the life that you were born to live, understand the truth of existence and learn how to lead others into that same experience of harmony and of peace.

Bridging Minds is founded in the principles of patience, compassion, tolerance and forgiveness and seeks to inspire lives and to make the world a better place

At a time when so much is changing within our world, people are searching for a different way. Many who have experienced isolation and difficulties within their lives or within their communities are reaching out for solace and sustenance on a level that cannot be found in the old traditional ways. A new spirit of global harmony is rising to overcome the laws of greed and self-interest that have become prevalent in our modern society. Spiritual Mentoring is that new way, enabling through compassionate guidance, meditational practices, counselling and healing where necessary, the opening of a door that brings harmony & fulfilment.

#### There are 3 areas of specialisation:

- The Bridge
- Spiritual Mentoring, Counselling & Healing
- Enlightened Coaching

**The Bridge:** leading you from the finite mind into infinite peace and facilitating the harmony of Body, Mind & Soul, The Bridge incorporates a very special, clinically designed programme for Transcending Stress based on scientific research combined with spiritual truth, using Advanced Meditation & Mentoring and equipping you with all that you need to work with individuals as well as group

**Advanced Mentoring:** In-depth training in Counselling & Healing

**Spiritual Coaching:** a new way for a new time

#### How to participate:

- Experience a One – Off Weekend
- Explore new horizons of truth in a one off cluster of 3
- Add a Vocational module to the Cluster if you wish to facilitate & share with others
- Immerse yourself in a Certificate or Diploma

Advanced Bridging Minds are also available on subjects such as The Spiritual Concept of Time & The Power of Belief along with a range of Workshops and an Annual Gathering of the Bridging Minds Community as well as the opportunity to become an Associate in our sister company Corporate Soul Consulting.

**Exciting in its individuality and depth  
this course will raise you into dimensions  
beyond your imagination and deliver you back  
ready to share this with the many  
who will seek to discover more.**

*Review: "Despite following a meditation practice over a number of years Bridging Minds has had the greatest life-changing impact on me. It is meaningful and has a clear sense of purpose, with a set of principles that resonate deeply."*



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**Karen Fletcher BAHons, SYT, SM&H, DSP&C, AH  
Founder of Bridging Minds**

"Karen's deep, yet joyous nature along with her unique combination of expertise and knowledge becomes evident in her dedicated and inspired teaching of truth. Karen runs Courses & Retreats at Primrose Cottage in Somerset and in various locations around the world and is also Co-Founder of Corporate Soul, an initiative which paves the path of enlightenment within the business world & for humanity as a whole"

### LENGTH, COSTS & STUDENT BENEFITS

Bridging Minds Certificate : 14 days  
 Bridging Minds Diploma: 30 days  
 The duration of the Certificate/ Diploma is part time up to 3 years.  
 Payment plans are available on request.  
 Student Discounts on Courses and Accommodation

### ADDITIONAL REQUISITES

- ★ FIRST AID CERTIFICATE
- ★ The Teachings of the Way Books and Transcripts
- ★ INDIVIDUAL SESSIONS X 4 personal supervision.
- ★ CASE STUDIES X 10 + 5 x 3
- ★ ASSESSMENTS X 1 verbal + 1 accredited

### FULL BRIDGING MINDS CERTIFICATE & DIPLOMA

**CERTIFICATE (BM CERT)** 7 Modules : 14 days.: 100 hours Tuition : 40% Theory & 60% Practical.

**DIPLOMA BM DIP** 15 Modules : 30 days.: 220 Tuition Hours. 40% Theory & 60% Practical.

### ACCREDITATION, ENDORSEMENT, INSURANCE, CPD

The Bridging Minds Course is accredited by the school BRIDGING MINDS and the BCMA and insured by Balen & Co. Courses applicable for CPD

### STUDYING AT PRIMROSE COTTAGE

PRIMROSE COTTAGE is the spiritual home of Bridging Minds. It offers a safe and nurturing haven for everyone find peace as well as to study, there is a beautiful ensuite Student Retreat Room overlooking the garden available if you choose to stay.

## SPECIALISED COURSES

Spiritual COUNSELLING, HEALING & MENTORING	
CHM 1	Transcending Grief
CHM 2	Transcending Fear & Dependency
CHM 3	Working with Children

ENLIGHTENED COACHING	
EC 1	Introduction to this exciting and unique approach
EC 2	Continued Study
EC 3	Developing Expertise

### FURTHER Study of the TEACHINGS of THE WAY of TRUTH

ADVANCING TRUTH	
Time and the Now	Spiritual Time
The Power of Thought	Uniting in Purpose
Living Truth	Leading by Example

### PLUS ANNUAL BRIDGING MINDS EVENTS & REFRESHERS

BRIDGING ENLIGHTENMENT	
Pathways of Peace	Explore the concepts of Meditation & Visualisation and experience deep relaxation and peaceful guided journeys into the light
Your Soul's Purpose	Insight into the nature of the Soul and its pathway through eternity, illuminating your own unique journey and its purpose.
The Enlightened Way	Linking with your Higher Self for inspiration & guidance for yourself and others, transforming the past and opening to the potential of the future.

THE BRIDGE	
The Bridge 1	Explore the essence of the Bridge, learn the art of Meditation and experience the Transcending Stress techniques. Understand the theory, cause and effect of stress and discovery.
The Bridge 2	Advancing techniques and address specific problems and develop facilitation skills.
The Bridge 3	Understand, tailor and facilitate a Bridge programmes to specific needs. Case Studies.

BRIDGING EXPERIENCE	
The Essence	The fundamental principles of the Teachings of the Way & Healing through the Christos
Spiritual Counselling	Opening the door to the Truth for your work in sharing with others.
Inspired Meditation	Inspired Writing & Speaking. Learn to guide Meditations & Visualisations through Inspiration.

BRIDGING KNOWLEDGE	
The Way	Study & Experience further Teachings on Spiritual Truth and how to share them
The Soul	Advancing Study of the Soul and in-depth insight into the Higher Self and the Soul's progress through the Spheres of Light
The Spiral	Explore Creation and Experience Aspects of Truth relating to the Spiral of Life and the understanding of the infinite nature of being.

BRIDGING FACILITATION	
Bridge Facilitation	Supervision & Practice Sessions
Change Facilitation	Facilitation of Change in Others
The Corporate Soul	The Group Mind, facilitating groups and bringing Enlightenment to all.