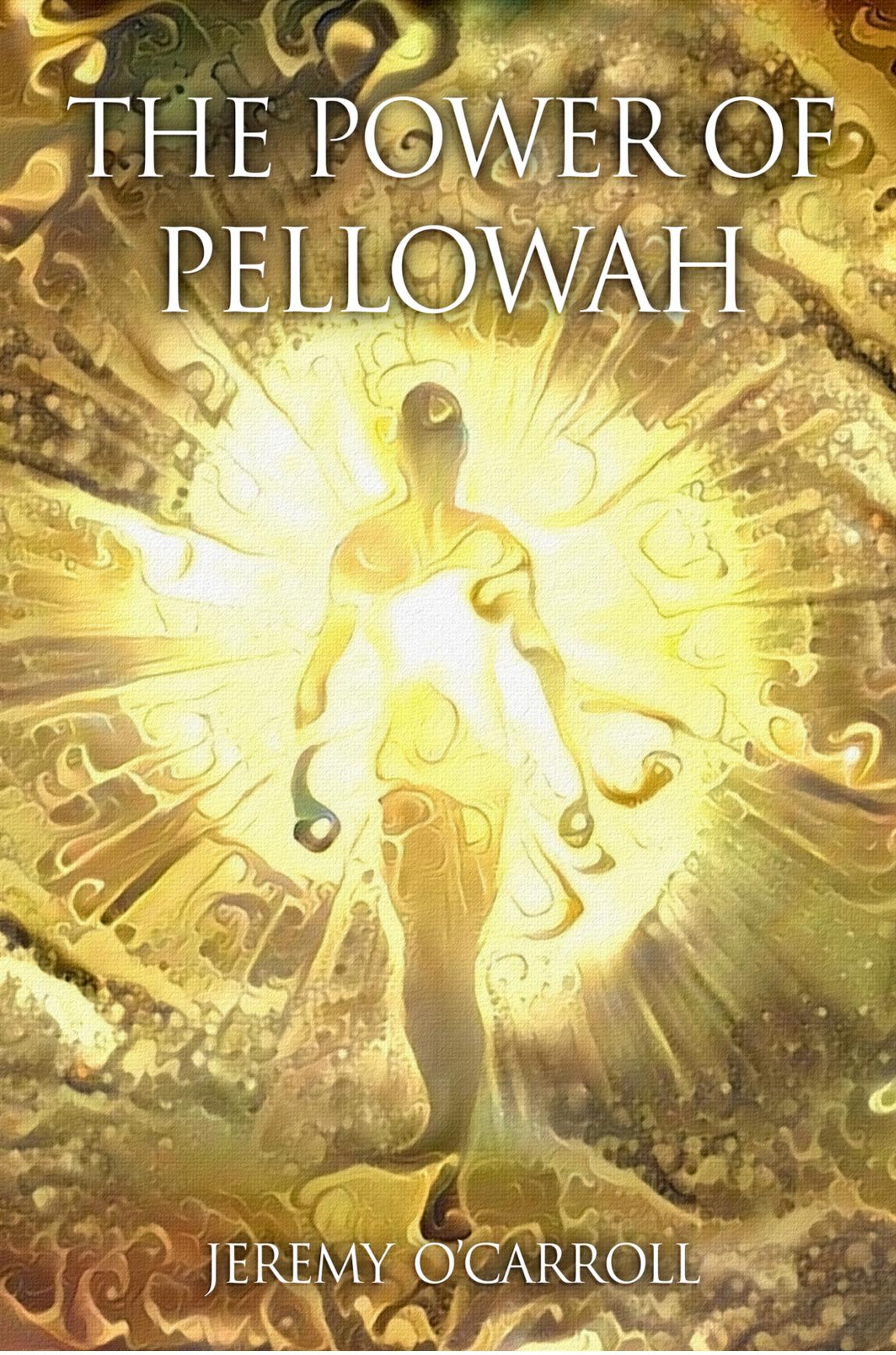


# THE POWER OF PELLOWAH



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## **Medical Disclaimer**

All material in this e-book is created and published for informational purposes only. It is not intended to be a substitute for professional medical advice and should not be relied on as health or personal advice.

Always seek the guidance of your doctor or other qualified health professional with any questions you may have regarding your health. Never disregard the advice of a medical professional or delay in seeking it because of something you have read in this book.

This book is the fruit of the author's personal experience. He is not a medical doctor and is not making any medical claims or giving any medical advice.

# Introduction

Despite its ever-growing popularity, few people know much about Pellowah. So if you are reading this e-book, you most likely came across it by chance while searching for something else.

This is a common story with Pellowah. You tend to be **DRAWN to it** — sometimes through a remarkable series of fortuitous events. What is more, when you do find it, you often seem to just know on an intuitive level that it is for you, even without knowing what it is and how it can help you.

It's an intuitive stirring. A calling.

And maybe that is why people who study Pellowah love it so much, because they have not so much *chosen* to attend a course, but been LED to it.

As a result, it is the *perfect fit* at the *perfect time*.

## What is Pellowah? And How Does it Work?

Pellowah is an extremely **high-vibrational healing method** that works on the mind and spirit to create deep and long-lasting healing.

It was first channelled into the world in 2002 with the intention of helping practitioners **expand consciousness**, but soon became even better known as a **healing method**.

The aim of this small e-book is to help you understand both how learning

Pellowah will enable you to **access more of your innate spiritual talents**, and how it will help you **heal others**.

As you read on, you will also discover how by connecting you more deeply to your **Higher Self**, Pellowah will help you nurture and reveal an ever-brighter, clearer and more authentic version of yourself.

What's more, you will understand just why **Pellowah is so easy to learn**, and how you can immediately put it to use right after a course.

The e-book contains five small chapters. Chapter 1 discusses **why it's so helpful to learn Pellowah** (even if you already practice other healing methods like Reiki). Chapter 2 lists **25 great things you'll get from learning Pellowah** (some of these might surprise you!). Chapter 3 explains how Pellowah will help you **expand consciousness**. Chapter 4 helps you to understand the **three Pellowah levels**. And chapter 5 is a deeper dive into exactly **how Pellowah healing works**.

Naturally, I can't hope to explain all of the depth and richness of Pellowah in a small e-book. But hopefully having read these pages, you will know enough to decide whether Pellowah is something you'd like to explore further.

If you finish reading and have questions, simply visit my Pellowah webpage or contact me personally by phone or email.

## **Contact Details**

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Be well, shine brightly and...happy reading :)

Jeremy O'Carroll

Director - Melbourne Pellowah Centre

# **Chapter 1:**

## **Why We Need Different Healing Methods**

If you've ever surfed the Web looking for healing methods that work with energy, then you know there are a lot out there.

Since there isn't much regulation going on regarding what people can and can't say (or, if there is, it is not policed), you often come across sites that talk about their method being the 'highest form (or vibration) of spiritual energy'.

But what, exactly, does this mean? And do we actually *need* so many types of healing energy?

If you take my healing journey, I started off with Reiki, have always had great results with it; but now also practice Pellowah.

What is the purpose of that when Reiki alone is already such a powerful healing tool?

This article looks at how different healing methods work, and why knowing more than one can be useful.

### **The Energy Continuum**

We all know that everything is energy. Some things vibrate at a very fast rate (e.g. light), while other things (e.g. solid matter) at a slow rate.

You wouldn't say that light is necessarily 'better' than something that vibrates at a lower rate (e.g. a brick) – it depends what you want or need in a certain situation.

If a strong storm is blowing then some bricks to build a wind shelter might be perfect; whereas if you need to navigate from one place to the next at night, light would be preferred.

This, of course, is all rather simplistic, but it makes a valid point: what people call 'higher forms of spiritual energy' are not necessarily better or more powerful at healing whatever conditions you have – it depends on the circumstances.

If you have a very high energy vibration trying to work on a very physical condition, for instance, it may not prove so effective.

To understand this better, let's return to light. It's good for a lot of things, but if you want to move, say, a rock with it, it's not very helpful. Yes, it may have a very high 'energy vibration', but it ends up being so high that there is no traction. It's like a ghost trying to eat a hamburger - it just can't be done. The two exist on separate energy planes that can't fully intersect on a physical level.

If you want to move a rock, you therefore need something that also has a slow vibrational rate, like a wheelbarrow or human body.

### **Different Healing Methods, Different Vibrational Rates and Ranges**

Each healing method has what you might call a different 'vibrational range'.

To keep things simple, let's imagine that all possible expressions of energy can be found on a continuum moving from 1 to 1000.

In the case of Reiki, let's imagine that it is able to vibrate – and, as a result, heal – any conditions falling within the 247 to 632 range.

I'm just plucking numbers out of my head here, so don't take me literally; but what I want to make clear is that if a condition requires energy healing that falls outside the range Reiki can work in, then Reiki will not be able to heal it.

If you take another healing method, however, like Pellowah, its energy range might be something like 452 to 823.

In other words, there is a part of the energy continuum where the two healing methods overlap, and a part where only one of them can operate.

So while it may be the case that Pellowah operates on a higher vibrational level, that doesn't mean it is better at healing necessarily, simply that it can better deal with certain things that will tend to be less physical and more spiritual / emotional.

That said, where healing is concerned things aren't always so clear because there is usually a mind/spirit connection to the body. So if you heal the mind or spirit, that will often ultimately produce healing in the body.

Conversely, there is probably even a connection between the body and the spirit, because when the body feels alive and well, it is so much easier to connect to spirit. (Just try meditating when you are in extreme pain or

starving!)

So the benefit of knowing more than one healing method has now become clear: each one will specialize in dealing with conditions that fall within a particular energy band and, depending on the issue being worked on, only one of them may be able to effectively cure it.

## **Reiki and Pellowah**

These days most of us are busy. We don't have a lot of time to master new skills – and we may not even have much time to practise pre-existing ones. That's why finding a healing modality that is quick to learn and highly effective from the get-go is so ideal.

And that, precisely, is what Reiki and Pellowah have to offer.

Since both healing methods spring to life as a result of an attunement – rather than extended practice – it means that students can learn a highly valuable new skill in just one weekend.

For anyone who hasn't actually learned either of these healing methods, this might sound incredible (even unbelievable!), but millions of people around the world (the vast number of these being Reiki practitioners) can testify to the truth of this. You get the attunement and bang! Your healing hands are ready for action.

Of the two methods, Reiki is the more robust (for example, you can mix it with other healing methods – something Pellowah doesn't like), it can be used more effectively on very physical conditions (e.g. a sprained ankle) and you can use it on yourself (something that isn't an option for

Pellowah).

Pellowah – being a higher vibrational energy – is lighter and better suited to heal physical conditions that have a difficult-to-track spiritual/mental/emotional cause, as well as general emotional and psychological disturbances. It is also a powerful tool in raising an individual's energy vibration to help him or her reach a higher spiritual state.

So the reason a healer may be interested in learning both Reiki and Pellowah (or other such combinations), is that it will enable him or her to treat a greater variety of issues. By accessing a wider range on the energy continuum, it will be possible to heal many conditions that one modality alone cannot heal.

Personally, I feel that it is often best to start with Reiki because of its versatility (it can be used in so many different situations), the ease with which it is physically experienced (even people who are not energetically sensitive can usually feel Reiki energy) and the fact that you can heal yourself.

Once you have a foundation in Reiki, however, then Pellowah will give you a critical tool for healing many conditions (in particular chronic ones) that Reiki would either take a very long time to fix or could not fix at all.

Pellowah is like the trump card you can pull out when Reiki isn't getting through.

That said, over the years I have had plenty of people learn Pellowah

without ever having learned Reiki (or even having a desire to learn it!), and they get on beautifully.

So the key thing is actually to follow your intuition. Learning Reiki first might suit 85% of people, but you might just be one of the other 15%!

Ultimately, since you get the power to channel Pellowah by simply attending a course, it makes sense to add it to your repertoire. It's not going to take away any time from your other healing practices (after all, you can't practise it on yourself), it will just be there, ready to help heal others, whenever the need arises.

## **Chapter 2:**

# **25 Reasons to Learn Pellowah**

1. High-vibrational feelings. Typically speaking, the higher the energy vibration you connect to, the greater the feeling of wellbeing. Pellowah is an exceptionally high-vibrational healing method, so working with it will almost always have a positive impact on your mood.
2. Improved clarity. Everyone can do with greater clarity, particularly when it relates to our life purpose and the actions we should be taking on a day-to-day basis. Pellowah students regularly find that everything just ‘falls into place’ after a course, that they suddenly know not just what they should be doing with their life but, better still, have the energy and focus to do it!
3. Emotional Healing. We all carry baggage from the past. For some, this baggage is heavier than for others, but everyone has it. Pellowah will help you move beyond your ‘stuff’ and, unlike most healing methods, it will almost always help you do so without the need for healing crises! It does this principally by expanding your connection to your Higher Self, thus making your past ‘stuff’ suddenly seem insignificant.
4. Better vitality. The more chi you have, the greater your vitality. Pellowah taps directly into Source to dramatically improve your chi levels.
5. Clears your meridians. By clearing the energy channels in your body (i.e., your meridians), your body can better heal itself and operate at peak performance levels. A lot of our problems in life stem from ‘blocked’

energy. Pellowah works rapidly to unblock this stuck energy, thus improving your wellbeing.

6. Heals your aura. It is said that all illness originates in the aura and then, only later on, manifests in the body. Pellowah energy works directly on the aura, thus healing many issues even before they become physical. What's more, when the aura is healthy, the physical body will soon follow suit.
7. Improves Reiki. One thing almost every Reiki practitioner who studies Pellowah says is that it improves their Reiki. Typically, they have greater energetic sensitivity and a stronger energy flow.
8. Improves intuition. By connecting you more fully with your Higher Self, Pellowah effortlessly improves your intuition.
9. Improves alternative healing modalities. Whether you study massage, Reiki, Qigong T'ai chi or another alternative healing modality, Pellowah will improve it. By expanding your awareness and connection to your Higher Self, you become more in tune with all the other energy work that you do.
10. Powerful symbols. Pellowah has a number of unique and powerful symbols that you can use at any time. These symbols will help you to do things like neutralize negative energy, expand your auric field while still keeping it protected, align your chakras and much more.
11. Meditations. Pellowah teaches you many meditations, including ones that help you balance mind/body/spirit and strengthen your chakras.
12. Helps connects you to 12-strand DNA. Pellowah was originally designed solely to help expand awareness. As a result, it helps you connect to more

of your inner potential, including your 12-strand DNA.

13. Helps connect you to your Higher Self. The key role of level 2 Pellowah is to help connect you to your Higher Self. The stronger this connection grows, the more clarity and purpose you will have in your life.
14. Improves your ability to channel energy. By expanding your awareness, Pellowah will enhance your ability to channel both greater amounts of energy and more varied types of it.
15. Create your own symbol. In the Pellowah 2 course, you not only learn many original Pellowah symbols, you will also learn to channel in your own personal symbol. You can then use this symbol for both healing work and personal meditation.
16. Learn to heal others. Perhaps the main reason most people learn Pellowah is the ability it gives them to heal others. Due to its unique healing frequency, Pellowah energy will often give you great results, even where other healing methods struggle.
17. Heal chronic conditions. Pellowah works at the level of the mind, thus changing unconscious mental patterns that typically hold us back. Once these old ‘mental’ patterns are removed, then exciting healing results often take place – even with issues that have been long-standing.
18. Transcend personal history. Many people are held back by their past. Pellowah helps you to expand your awareness and move beyond past conditioning and mental / emotional scarring.
19. Connect to your light body. Pellowah helps you activate your personal merkabah (‘light body’).
20. Strengthen your chakras. Many of the Pellowah course meditations are

designed to balance and strengthen your chakras. This typically leads to increased health, vitality and a stronger connection to chi.

21. Better emotional balance. By ‘upgrading’ our unconscious programming, Pellowah students often report improved emotional balance and wellbeing.
22. Improved optimism / inner belief. By expanding both your awareness and energy levels, Pellowah helps you to be more optimistic. Since like attracts like, people usually find many aspects of their life improve as a result.
23. Improves energetic sensitivity. Pellowah will greatly improve your energetic sensitivity. This will enhance the subtlety and effectiveness of any healing work that you do.
24. Pellowah is attunement based. Like Reiki, Pellowah is activated through an attunement. As a result, students connect strongly to Pellowah energy on the very first day they learn it.
25. Expands your healing range. Pellowah helps you tap into a vastly expanded range of healing energies. As a result, your healing work will be effective on a greater range of conditions and issues.

## **Chapter 3:**

# **Expanding Consciousness with Pellowah**

It's a sad fact, but most of our human potential remains untapped.

We have all heard the idea that we only use 10% (some researchers claim it is even less!) of our brain. This, most likely, is not entirely true but, even so, a good chunk of brain is definitely underutilized.

And the same when it comes to how many DNA strands we use.

Standard theory has always been that we only have 2 DNA Strands, and scientists have typically claimed that only 2-3% of our total DNA (of which the 2 strands are made up) serves a purpose, while the rest do nothing of value (these strands have been classified as 'junk DNA').

This kind of thinking has always seemed odd to me, since nature doesn't typically waste material. If it creates something, then there is a purpose - it's just that we sometimes don't know yet what it is.

Interestingly, scientists have very recently begun to change their mind on DNA, as they have discovered that under certain circumstances (cell corruption etc.) the 'junk DNA' becomes useful in correcting the 'imbalance'.

As a result, these scientists now talk of 'shadow DNA' (previously classified as 'junk DNA') and allow for the possibility that more than 2-3% of our DNA may in fact be useful.

But what if all of our DNA is useful, it's just that we need to learn how to activate and use it?

And what if the same goes for our brain? Possibly we only use approximately 10% of it because that is all we need when operating predominantly through the filter of our rational minds.

Could it be, however, that as we learn to tap into greater human potential (extra-sensory abilities and the like) we might suddenly start to access greater and greater parts of our mind? Parts that go beyond the boundary of our rational mind?

And this is where Pellowah comes in.

Its original raison d'etre was to help raise consciousness.

That was it.

It wasn't actually invented to be used as a healing method - as brilliant a healing method as it has now become.

It was designed purely and simply to expand our awareness - to connect us more fully with the radiant being we truly are.

### **The Pellowah DNA Explanation**

Kachina, the founder of Pellowah, asks us to imagine we are like a house with 12 rooms where only 2 of them have been wired up and have electricity flowing.

As a result, we can only experience what it is like to exist within these two rooms.

Now imagine what it would be like, however, if we could wire up all 12 rooms?

The potential for what we could experience as humans would have just gone up exponentially.

Now there is, admittedly, a small catch: while you can't get electricity into a room that has no wiring, just having the wiring by itself isn't enough. You also need to run electricity through the wires.

So Pellowah helps us with the first of these two steps: it rigs up the wiring, after which it is our job - through energy work, meditation and the like - to get the electricity flowing in these previously unused rooms.

The moment we do, we will start to access all sorts of new experiences - experiences that would remain out of reach had the wiring not been done.

### **Everyday Pellowah Results**

In practice, although your potential for far richer experiences has increased, you will not walk out of a Pellowah course with the feeling you have suddenly shifted dimensions and the like.

Rather, you will start to notice many subtle things:

- A greater ability to perceive different kinds of energy
- Greater energetic sensitivity and awareness (some people even begin to see energy)
- Expanded intuition
- Improved healing in the other modalities you practice
- Greater energy and balance in everyday life
- Greater positivity, optimism (and the like)

In time, there is every possibility that you will also experience more 'esoteric' abilities, but don't count on suddenly having out-of-body journeys and grand moments of psychic vision.

Instead, enjoy all those little things that begin to improve over time after being attuned to Pellowah energy.

That said, the ultimate aim of Pellowah is most certainly to help you access greater dimensions of your being - and I believe it can do that; but whether that happens or not, you will definitely benefit from having all of your 'rooms' wired up.

Bit by bit, you'll learn how to power these rooms to greater and greater extents and, as a result, will find yourself connecting to experiences and dimensions of your being - both great and subtle - you never knew existed.

## **Chapter 4:**

### **Understanding the Pellowah Levels**

There are three levels in Pellowah: 1, 2 and 3.

Unlike Reiki, there is no Master Level, although level 3 is what many people would consider the equivalent.

That said, Kachina, the founder of Pellowah, prefers not to use grandiose titles ('Reiki Master' makes one think of a great spiritual master – which is typically not the case!). Since learning is ongoing, it's generally not going to be accurate to call yourself a *master* – at least not of a spiritual discipline.

In fairness to Reiki, the term for 'Master Level' in Japanese ('Shinpiden') actually translates as 'mystery teachings' – which is something quite different!

Also, Usui (Reiki's founder) originally saw practitioners as moving through five levels, from 5 to 1 (the top level) – and he saw himself as a level 2! So if not even the founder claimed Reiki mastery, then it is almost certainly a bit absurd for anyone else to do so.

Where Pellowah is concerned, I'm sure Kachina would see herself more as the person who channeled it in, rather than a master of it. She may be the world's number 1 practitioner, but she would be the first to say that Pellowah is constantly evolving, and she is learning along the way.

**How the Three Levels 3 Work**

Level 1 is the practitioner level.

In other words, level 1 is designed to teach people how to use Pellowah healing for healing purposes.

At the end of the course, you will be able to give great Pellowah sessions.

You don't have to train for long periods of time to be any good. You are good right away.

That is the beauty of the attunement process. When you get attuned to Pellowah you can immediately use it to heal others.

Level 2 is designed to help expand awareness.

This, you may recall, was actually the original purpose of Pellowah. After the course, you will typically find all of your spiritual endeavours rising to new levels and many other positive shifts taking place in your daily life.

The course culminates in a meditation that helps connect you to your Higher Self – so in many ways this is the ultimate purpose of level 2: to reconnect you more fully with the radiant being you truly are.

Level 3 is the teacher level. Apart from continuing to help you expand your awareness, its other key purpose is that it will enable you to teach others level 1 and 2 Pellowah.

At the moment, only Kachina teaches level 3. She doesn't discount the possibility, however, that at some future point she will channel in a level 4 which will enable people besides her to train students in the first three levels. Level 4 may also potentially show students how to heal themselves with Pellowah energy. At the moment, though, level 4 is just a possibility. It may, or may not, ever come.

All attunements for all three levels will help raise your consciousness and, interestingly, you do not need to wait any length of time between the levels. If you wished, you could even do them all in consecutive days.

That said, as with all these things, it is typically best to let your intuition guide you regarding the spacing between the levels.

Also, it is my belief that you would generally get more from level 3 if you have had a period of time to practise Pellowah after attending your level 2 course. Just how long you wish to wait between courses, however, is totally up to you, and the ideal gap will vary from person to person.

### **The Structure of Pellowah Courses**

Pellowah courses revolve around the attunements. For the attunements to have maximum effect, however, students need to be in the right energetic space. As a result, all courses have a very tight structure, involving many essential steps that systematically prepare students for the attunements.

Level 2 is perhaps the most structured of all the levels, and students work first with the Pellowah symbols and then several key meditations to prepare for the attunements and, ultimately, the Higher Self meditation.

### **The Power of Pellowah Attunements**

Many people who attend Pellowah courses do so without ever thinking of using Pellowah for healing.

They attend courses principally for the attunements and the rise in awareness that results from them.

According to conventional theory, a Pellowah level 1 attunement is 10 times as strong as a Pellowah healing session.

A Pellowah Level 2 attunement is 10 times as strong as a level 1 attunement.

And a level 3 attunement is 10 times as strong as a level 2 attunement.

Now, I personally don't take this to the letter; but I do see it as indicative of a general truth that the attunements ultimately create a good deal more shifts than the healing sessions (as powerful as they are!).

That said, you will not *physically* experience the attunements many many times more powerfully than a healing session. Energy works on many levels, so if healing is taking place on a mental/emotional level then it may be profound without being physically felt.

Ultimately, the proof will be in the results and students typically find they go through exciting shifts in the days, weeks and months following the attunements.

## **Conclusion**

Each Pellowah level will help you to experience the world in a new way.

Sometimes the shifts will be subtle and only understood retrospectively (e.g. you notice one day after three months that you are not bothered nearly as much by the 'little things' in life).

Sometimes shifts will be immediately noticeable.

In either case, Pellowah will definitely make a long-term difference in your life.

## **Chapter 5:**

### **How Pellowah Healing Works**

One of the beautiful things about working with Pellowah energy is how fluent your healing becomes.

With Pellowah, your hands never touch the body of a 'client', so they are free to flow wherever your intuition takes them.

Sometimes they swirl in circles. Sometimes you find yourself padding the aura with one hand and massaging it with the other. Sometimes your hands are high above the body. Sometimes they hover mere centimetres from it.

You never know where the Pellowah 'gods' will lead you, but you are always taken somewhere - even if you doubt your intuitive ability.

So in many ways, Pellowah is easier to learn than, say, Reiki, because you don't need to remember any theory. All you do is call up Pellowah and let your hands move wherever they guided to.

#### **How Pellowah Heals**

Pellowah is received via the aura and works on the mind and spirit.

In this sense, healing takes place from the top down. By healing our mind and spirit (or, to be more precise, our connection to spirit), the rest of us (e.g., our physical body) typically comes into balance.

What's more, by working in this way Pellowah may also help psychological and physical conditions that are not found in any obvious

part of the body (like depression or chronic fatigue).

By fixing the root psychological / spiritual cause of an issue, Pellowah creates long-lasting change. If you only treat symptoms, however, then the condition you hope to improve will generally come back in one form or another.

## **Super High Vibrational Healing**

Pellowah energy comes to us as an exceptionally high energy vibration.

As a result, Pellowah healings can sometimes seem more subtle than other forms of healing (e.g., Reiki which tends to be rather earthy and physical).

For most people it is easier to be aware of healing that takes place on a physical level, so when our auric field and spiritual dimensions are being worked on, it sometimes requires greater energetic sensitivity.

The effectiveness of a healing session has little to do with how much the 'client' feels, however, and it regularly happens that sessions that have less 'pyrotechnics' nevertheless create incredibly powerful results.

That said, you will also give many Pellowah sessions that will 'blow you clients away'. It just depends where they are at.

## **The Pellowah Download**

Pellowah is interesting because for sessions to be truly transformative, they need to last for 45+ minutes.

The reason for this is because Pellowah is a bit like a 'computer program' where you need to download the entire program before it can function properly. All the pieces of a Pellowah healing session are required because

they all work together to give the final result.

We might also liken it to making bread but forgetting the yeast. You can put in all the other ingredients - and they may well comprise the vast majority of the total ingredients - but if you don't have any yeast, then the bread is going to fall flat.

Admittedly, even a short Pellowah session can do good work, and you'll definitely feel the energy flow; but for 'magical' results, you almost always need the entire 'Pellowah download'.

### **Evolutionary Leaps with Pellowah**

As you probably know by now, Pellowah was not originally brought in as a healing method.

Rather, it was created to help raise our consciousness.

In some ways, Pellowah is a true expression of the energy of 2012 and beyond.

It is such a high-energy vibration that by working with it (and receiving it) we can't help but be affected in a way that few - if any - other healing methods can match.

As such, it is the perfect complement to a healing method like Reiki because Reiki provides the solid, more grounded energy foundation, while Pellowah helps us take flight.

Used together, we are able to access a very large energy spectrum that is both incredible for healing and amazing for raising our consciousness to new heights.



## Learning More About Pellowah

In Zen, there is a famous saying: “The Picture of a rice cracker cannot satisfy the hunger.”

In a sense, this e-book is like that picture of a rice cracker. All it can do is point towards the real thing – something which is a far cry from experiencing it.

Hopefully, however, what you have read has piqued your curiosity, and maybe even got you thinking about attending a course.

If this is something that might interest you, you can learn more about our Pellowah courses by visiting our Pellowah courses homepage.

You can also call me (Jeremy) on 0417 328 457 or write to [info@pellowah.net.au](mailto:info@pellowah.net.au).

Whatever you decide to do, however, good luck on your spiritual journey. The world is lucky to have you!

Be well and shine brightly,

Jeremy O’Carroll

## What Students Say About Pellowah

"I had an amazing weekend, the second day especially exceeded my expectations. I don't know if it was a specific thing or combination of the treatment, attunements etc but I had such an awakening by the end of the day. My perception literally changed (detail, colours were stronger), I felt completely in the present moment and totally in love with everything!! I am so very excited to consider the possibility of creating shifts like that for others."

(Elyse Walker)

"Many of the issues and negative emotions that had been plaguing me for many years left almost immediately at the end of the course weekend and have not returned."

(Heidi Jahn)

"I came with an open mind eager to discover all the new experiences that the course would offer. As far as the healing I learned I found it is highly effective and rewarding and will definitely become one of my every day tools. The meditations and attunements moreover provided me with a very unique experience thanks to which I expanded my awareness in a very short time (just a couple of minutes!!). Immediately after the attunement I entered a very peaceful and deep meditation and days later I found that I reached a new degree of wisdom and intuitive thought, discerning between the important and lesser important things; I see life from a

renewed point of view! Overall I realise the course gave me much more than I could have expected or imagined!"

(Sonia Marian)

"I feel the Pellowah energy is very different from Reiki it seems to be a lighter energy but extremely powerful and fluid. I feel that the energies do complement each other, something you notice more when you come to do your next Reiki session after the course.

I found that the heightened awareness tends to grow deeper...Still finding the depths that are opening up since the course."

(Dianne Sellers)

"After the course my feeling of energy intensified and my perception of energy is somehow shifting from 2D to 3D."

(Irena Novotny)

"Whilst reiki focuses more on specific areas or chakras, pellowah is much greater in scope and breadth and, whilst offering a subtler healing, it offers a more holistic modality.

I would recommend this course to others as a way of both broadening and deepening their own sense of wellbeing as well as being able to offer others an ability to become more balance, integrated and in tune with their higher self."

(Dave Clark)

"Pellowah has given me another option to offer clients in terms of healing and I like how it helps expand consciousness which is a different outcome compared to Reiki.

"I think it's a great a course and in two days you cover both Level One and Two of Pellowah. Having done Reiki was of real benefit as I am very comfortable working with clients therefore this has been a natural extension of my healing capabilities. I'm really looking forward to seeing the positive changes Pellowah will bring into the lives of my clients."

(Michelle Sinclair)

"When I first was introduced to the course I did not know what to expect, but after experiencing a blissful treatment I was very pleased with the course. You can feel the full effects of comfort and ease straight away as well as the feelings of deep relaxation.

Pellowah works on a different spectrum to Reiki and feels profoundly soothing. You can certainly feel the effects and pick up the different flows of energy effortlessly and it has such a big impact on the healing of emotional issues and wellbeing and lasting stress relief."

(Chris Rice)

"I didn't really have any expectations for it, other than perhaps it wasn't really necessary as I was very happy with other energetic healing energy and my reiki practice, but I came with an open mind to see what it was

about, the fact that we are pioneers held some appeal, and I did feel it could give me an edge just with having another tool at my disposal. I wasn't expecting the experience I had, which was to be blown away! by the difference in energy. I absolutely loved it!"

(Louise Corchado)

"I'm not familiar with the Reiki healing from a Practitioners point of view, but from experience as a client Pellowah is very different, the energy is much more intense even during the first session. I would recommend the course to others because it opens a great portal into healing energy, results can happen instantaneously and you feel great while healing others."

(Jade Cavarra)

"Before the course began, I wasn't sure what to expect and did have my doubts as Pellowah is a fairly new healing method. Now after completing the course, I am so happy that I did take part. It has helped me in removing blockages that have kept me from having faith in myself and my own healing abilities. I really enjoyed the 2-day course and it will be an experience to remember. It has provided me with so much clarity and harmony. It has guided me finally to the place within my own being that I was finding difficulty in reaching!"

(Steffi Rupp)

"The course exceeded my expectations in the amount of what I received through Jeremy's teaching and insight. It was a great balance of practical

and theoretical application. Jeremy has a wonderfully tactful and encouraging way of engaging with each unique individual and bringing a more earthly understanding of esoteric practice.

I feel a greater sense of expansiveness within my own abilities. This became evident when 30 people turned up for my yoga class last night It's a relatively new class I've been teaching for 3 months and has been averaging 18 participants."

(Julia Jones)