

# Orientation Guide for online Foundational training

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## **Geographic restrictions**

There is a geographic restriction on attending online workshops.

You can book a Foundational training with Anthony if you are a resident of Europe, the UK, Israel and anywhere else in the world EXCEPT - Canada, USA, Central and S. America (not including Brazil), Australia, New Zealand and SE Asia. If you are a resident of one of these regions, please check [here](#) and choose a Foundational training in your region. For further details on geographic restrictions please refer [here](#).

## **How VortexHealing® works**

VortexHealing is taught by a process of direct (Divine) consciousness transmission. This transmission is what directly evolves and transforms your energy system and consciousness, and it is the source and grace of the healing and awakening facilitated through VortexHealing.

The class also communicates an overall framework of understanding on how healing works within the context of Divinity. You will be introduced to concepts such as the human energy system, the Spiritual Heart, the distinction between awareness and consciousness, the incarnational journey of awakening and the integration of karmic, emotional and physical healing, psychological wellbeing, and deepening in Divine Love.

## **An important note for Foundational Training**

As part of the agenda of class, you will be practising self-healing, hands-on healing for another person and distance healing. It is recommended that after lunch on Days 3 and 4, to have a second person present in the same room with you for one to two hours for the hands-on healing practice. This person can either be an existing VortexHealing student, a friend or a family member who will receive a hands-on healing from you. If you have a problem meeting this recommendation, not to worry, you will instead do a distance healing with another member of class.

## **Online Training format**

We are using Zoom as the enabling technology, and so to participate in the virtual class, you will need to be able to run Zoom on a PC, laptop, iPad or smartphone for the times of the class. You will need to organize yourself so that you will have

uninterrupted Zoom sessions during the class. You must be present and paying attention for all class sessions. It is not permitted to drop out of any class session unless I give special permission in advance. Although you are taking the class online, you should endeavour to take time away from your regular life activities as you would in the in-person class. So, no reading emails, message feeds, or browsing the internet is allowed during class session times. If you are on a PC, then closing all applications except Zoom helps avoid distractions.

### **Class Times**

As we cater to a wide European audience, class times run in CET (Central European Time), one hour ahead of London/Dublin time. This means that classes run from 8:30 am to 16:30/17.00 London/Dublin time, 9:30 am to 17:30/18.00 Amsterdam time, with 30-45mins tea breaks, one in the morning at approximately 10 am UK / 11 am Amsterdam; and one in the afternoon at approximately 15.00 UK / 16.00 Amsterdam & plenty of time given for lunch (1hr45 starting at approximately 12 noon UK/ 13.00 Amsterdam). On day 3 and 4 the afternoon break might vary according to the class curriculum.

### **Further Advanced Training**

After you have taken the Foundational training, you will also be eligible to follow advanced training workshops. You can prebook these workshops before taking the Foundational Training in the order of the [flowchart](#) of classes. Most advanced training are also offered online.

The advanced trainings continue the development of your energy system, to give you more and deeper healing tools to work with and ripen your energy system and consciousness for the spiritual awakening.

For details please see <https://anthonygorman.org/AdvancedTrainings.html>

### **Please note:**

Once you are booked, you will receive a receipt of booking and payment through Corsizio, our online booking system. Please make sure to check in your spam folder and friend this address as this is the address we send reminder email to pay the balance of the payment, (if you have paid a deposit only), two weeks before the class start date. You will also receive an additional email before class, asking you to complete and electronically sign a student declaration of responsibility form for the class. Finally, you will receive an email a few days before class giving you the class details and the Zoom link. Once class is completed, you will receive by post a printed booklet of the notes for class together with a certification of completion.