



# THREE PRINCIPLES FOUNDATIONS

*with Rachel Singleton*

ONLINE PERSONALISED TRAINING

## WELCOME

The Foundations Training is a one-to-one training specially created to help you gain a confident understanding in the Three Principles and begin to experience their practical value in your life.

You will be guided on a gentle but deep personal journey of exploration and contemplation to discover how truly navigational the Three Principle understanding is for experiencing a peaceful and loving life.

## WHO IS THIS FOR?

- The Foundations Training is for you if you are interested in the Three Principles but are unsure of your grounding.
- You are not quite sure what the Principles are, what they mean and how the Principles are relevant to you and your life, but you have a strong sense that there is something worthwhile in this understanding and you want to explore further.
- You are aware that there are many different voices and teachers out there, and you are confused about how everyone seems to present the Three Principles a little differently. Which one is right? Which way should you go?
- You would like to be skilfully and gently guided through the fundamentals of the Three Principles so that you can come to your own understanding of them and let them begin to work their magic in your life.
- You are ready to embark on a journey of transformational learning, are happy meeting regularly online, and would like a programme that is uniquely tailored to you, your needs and interests, and your learning pace.
- You want to come out of this training feeling a renewed sense of possibility, wonder and trust in life.



*“All you have to do is look within and see how beautiful and how spiritual you really are, and when this is seen then the solutions to all of your problems will come.” Syd Banks*

## A DIFFERENT WAY OF LEARNING

In order to explore the Three Principles you will be embarking on a different way of learning. The old paradigm of a teacher presenting material for the student to absorb, learn and regurgitate simply does not work with this understanding. The very nature of the Three Principles invites you to deeply return to your own responsiveness.

*Your reflections, feelings, insights, hunches and energetic shifts will be your primary source of material on this training.*

We will be exploring and covering key areas in our time together, but I will always be guiding you to reflect and explore what you are Seeing and Hearing, rather than telling you what to think.

*This is not just a journey into the Three Principles understanding; it is a journey back to your own unfolding and beautifully surprising wisdom.*

## A TRAINING DESIGNED FOR YOU

This one-to-one training is designed to meet your unique needs - both in terms of understanding the Three Principles in a way that is accessible and useful for you, but also as a way to deeply support you in where you are going in your life.

Whilst you will be following a clear syllabus, there is ample room in the design of the course for you to explore in ways that feel meaningful, potent and interesting for you. We will be discovering this together as we go, and I will tailor the sessions for you accordingly.

Above all, **we will be meeting in a very special way:** in a space that is gentle, present, attentive and free from pressure. A space where you can breathe, settle in, relax and connect. A space where you can look within and hear your own Wisdom.

*“I would love to live like a river flows, carried by the surprise of its own unfolding”*

John O'Donahue



## TRAINING OUTLINE

### PART ONE

*In the first part of this training, we will look at each of the Three Principles, in turn and together, exploring what Sydney Banks himself says about them, and looking at the implications of each.*

What does it mean that everything is Divine, that everything is Universal Mind? How does that work in real life when things look far from Divine?

What is the role of Consciousness in our life and do we have choice about how we wield it? What about when we don't seem to have any choice?

What is Divine Thought and where does habitual thought fit in? Is habitual thought still Divine, and does it have a purpose?

We will explore some of the areas that students of the Three Principles often find confusing or contradictory. You will be invited to bring your questions and reflections as we go.

### PART TWO

*In the second part of this training, we will begin to explore the practical implications of the Three Principles and how it is being shared in the world at large. We will begin to look more closely at how this can help you in your own life and reflect on its potential and potency.*

Is this just a philosophy or is there more to it? What is the impact and reach of the Three Principles? How is it being used in the world at large?

What are areas of your life that feel stuck or difficult? How can the Three Principles help you to unlock and untangle these areas?

What does this understanding teach you of relationships, work, abundance, success, health and fulfilment?

How do the Three Principles help you to navigate situations in daily life?

How can you shift, transform and heal with the help of this understanding?

10% DISCOUNT ON THE TRAINING FOR CURRENT CLIENTS



## DETAILS, TERMS AND CONDITIONS

### TRAINING DURATION

The course takes place over 6 months and includes 12 one-to-one sessions over Zoom: 2 x 90 minute sessions (at the beginning and end) and 10 x 60 minute sessions

Sessions take place every fortnight between the hours of 10am and 7pm Monday, Tuesday, Thursday or Friday UK time

*If you would like to do the training but would need the option of hours outside these times, please get in touch to see what is possible.*

### ONLINE PLATFORM

All sessions take place on Zoom.

You will need broadband internet plus a computer, tablet or smart phone with microphone and camera. You will receive a link from me that will take you directly into the meeting space each month.

### TRAINING FEES

The full price for this training is £1700 when paid in full before commencing your training  
OR

Two payments of £900 payable at the start and mid-point of the course

PAYMENT METHODS: you are welcome to pay by PayPal, BACS, Wise or Stripe

### CANCELLATION POLICY

Cancellation of your place on the course, up until 7 days before the commencement of your training, will result in the loss of your non-refundable deposit. All other payments made will be returned, less a 5% admin charge.

Once you are in the final 7 days before your course commences, no monies will be returned for cancellations. If you leave the course before completion, all monies still outstanding will remain payable; however, you will have the option to transfer these to a coaching package with Rachel instead, to be redeemed within the same time period as the training.

### COURSE MATERIALS/RECOMMENDED READING

The course is based around the teachings of Sydney Banks, plus related works. His books *Second Chance* and *Quest of the Pearl*, are foundational reading for this training and optional copies of these books are included in the training if you need them.

You will also be guided to other books and resources as your journey unfolds.



## YOUR COURSE TUTOR

### ABOUT RACHEL SINGLETON:

Rachel has been working in the areas of intuitive healing and health consciousness since 1996. For twenty years she was deeply immersed in plant spirit medicine as the founder of LightBringer Essences. The gentle and spiritual teachings of the plants naturally led her to the Three Principles.

Rachel suffered from a debilitating and painful chronic illness for the first twenty years of her adult life. The experience of both going through this, and healing this, has also been a profound teacher for her.

Through these paths, Rachel has come to see how insight, awareness and loving presence are vital in transformational healing. She has trained and mentored practitioners in the UK and abroad, and has helped hundreds of clients over the course of three decades.

You can listen to Rachel on either of her podcasts: 'The Beautiful Feeling Podcast' is a deep exploration of Syd Banks' core teachings; 'The Circle of Pollination Podcast', which she co-hosts with Clare Brown, is a weaving together of conversations in consciousness and creativity.

*“This moment now is unwritten. It doesn’t matter the entry point that brought you here - this does nothing to the moment itself: it remains pristine, and full of possibility and grace. Live from here and what unfolds is extraordinary.”*

Rachel Singleton

If you would like to know more about the training and apply for a place, please get in touch to arrange a free Discovery Call to explore your needs:

[info@rachelsingleton.com](mailto:info@rachelsingleton.com)