



Dear Student

Now that you have reached the end of the programme I have added a questionnaire for you to complete.

The questionnaire is not mandatory and there is no rush if you haven't quite finished the programme yet. However if you would like to apply for a Certificate of Completion to hang on your wall or add towards personal development credits, then the questionnaire will be part of the application.

There are also additional courses which I hope you will consider in the future including the Diploma Programme.

DIPLOMA PROGRAMME – this advanced programme designed for those who wish to take their spiritual journey one further step and be trained to run workshops and angel groups of their own. Retreats are usually run annually and I will give you plenty of notice once of future dates. You can also check and book places online at the website.

As always, I welcome feedback, stories and personal experiences which you are welcome to send to me. I try and respond to all emails and letters although sometimes it can take a few days due to the many commitments I have.

With love and blessings

Chrissie Astell

Self-Evaluation



Thank you for completing Educating Heart & Soul

“When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds; your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great and wonderful world. Dormant forces, faculties and talents become alive, and you discover yourself to be a greater person by far than you dreamed yourself to be.” - Patanjali

Part of the enjoyment to many students, in recognition of their efforts, is the certificate which acknowledges the completion of a course. This course is no exception and I have great pleasure in making this available to you.

As a practitioner or therapist it can provide valuable credits for the hours you have given, and to seekers who have been following the course purely for personal spiritual growth it perhaps offers a sense of value and completion for the hard work put in.

I would like to read your answers to the following section so that I can share your personal evaluation of the changes which may have occurred during the processes of the course, and of course so that I can assess for myself the levels of value to each individual student.

To complete this section I would ask that you read and reflect on the answers you have given from module to module throughout the course. Hopefully you have also kept a journal, as suggested in the beginning, in which your feelings and reflections have been explored and recorded – especially following any significant change you may have experienced– whilst processing the material.

To help you I have given a few specific guidelines, which, if you choose, may be answered in the form of a questionnaire. Otherwise, making sure you include each answer as part of your response you may prefer to simply write a short account of the ways in which you believe the course has encouraged spiritual development for you. Please read all the way through first, before starting your evaluation, so that you can formulate your own unique response. Bearing in mind that this is not a critique of the material, but an exercise in self enquiry and a personal assessment and a chance for you to see just how very much you have moved along your own spiritual pathway.

(I do of course welcome any suggestions to improve the course material but I suggest this is put in a separate document.)

YOUR NAME: (as you would like it to appear on your certificate):

.....

YOUR ADDRESS:

.....

Based on the idea that actually we are always exactly where we are meant to be for the purpose of our personal growth and learning ~ and that we actually have all the wisdom within ... just waiting to be remembered ...

- What brought you to begin the course? Was it a particular problem or issue in your life or from curiosity or general interest?

- Would you say this Educating Heart & Soul course has given you the deeper sense of clarity you desired? Can you say how this worked for you personally?

- Have you started or deepened a regular spiritual practice since beginning the course? What is it?

- Did you enjoy the daily Essene Communion with the Angels?

- How did you use the meditation CDs, and did you find them enjoyable/ helpful?

- Were you able to connect with the energies of the Archangels through the guided visualisations? Was this made more difficult or easier with a written version to read as well?
- Has this enabled you to connect more regularly, or more deeply with the energies of the Archangels? If you always connected regularly with the angels has this enhanced any connection you may have had before?
- Have you felt closer to the angelic realms / spirit / God since doing the course, in any way? Or has it enhanced your faith?

- Has the course in any way empowered or enhanced the way you express yourself and your emotions?

- Do you experience interconnectedness with the Universe? If so is this any different from before?

- In what way would you describe the subtle changes you feel towards others if any?

- Has the course encouraged your understanding of different faiths?
- Would you say that processing this material has made you more self reflective?
- Would you say you are more confident or more empathic, more tolerant or less judgemental having read through and practiced this course work? Describe if you can, so that I can see how this may help you to deal with daily relationships differently, if at all.

- Do you have a favourite section, or part from which you felt the most profound resonance?

- Overall is it possible for you to put into words how you feel now, writing this about yourself and your deeply personal and sacred soul work?

- What activities or developments do you feel would be most beneficial in taking you further on your journey of spiritual development and learning (tick any you feel would help you):

- Meeting regularly with other like-minded people
- Attending workshops or seminars with practical advice and help
- Learning about 'advanced' subjects in more depth
- Learning how to pass on this knowledge to others
- Finding out more about subjects like healing, relationships, personal empowerment
- Other (please describe):

- And lastly, are you pleased, did you enjoy completing it, and would you recommend the course to anyone seeking to develop their spiritual side?

Please now send this questionnaire (or a photocopy) to me at:

AngellLight
Olde Tree Cottage, Green Corner, Watch House Road, Stebbing, Essex CM6 3SR
UNITED KINGDOM

Thank you so much for sharing this with me. As soon as I have read through your assessment I shall send your certificate of completion.

Chrissie Astell