



FRIENDS FELLOWSHIP OF HEALING

(A Quaker Group)

Registered Charity No. 284459

MOVING TOWARDS WHOLENESS

A personal workbook for your healing journey

This prettily illustrated colour workbook takes the spiritual traveller through a series of steps designed to help focus upon what healing, wholeness and the Spirit means for them.

Originally conceived as basic notes for a day's presentation about Moving Towards Wholeness and healing, this workbook facilitates an uplifting insight into one's own spiritual being. This 48-page workbook comes with an additional **Journal** for recording one's thoughts and personal discernments during one's

spiritual journey. (Further copies of the journal may be downloaded free of charge from the FFH website).

Simply bound together by a neat sleeve these two elements of the workbook will suit an individual or a couple of F(f)riends travelling together or may even be used as a vehicle for a day's spiritual exploration by any larger group. Whilst already enjoyed by several mature Friends this workbook may be an excellent publication for younger Quakers or those just beginning their journey with the Religious Society of Friends.

Attractively priced at £5-50 plus postage and packaging of £1-30 this pretty publication will neither tax the pocket nor challenge any reader who simply wishes to explore or refresh their spirituality from a healing viewpoint without being challenged by academic argument and cerebral considerations.

The workbook may be ordered directly from:

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or on line at: <http://www.quaker-healing.org.uk/Contact.aspx>