

WFWP UK - Healthier Living Seminar. Exploring Consciousness: Meditation and Quantum Healing

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Last Thursday, women from across London gathered for a peaceful and uplifting Healthier Living

Seminar led by Gordon Cunningham, an experienced practitioner of meditation, energy work and Quantum Healing Hypnosis Technique (QHHT). The session offered a rare pause in the middle of a busy week - a chance to breathe, reset and reconnect with ourselves in a warm and supportive space.

From the moment the afternoon opened with a gentle guided meditation, the atmosphere softened. Participants settled into stillness, letting the noise of the day fall away as Gordon introduced how our inner patterns shape the way we move through life and how awareness can open the door to healing.

Throughout the seminar, Gordon shared accessible insights into the mind - body connection, the role of energy in our emotional landscape and the ways fear can influence our choices without us realising. His introduction to QHHT sparked curiosity, offering participants a glimpse into how people use this technique to explore deeper layers of memory, intuition and self-understanding.

The heart of the afternoon was its simplicity:

space to reflect without judgement

an open Q and A where participants could explore their own questions

meditations that brought everyone back to a place of calm and clarity

As the formal session ended, conversations naturally flowed into the refreshment break.



The café room filled with warm exchanges, shared reflections and new connections - so much so that the lively discussions continued right up to the end of our time together, a sign of just how engaged and inspired participants felt.

At WFWP, we believe in creating spaces where we can grow, connect and rediscover our inner strength. This seminar was a beautiful expression of that mission, blending gentle practice with meaningful conversation.

We are deeply grateful to Gordon Cunningham for offering his time and wisdom, and to everyone who joined us for an afternoon of insight and connection. To read more about Gordon's work and his journey so far, please visit:

www.gordoncunningham.co.uk/ If you missed this session, we hope you'll join us next time. More

wellbeing events are planned in Central London (centrallondon@wfwp.org.uk) over the coming months, each designed to support women on their journey toward peace, resilience and conscious living.

Stay connected with us for future dates - we look forward to welcoming you again.