



Nature Care College

Introduction to Energetic & Spiritual Healing

DESCRIPTION	This unit of study underpins the study of energetic healing as it introduces students to the concept of the body/mind paradigm. Also introduced are indigenous and traditional energetic healing systems, diagnosis and energetic assessment, auras and subtle energy fields, vital force imbalances, grounding and achieving whole body balance.	
DURATION	24 hours	
LEARNING OUTCOMES	By the conclusion of this module, students should be able to: <ol style="list-style-type: none"> 1. Outline the historical and philosophical basis of energetic healing. 2. Develop a basic understanding of the subtle anatomy and energy systems of man and their relationship to health and healing. 3. Outline theoretical aspects of energetic diagnosis and treatment. 4. Outline the importance and relevance of self-assessment and skills development for practice. 	
TEACHING METHOD	Modified lecture.	
ASSESSMENT	Written Assignment	90%
	Class Participation	10%
	Pass mark	70%
	Both components must be passed at 60% in order to pass this subject satisfactorily.	
	Note: To facilitate the return of your assignment you will need to provide a stamped addressed envelope. If no envelope is provided assignments will be destroyed after results are recorded. Please also make a copy of your assignment before submission for your own records. This unit provides an important overview of the Diploma and is tailored to a specific context. Therefore exemptions are rarely, if ever, granted.	
ATTENDANCE	80% minimum.	
PRE-REQUISITES	Nil.	
CO-REQUISITES	Subtle Anatomy 1 (if undertaking Diploma of Energetic Healing)	
MATERIALS REQUIRED	Notebook, pen.	

TEXTBOOKS

Compulsory:

Nil.

Recommended Reading / References:

Angelo, Jack & Jan, 2007. *The Spiritual Healing Handbook: How to Develop Your Healing Powers and Increase Your Spiritual Awareness*. Piatkus Books, UK.

Gerber R, 2000. *Vibrational Medicine*. Bear & Co. Sante Fe.

Lansdowne ZF, 1986. *The Chakras and Esoteric Healing*. Weiser, USA.

Hunt VV, 1989. *Infinite Mind, The Science of Human Vibrations of Consciousness*. Malibu Co, USA.

Milanovitch, Dr N & McCuine, Dr S. *The Light Shall Set You Free*. Athena Publishing. 199

Talbot Michael. *The Holographic Universe*. Harper & Rowe.

Braden, Greg – ‘*Fractal Time*’ (Hay House)

Evans, Annie – ‘*Live the Life you long for*’ (Allen & Unwin)

Oschman, James L. ‘*Energy Medicine in Therapeutics and Human Performance*’ (Butterworth-Heinemann)

WEEK-BY-WEEK OUTLINE

WEEK 1	Unit of Study Outline / Assessment Requirements. Diploma Overview - Subjects and Links. Self-Development / Evolution Aspect - The Diary. Holograms. Energy and Vibrational Medicine.
WEEK 2	Health and Healing - the Nature of Disease. Basics to Health - Grounding, Balance. Lifestyle factors, Detoxification / Elimination, Nutrition / Nourishment, Stress Factors. Introduction to Energetic tendencies to Disease.
WEEK 3	Historical Aspects: Evolution of Medicine. Modalities, e.g. Herbs, Homoeopathy, Bodywork, Water, etc. Indigenous Healing. Healing Traditions, e.g. TCM, Ayurvedic. Energetic Healing: Psychic and Spiritual.
WEEK 4	Subtle Anatomy An Introduction (Human Multidimensional anatomy) Forms and Fields of Man-The Aura-Layers & Levels
WEEK 5	Subtle Anatomy and the Body Mind Connection The Meridian System, Qi, Yin + Yang Links with organs and emotions.
WEEK 6	Subtle Anatomy – Continuing the Body Mind connection through the Chakra System Links with our Personal And Spiritual Development
WEEK 7	Accessing the Healing Intelligence – learning to read and Listen to the body’s wisdom Dowsing, Kinesiology, Meditation, Observation

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WEEK 8	Beyond the Boundaries – An Overview Altered States of consciousness, Meditation, Out of Body Experiences Remote Viewing. Near Death Experiences.
WEEK 9	Spiritual Emergence and Emergency Development of Intuition, Clairvoyance, Clairaudience etc Channelling
WEEK 10	Past Life therapy – releasing the Old Patterns Spiritual Healing, Phisic Surgery ▶ Assignment Due
WEEK 11	Vibrational Tools – Flower Essences, Crystals, Sound Cultural Links to Ancient Skills – Shamanic Practices
WEEK 12	Review – Energetic Healing in Society Today Networking and Ethics How we have already developed + broadened our personnel view of Energy Medicine

*Subjects listed may be presented in different order to those shown in Unit of Study Outline.
Please note: all subject matter will be addressed.*

Please be respectful of your fellow students and arrive on time for classes. Please ensure all mobile phones are turned off prior to the commencement of class.