



# Nature Care College

## Nourishing the Self

<b>DESCRIPTION</b>	This personal and experiential component of the Diploma of Energetic Healing honours our interaction with our internal and external environments. We will explore the subtle and gross elements which enrich or imbalance us - from the food we eat, to the pastimes that inspire us, and to our relationships with ourselves, others and our planet.						
<b>DURATION</b>	24 hours						
<b>LEARNING OUTCOMES</b>	By the conclusion of the module, students should be able to: <ol style="list-style-type: none"> <li>1. Outline the philosophical basis of 'wholistic' nourishment.</li> <li>2. Outline the importance and relevance of appropriate food intake and its link to energetic healing.</li> <li>3. Outline the importance and relevance of nourishing the subtle bodies.</li> <li>4. Develop practical programmes using nature and natural aspects for energetic nourishment and 'grounding.'</li> </ol>						
<b>TEACHING METHOD</b>	Modified lectures Practical and group exercises Selected audio-visual material.						
<b>ASSESSMENT</b>	<table border="0"> <tr> <td>1. Class participation:</td> <td>30%</td> </tr> <tr> <td>2. Class presentation - due week 11:</td> <td>30%</td> </tr> <tr> <td>3. Written assignment - due week 12:</td> <td>40%</td> </tr> </table> <p>Students are asked to keep a personal weekly diary of practice, experience and reflection over the 12 weeks. This will form the basis of the written assignment.</p> <p><b>Pass mark 60%</b>  <b>Each component must achieve 60% in order to pass this subject satisfactorily.</b></p>	1. Class participation:	30%	2. Class presentation - due week 11:	30%	3. Written assignment - due week 12:	40%
1. Class participation:	30%						
2. Class presentation - due week 11:	30%						
3. Written assignment - due week 12:	40%						
<b>ATTENDANCE</b>	80 % minimum.						
<b>PRE-REQUISITES</b>	Introduction to Energetic & Spiritual Healing. Subtle Anatomy 1.						
<b>CO-REQUISITES</b>	Nil.						
<b>MATERIALS REQUIRED</b>	Notebook, pen.						
<b>TEXTBOOKS</b>	<p><b>Compulsory:</b>          Nil.</p> <p><b>Recommended Reading / References:</b>          Cousens, Gabriel, MD. Spiritual Nutrition          Nicholson, Shirley J. The Seven Human Powers: Luminous Shadows of the Self</p>						

## WEEK-BY-WEEK OUTLINE

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<b>WEEK 1</b>	Introduction to the course What is the Self? Philosophy of Wholistic Nourishment
<b>WEEK 2</b>	Physical - nourishing the body.
<b>WEEK 3</b>	Physical – our personal environment.
<b>WEEK 4</b>	Emotional – our relationship with Self
<b>WEEK 5</b>	Emotional – our relationship with others
<b>WEEK 6</b>	Mental
<b>WEEK 7</b>	Mental
<b>WEEK 8</b>	Spiritual
<b>WEEK 9</b>	Spiritual
<b>WEEK 10</b>	Our relationship with Nature and our planet
<b>WEEK 11</b>	Class presentations
<b>WEEK 12</b>	Review Importance of maintaining self nourishment as practitioners Ways to inspire and encourage self nourishment in others - clients Written assignments due / group discussion of assignment

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