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Nature Care College

Realm of the Psyche

DESCRIPTION	Learn to connect with your Higher Self. Further your understanding of altered states of awareness including telepathy, clairvoyance and clairaudience and how these skills can be used in therapeutic healing.	
DURATION	24 hours	
LEARNING OUTCOMES	By the conclusion of this unit, students should be able to: 1. Develop and enhance their intuitive diagnostic skills. 2. Understand the Higher Self connection. 3. Understand and experience the various realms of the psyche. 4. Describe the theories of clairvoyance, clairaudience and psychometry.	
TEACHING METHOD	Experiential focus Guided visualisations Practical application Class and group discussions Reflective learning by students (use of diary)	
ASSESSMENT	Personal diary of experience gained in class	45%
	Written assignment	45%
	Class participation & attendance	10%
	Pass mark: 60% Both components must be passed at 60% in order to pass this unit satisfactorily.	
	Note: To facilitate the return of your assignment you will need to provide a stamped self-addressed envelope. If no envelope is provided assignments will be destroyed after results are recorded. Please make a copy of your assignment before submission for your own records.	
ATTENDANCE	80% minimum	
PRE-REQUISITES	Introduction to Energetic & Spiritual Healing Meditation 1	
CO-REQUISITES	Nil.	
MATERIALS REQUIRED	Notebook, pen.	
TEXTBOOKS	Compulsory: Nil.	

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Recommended Reading / References:

Althea R, *The Eagle and the Rose*

Hill Dawn, *Lifting the Veil*

Bailey AAB, *A compilation, Ponder on This*, Lucis Publishing Cp. New York.

Bro HH, *A Seer Out of Season, The Life of Edgar Cayce*

Virtue Doreen, *Healing with Angels*

Ridall Kathryn, *Channeling -How to Reach Out to Your Spirit Guides*

Cayce E, *Channeling your Higher Self*

Cayce E, *Akashic Records*

Roman S, Packer S. *Opening to Channel*

Sutphen, D, *Past Lives, Future Loves*, Pocket Books, New York USA

Sutphen D, *You were born again to be together*, Pocket Books, New York, USA

WEEK-BY-WEEK OUTLINE

WEEK 1	Introduction and focus of the course. Personal responsibilities. Psychic protection and psychic attacks discussed. Experiences with the spiritual realm (feedback and analysis).
WEEK 2	Introduction to the Higher Self. Developing the Higher Self connection. Guided visualization and exercises. Group discussions.
WEEK 3	Developing the Higher Self Connection continued. Guided visualization and exercises. Group discussions.
WEEK 4	Understanding mediumship. Discussion on well known mediums and psychics of past and present and how they utilized their skills.
WEEK 5	Survival evidence is discussed. Altered states of consciousness are explored. Experiential exercises and group activities.
WEEK 6	Explanation of clairvoyance, clairaudience and clairsentience. How these skills can be used in therapeutic healing. Experiential exercises.
WEEK 7	Further developing intuitive skills. Methods of contact such as dreams, automatic writing, psychometry. Experiential exercises.
WEEK 8	Group experiential exercises using clairvoyance, clairaudience and clairsentience, psychometry.
WEEK 9	Using our senses to get more in touch with our inner selves and our connecting with our clients. Class discussion and exploration.
WEEK 10	Understanding and working with aura field. Practical exercises to enhance the ability to see and feel auras.
	Diary and Assignment due
WEEK 11	Energy Cords and their purpose in our lives.
WEEK 12	Class discussion on spiritual connection and Higher Self connection development through the course.

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.

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