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Nature Care College

Subtle Anatomy 2

DESCRIPTION	This unit of study provides an in-depth study of each chakra and its relationship to the mind, body and spirit. You will learn to develop an awareness of the energy fields and chakras, working to harmonise and rebalance chakras.	
DURATION	24 hours	
LEARNING OUTCOMES	At the conclusion of this unit of study, students should be able to:- <ol style="list-style-type: none"> 1. Demonstrate understanding of what chakras / energy centres are about. 2. Sense which chakra is storing energy or losing energy through the connection between physical symptoms, psychological and emotional states and various stressors / issues. 3. Study in-depth each chakra and it's relationships to body-mind-spirit. 4. Assess oneself (journal) / each other. 5. Introduce energy scanning as it applies to the chakras. 	
TEACHING METHOD	Modified Lectures Overheads Class discussion and interaction	
ASSESSMENT	Exam	70%
	Creative Assignment	30%
	Pass mark 70%	
	All components must be completed and passed at 70% in order to pass this subject 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 also ensure you have a copy of your assignment before submission for your own records.	
ATTENDANCE	80 % minimum.	
PRE-REQUISITES	Subtle Anatomy 1. Introduction to Energetic Healing.	
CO-REQUISITES	Nil.	
MATERIALS REQUIRED	Notebook, pen.	

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TEXTBOOKS**Compulsory:**

Myss, C. 1996. *Anatomy of the Spirit*. Bantam Books, South Australia

Recommended Reading / References:

Jacka, J. *Synthesis in Healing*

Judith A. 2002. *The Wheels of Life*. Llewellyns, USA

Myss, C. *Why People Don't Heal*. Bantam Books.

Noontil, A. *One Thousand Petalled Lotus*

Strano, A. *Wisdom Through Spirituality*

Anadoa, Judith. *Eastern Mind, Western Body*.

Brahm, Ajahn. *Opening the Door of Your Heart*

WEEK-BY-WEEK OUTLINE

WEEK 1	Basic understanding of energetic healing. Chakras - general functions.
WEEK 2	Emotional energetics (basic fears, reactions, solutions) Psychophysiological patterns of dysfunction.
WEEK 3	First chakra.
WEEK 4	Second chakra.
WEEK 5	Third chakra.
WEEK 6	Fourth chakra.
WEEK 7	Fifth chakra.
WEEK 8	Sixth and seventh chakra.
WEEK 9	Review and evolution of self through heart centre of each chakra. Chakras as a system of perception.
WEEK 10	Energetic patterns of face (physionomy). – Basic introduction.
WEEK 11	Discussion of assignment (yourself and others).
WEEK 12	Exam

Assignment due

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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