



Campus:

Bridgeway Boulevard
Sausalito, California 94965 USA

Postal Mailing Address:

PO Box 564
Mill Valley, California 94942 USA

Website: www.EnergyMedicineUniversity.org

Phone: 415-331-1011

Fax: 415-331-9293

Instructor Contact Information: Jacqueline S. Chan, DO, MIM

Location: Northern California

Email: docchan22@gmail.com

Phone: 415-717-9954

Website: www.drjacqueline.info

EMP 7221 Soul Anatomy (3 Credits)

Overview of Course:

Discover how to strengthen your subtle energy field and align with your soul's purpose. This course is designed to ultimately enhance your ability to harness your intuitive healing capacities. When you heal yourself, gain a clearer understanding of your own subtle energy anatomy and access your intuition in your daily life, you will be able to bring an even deeper transformation to the people you serve. This course is foundational to all other courses as it elucidates the basic principles from which all other intuitive energetic work stems.

Course Topics:

This course is for the student who would like to embody the core principles of Intuition Medicine as founded by Francesca McCartney, applying them to their own personal lives. By learning in a live on-line group class format with meditations, embodied practices and live mentorship this course offers a pathway to directly strengthen one's subtle energy field and align with one's soul purpose. This course includes 3 different learning styles: experiential, reading, and reflective writing. This course provides a required foundation for further courses developed and designed to harness intuitive healing capacities for a deeper transformation in one's personal life as well as in the lives of those we serve.

Learning Objectives:

Students of this course will receive an understanding of the history of the Western World of Energy Medicine, the scientific underpinnings of Energy Medicine and an expansion upon the key foundational principles of Intuition Medicine involving energetic grounding, life force energy, the auric field, the meditation sanctuary, the endocrine system and the chakra system.

Audience: This course is perfect for you if you are a nurse, physician, therapist, health care worker, healer, give a lot to those in need, or are energetically sensitive and empathic.

Open to all students in the EMU Distance program.

COURSE DESCRIPTION

Session One: Understanding the Roots of Intuition Medicine in Our Modern World

Exploring the history and science of our body's electromagnetic field in Western Medicine.

In this session you will learn:

- What subtle energy is
- Why you should consider working with your subtle energy
- How you know if your subtle energy is balanced or not
- What intuition is and the different types of intuitive knowing.

Session Two: Your Ground of Being: Connecting to the Earth as a Direct Path to Presence.

In this session you will learn:

- Why grounding is important
- The science behind grounding
- Where your grounding channels are
- What sacred reciprocity with the Earth is
- You will be lead into an experience of grounding

Session Three: Uncovering the Seed of Intuition.

Discover the inner sanctum, a place that is located in your brain that allows you to reach a constant state of inner peace.

In this session you will learn:

- The anatomy and physiology of the meditation sanctuary
- Understand and appreciate neurons as biomechanical transducers
- The physics of Intention
- A meditation exploring your meditation sanctuary

Session Four: Potentizing your Life Force

Find the pathways inside your body that help to replenish you at any time during the day. Understand the difference between the Life Force Energy and Grounding energy and when it's best to use one over the other.

In this session you will learn:

- How to amplify your own energy through the Life Force Energy Pathway
- Clear out old negative energy and replenish with a new vibration
- Release toxic ties and reclaim your life force

Session Five: The Aura: Tending to your energetic boundaries.

Discover the cocoon of energy around your body, how to perceive it, do a self-healing and what its aspects are:

In this session you will learn:

- What the symptoms are of a breach to your energetic boundaries
- The anatomy of your aura as your energetic skin
- How to self-repair your aura

Session Six: Dancing in Your Own Field

This session culminates everything you've learned from Session one through five to the Chakra System to access safety, balance, harmony, empowerment, compassion, expression, clarity and connection with yourself as a spirit in a body.

In this session you will learn:

Uncovering your Soul's purpose through the conduit of the chakras.
What is Soul Intelligence?
Staying within your own energy field to open more fully to your soul's gift.
How to integrate everything we have covered.

NEED STATEMENT

Students will:

- 1) Develop an in-depth awareness of their own subtle energy anatomy.
- 2) A student will understand the historical background of Energy Medicine in the Western world and the scientific underpinnings of subtle energy anatomy.
- 3) Develop skills needed to identify if your subtle energy is balanced or not and learn how to self-treat in order to regenerate energy and bring balance, clarity and replenishment.

FACULTY-STUDENT COMMUNICATION

- **Telephone Contact:** Students should arrange all internet live webinar communications with the instructor by email beforehand. An initial phone contact to clarify course objectives and develop a schedule is conducted prior to beginning the course. This contact will be scheduled within the first few weeks of commencement of the semester. After this, periodic telephone

communication can be arranged with instructor. All telephone calls will be at student's expense.

Email Contact:

- Reflections on and questions about the coursework lessons and papers are addressed during the live on-line webinar and via email monthly or as needed. Students are always encouraged to contact the instructor via email whenever a problem arises.
- **Communications:** It is requested that students stay in weekly or every other week correspondence with the instructor using the live on-line webinar and email. The student should also set up periodic telephone/skype conversations, at their expense, to discuss problems, concerns, or determine the direction of their course work. Students are always encouraged to contact the instructor by email, fax, or telephone whenever a major concern may arise. It should be understood that as mature students, it is the responsibility of the students to stay in contact with their instructors. The instructor may be able to set up one-on-one discussions with the student using Skype. Students should check email frequently for professor and EMU messages.
- All lessons, coursework and papers must be copied from both the student and professor to: **Lessons@energymedicineuniversity.org**
- Students will normally send communications via email and submit papers as MSWORD format files attached to email messages. Synchronous Internet sessions may be used for "chat sessions" using Skype. Check with your instructor on the type of communications she uses.

Internet Forums: Please contact our Registrar to be included in the EMU Internet forums.

Length of Course:

Length of this Energy Medicine course is five (5) months or one (1) semester.

COURSE DELIVERY STYLE

Distance Education - Coursework is completed at a location determined by the student utilizing a computer that has the ability to play audio and video clips, with Microsoft Office Word, Excel, PowerPoint, Adobe Reader, along with a current web browser, internet connection and email address. Live on-line classes will be conducted through Zoom with video possibility and the link will be e-mailed to each student beforehand. Contact and communication with distance students is typically conducted by Skype, Internet and email. Students are also encouraged

to contact the University by fax and postal mail, and by personal visit to the University.

1) Reading Assignments

2) Course Paper/Project. The first 3 months are for the live-one line class, which is every other week. The paper and project is due at the end of the 4th month.

COURSE ASSIGNMENTS GUIDELINES

1. Double space all your papers, and use a 12-point font.
2. Always include your name, the course number, and which assignment it is in the title of your assigned papers.
3. Please read all required reading, meditations (if applicable) and journaling prior to completing papers.
4. All course work must be completed in a timely fashion. If you having difficulties with this please notify the instructor as soon as possible.
5. The papers are expected to have a researched perspective plus include the student's own personal process experience and critical thinking skills. Please always include a bibliography and in-text citations. The student must use APA style writing. If unclear about bibliographies, a great resource to use is: Hacker, Diana, A Pocket Style Manual, Bedford/St. Martin, Boston, MA, 2004.)

3) Essay Examination- The fourth month is designated time to your written paper addressing. This is to be a five page paper addressing:

- 1) Do a meditation with grounding, life force energy, auric field self healing and and go into your meditation sanctuary to ask the following questions:
 - a. How can I best honor my soul path this lifetime?
 - b. Is this choice in alignment with how I am in spirit and body?
 - c. What is keeping me from understanding more about xyz?
 - d. Show me what I need to know about xyz?
 - e. What habit is in the way of alignment?(xyz is an issue you are grappling with)

2) How would you describe the subtle energy body to a stranger while referring to the science behind it.

COURSE ASSIGNMENTS

Assignment #1:

Read the following materials:

Francesca McCartney PhD, Body of Health, The New Science of Intuition Medicine for Energy and Balance. Nataraj Publishing A division of New World Library, Novato, CA. 2005. ISBN 1-57731-488-3

Michael Talbot, The Holographic Universe: The Revolutionary Theory of Reality that Explains the Latest Frontier of Physics, the paranormal abilities of the mind, the unsolved Riddles of the brain and body. HarperCollins Publishing, New York, 1991. ISBN 978-0-06-201410-8 (2011 edition)

Penny Peirce, Frequency, the Power of Personal Vibration. Atria Paperback, New York 2009. ISBN: 978-1-58270-212-4 (hc).

Write a paper answering the following questions:

- 1) What is Schuman's resonance and why is it important?
- 2) What are the two main tools of energy medicine?
- 3) How much ownership of your own energetic blueprint do you have?
- 4) In what ways do you feel your energy body is balanced? Imbalanced?
- 5) In what ways do you experience your intuition?
- 6) What activities do you do that enhance your grounding?

Assignment #2: Read the following materials:

Clint Ober, Stephen T. Sinatra, M.D., Martin Zucker, Earthing, the most important health discovery ever? , Basic Health Publications, Inc., Laguna Beach, CA. 2010. ISBN 978-1-59120-283-7.

David Abram, Becoming Animal An earthly Cosmology. Pantheon Books, New York. 2010. ISBN 978-0-375-42171-6.

Write a paper answering the following questions:

- 1) How has practicing grounding affected my daily life?
- 2) What is your grounding symbol?
- 3) In what ways do I experience myself as more balanced physically? Emotionally? Mentally? Spiritually?
- 4) In what ways did I practice sacred reciprocity?

Assignment #3: Read the following materials:

Francesca McCartney PhD, Body of Health, The new Science of Intuition Medicine for Energy and Balance. Nataraj Publishing a division of New World Library, Novato, CA. 2005. ISBN 1-57731-488-3

Penny Peirce, Frequency, the Power of Personal Vibration. Atria Paperback, New York 2009. ISBN: 978-1-58270-212-4 (hc).

Eckart Tolle, The Power of Now. A guide to Spiritual Enlightenment. New World Library, October 2010.

Write a paper answering the following questions:

- 1) Were you able to access your meditation sanctuary?
- 2) Describe what your meditation sanctuary looked like?
- 3) Ask a question from your meditation sanctuary and see what answer you get. Describe this process.

Assignment #4: Read the following materials:

Francesca McCartney PhD, Body of Health, The new Science of Intuition Medicine for Energy and Balance. Nataraj Publishing A division of New World Library, Novato, CA. 2005. ISBN 1-57731-488-3.

Penny Peirce, Frequency, the Power of Personal Vibration. Atria Paperback, New York 2009. ISBN: 978-1-58270-212-4 (hc)

Write a paper answering the following questions:

- 1) What activities weaken your life force energy? Strengthen it?
- 2) What relationships have you left your energy in?
- 3) How much of your energy do you invest in other people's visions?
- 4) Do you have inertia in your life? If so, where?

Assignment #5: Read the following materials:

Francesca McCartney PhD, Body of Health, The new Science of Intuition Medicine for Energy and Balance. Nataraj Publishing A division of New World Library, Novato, CA. 2005. ISBN 1-57731-488-3.

Cyndi Dale, Energetic Boundaries, How to stay protected and connected in Work, Love and Life. Sounds True, Boulder, Colorado. 2011. ISBN: 978-1-60407-561-8.

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Write a paper answering the following questions:

- 1) Report any increased incidences of synchronicity or intuition.
- 2) In what ways are you a victim in your life?
- 3) What are the major influences on your boundaries: physical, emotional and spiritual breeches to your boundaries?

Assignment #6: Read the following materials:

Francesca McCartney PhD, Body of Health, The new Science of Intuition Medicine for Energy and Balance. Nataraj Publishing A division of New World Library, Novato, CA. 2005. ISBN 1-57731-488-3.

Anodea Judith, Revised Eastern Body Western Mind, Psychology and the Chakra System as a Path to the Self. Celestial Arts, Berkeley. 1996. ISBN 978-1-58761-225-1.

Write a paper answering the following questions:

- 2) What is your initial experience of your chakras? Is there a particular chakra that seems to need more tending to?
- 3) Describe your perception of your auric field.

The final examination will be given by telephone conference (or other means) and will cover the reading assignments. Students will negotiate the timing of the examination.

COURSE EVALUATION

The course grade will be based upon the quality of the student's participation in the live on-line webinars, written assignments and oral interview with written exam

COURSE GRADING DETERMINANTS

Grades are based on the following elements of a student's participation and accomplishment. In determining a grade for this course, the following formula will be used:

Reading required texts – 20%
Professor Discussions – 10%
Course paper or project – 50%
Essay examination – 20%

Using this technique, there will be 100 points assigned to the course. Final semester grades will be calculated as follows:

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92-100 points = A range
86-91 points = B range
80-85 points = C range
70-80 points = D range
Under 70 points = F

COURSE COMPLETION TIMETABLE

- Week #1-2 Session One
- Week #3-4 Session Two
- Week #5-6 Session Three
- Week #7-9 Session Four
- Week #10-11 Session Five
- Week #12-14 Session Six
- Week #15-18 Reading and Written Essay
- Week #18-20 Oral and Written Exam

SPECIAL NOTES AND INSTRUCTIONS

All coursework must be completed in a timely fashion. Students are encouraged to phone or email the instructor whenever they need advice, comments, or instruction.

TEXTS

Francesca McCartney PhD, Body of Health, The new Science of Intuition Medicine for Energy and Balance. Nataraj Publishing A division of New World Library, Novato, CA. 2005. ISBN 1-57731-488-3

Michael Talbot, The Holographic Universe: The Revolutionary Theory of Reality that Explains the Latest Frontier of Physics, the paranormal abilities of the mind , the unsolved Riddles of the brain and body. HarperCollins Publishing, New York, 1991. ISBN 978-0-06-201410-8 (2011 edition)

Penny Peirce, Frequency, the Power of Personal Vibration. Atria Paperback, New York 2009. ISBN: 978-1-58270-212-4 (hc)

Cyndi Dale, Energetic Boundaries, How to stay protected and connected in Work, Love and Life. Sounds True, Boulder, Colorado. 2011. ISBN: 978-1-60407-561-8.

Clint Ober, Stephen T. Sinatra, M.D., Martin Zucker, Earthing, the most important health discovery ever? , Basic Health Publications, Inc., Laguna Beach, CA. 2010. ISBN 978-1-59120-283-7.

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Eckart Tolle, The Power of Now. A Guide to Spiritual Enlightenment. New World Library, October 2010.

Judith, Anodea, Wheels of Light, A User's Guide to the Chakra System, Llewellyn Publications, St. Paul, MN, 1996, Chapt. 8.