



ENERGY MEDICINE UNIVERSITY

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EMP 733: Intuition Medicine®: Energy Anatomy (3 credits)

Overview of Course:

This course provides an energy medicine healing model— Intuition Medicine® which is a sub-set specialty in Energy Medicine. This methodology was designed in 1977 by Dr. Francesca McCartney and has been successfully taught to and put into vocational practice by thousands of people certified in Intuition Medicine®.

Course Topics:

This course covers three specific energy anatomy systems. The modules are:

1. Grounding System
2. Aura, Life Force & Earth Energy Healing
3. Chakra System

Learning Objectives:

The ability for an Energy Medicine practitioner to communicate, counsel and facilitate healing is a valuable, professional skill. The cornerstone of this skill is the study of the human subtle energy field. At course completion the student will have a whole subtle energy healing modality to put into a professional practice. The student will create and keep a personal journal during this course from which the instructor may ask for periodic reports via email or phone communication.

AUDIENCE:

Open to all students in the Certificate, Masters and Doctoral program.

Special Note:

This course is offered only in the Fall Semester – September to January. This gives the student an opportunity to participate in the Academy of Intuition Medicine California campus Intuition Medicine®: Healing I & II courses via live phone-in conference.

This is two 6-week courses (12 weeks total) held on either Tuesday or Thursday nights from 7:00 PM to 9:30 PM Pacific Standard Time. Participation in this classroom adds a rich human experience to this course as you will join 30 or more students in a live campus experience.

Exact dates found here: <http://www.intuitionmedicine.com/academy/calendar.htm>

Required Course Materials:

Texts:

McCartney, F. (2001) *Intuition Medicine®: The Science of Energy*. Intuition Library, Mill Valley, California, USA. (Book w/8 CDs)

McCartney, F. (2005) *Body of Health: Intuition Medicine®*. New World Library/Nataraj, Novato, California, USA.

And various other recommended books which can be checked out of most public libraries. See instructions within this syllabus regarding these books.

Grading:

Course grades are based on the following elements of a student's participation and accomplishment. Course grading determined by final oral exam, the seven papers, and instructor assessment of integration of the material.

In determining grades the following formula will be used:

Reading required texts – 25%

Email and Internet Discussions – 25%

Course Papers or Project – 30%

Essay or Oral examination – 20%

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

92-100 points = A range

86-91 points = B range

80-85 points = C range

70-80 points = D range

Under 70 points = F

0 points Incomplete = I

Credits:

This course awards 3 semester credits.

Communicating With Instructor

Telephone/Skype Contact: Students should arrange all telephone/skype communications with the instructor by email beforehand. An initial phone/skype contact to clarify course objectives and develop a schedule should be made prior to beginning the course. This contact should be scheduled within the first few weeks of commencement of the semester. After this, periodic telephone/skype communication can be arranged with instructor.

Note: The student will receive weekly energy sessions with an Academy classroom Teaching Assistant (TA) during the live classroom course calendar. The schedule and pertinent information will be given to the student after the course commences. All TA session telephone/skype calls will be at student's expense.

Email Contact: Reflection on and questions about the lessons should be addressed via email as needed. Students are always encouraged to contact the instructor via email whenever a problem arises. Additionally: There also will be a bundle of weekly informational emails covering topics of cross referencing information on topics from health medicines, academic research, Academy student-teacher dialogue and inspirational papers written by Academy students.

Course Delivery Style:

This course uses the book-set *Intuition Medicine®: The Science of Energy and Body of Health: Intuition Medicine®* as the primary learning texts. This syllabus is a clarification and detailed instructive outline to be used in conjunction with the text. Students are issued a set of topic assignments, readings and explorations in preparation for an examination of their facility with the material. Students will go over the assigned sections of their text, as well as the tapes, before taking on the individual assignments. Students will practice each meditation, then take reflective time to incorporate their experience and if needed ask any questions via email. Students will write a paper on their experience of the work at end of each of the three energy anatomy systems modules and email the papers to the instructor. NOTE: *These three papers should be emailed to the instructor at the completion of each module: Do not wait until the entire course is complete to email all three papers.*

Fall semester calendar of the lesson plan for you follow:

Paper Submissions: Read this syllabus for detailed instructions on paper topic.

- Paper #1 by October 15
- Paper #2 by November 15
- Paper #3 by December 15
- Final Paper & Exam by January 20. This allows me time to review and grade by January 31 end of semester.

Course Modules:

Module 1: Grounding: The Foundation of Intuitive Awareness

Description of Module:

The practice of energetic grounding is fundamental to all healing disciplines where the body's bio-electric fields are utilized. Students will learn the energy systems and grounding techniques specific to the practice of Intuition Medicine® healing. In this module you will develop a strong sense of owning your personal energetic space and learn to feel comfortable and secure bringing your consciousness fully into your Intuitive Center. You will learn the basic skills of energetic clearing and protection.

Module Topics:

- The fundamentals of gravity grounding and creative visualization
- Discovering your Intuitive Center
- The use of earth energy to enhance and stabilize your personal energy field
- Energy anatomy of physical and emotional grounding circuits
- Clearing unwanted energies from the mind, body, and aura
- Identification of stressful energy patterns and protecting yourself from unhealthy energies
- Knowing yourself as a spiritual being

Learning Objectives:

At module completion students will have the knowledge to:

- Develop an in-depth awareness of body/spirit grounding to earth energy
- Know and trust your Intuitive Mind
- Feel fully grounded in meditation
- Maintain your grounding throughout the day, at home, at work, and in public places
- Own your personal space and increase your sense of well-being
- Assess your personal energy field and easily make adjustments to alter your mood and state of mind
- Discern and deal effectively with incoming negative energy
- Establish and maintain your personal protective energetic force-field

Required Module Materials:

Books:

- McCartney, F. (2004) *Body of Health: Intuition Medicine® The New Science for Bringing Energy and Balance to Your Life*. New World Library/Nataraj: Novato, California, USA.
- McCartney, F. (2001) *Intuition Medicine®: The Science of Energy*. Intuition Library: Mill Valley, California, USA. (Book & tapes set)
- Tolle, E. (1999) *The Power of Now*. New World Library.

CDs:

- McCartney, F. (2001) *Grounding System*. Intuition Library.
- McCartney, F. (2001) *Aura/Life-Force/Earth-Energy Healing System*. Intuition Library.
- McCartney, F. (2001) *Color Meditation*. Intuition Library.

Module Assignments:

Read this book entirely before you begin the assignments: McCartney, F. (2004) *Body of Health: Intuition Medicine® The New Science for Bringing Energy and Balance to Your Life*.

Assignment 1: Gravity Grounding

Connecting to the healing power of the earth.

Assignment 2: The Intuitive Center

Creating a sanctuary in your mind.

Assignment 3: Grounding Anchor Points

The intuitive, emotional, and physical grounding circuits.

Assignment 4: Aura Grounding

Bonding your aura with the energy of earth.

Assignment 5: Clearing the System of Disparate Energies

The use of healing frequencies to assist you, as a spiritual being, to be fully present and conscious in your physical body.

Assignment 6: Defining your Personal Space

Reclaiming your energy. Bringing a quiet stillness to your mind.

Assignment 7: Further Defining Your Personal Space

Using symbols to define your space and colors to enhance your mood.

Assignment 8: Feeling the Moment

A “present time” awareness.

Assignment 9: Creating Visualizations

Realize the potential of your imagination.

Assignment 10: Final paper for this Module

Assignment Details:

Assignment 1: Gravity Grounding

Full success in reaching the goal of self-awareness through intuitive meditation requires mastery of the basics of energetic grounding. Grounding begins with your breath.

Meditation Assignment:

- At a quiet time, in an area without bright lighting, sit or recline in a comfortable position, palms of your hands upward, and breathe. Oxygen is the fuel of the brain. Take a long, slow breath in through your nose for a count of four, hold it for a count of two, and then slowly release the air out through your mouth. Do this for about a minute.
- Feel the body, from the top of your head to the soles of your feet, feel your skin, and feel the denseness and weight of your whole body.
- Breathe and relax.
- From the center of your mind, put your attention on the top of your head. What sensations do you feel? What temperatures?
- With focused intention, affirm that molecules of stress, or any energy not naturally part of your healthy body, is being dissolved and carried down and away by the force of gravity. Feel the force or pulse of gravity pulling your entire body. Feel the waves of gravity pulling through your body. Take your time with this part of the meditation.
- Breathe and feel the weight of gravity on your body.
- Focus your attention on your forehead and face. Repeat the process. Rub your face with your hands to help break up the stress energy. Feel gravity drawing away the tension. Feel your face relax.
- Continue with the back of your head, your neck, shoulders, arms, hands and fingers, torso (front and back) waist and hips, thighs, knees, lower legs and ankles, feet. Feel the bottoms of your feet. Affirm and feel gravity pulling stress energy out through the soles of your feet.
- Breathe and relax.
- Honor your body.
- Always remember, energy follows your thought.

Daily Awareness: During your day be aware of gravity. Be aware of the calming effect of gravity on your body. Be aware of the sensations in your body.

Reading/Listening Assignment: Read the introduction and chapter one of the text, *Intuition Medicine* ®: *the Science of Energy*, and listen to the CD *Grounding System*.

Journal Assignment: Write your thoughts and observations about this work in your journal.

Assignment 2: The Intuitive Center: The home of your personal power is the Intuitive Center.

Meditation Assignment:

- Gravity ground your body as you have learned in Lesson #1
- With the pulsations of gravity pulling through your body, move your perceptions into the center of your mind. Be inside your mind. What are the physical dimensions? Note any sensations, colors, tones or sounds? Where is your awareness located? Is it in the front? Middle? Feel the waves of gravity passing through your mind.
- Breathe and relax.
- Now focus all your attention to the center of your head and about three inches directly behind your eyes. This is your Intuitive Center.
- Continue to define and feel this space. Take your time.
- Start to bring energies and feelings that are harmonious to you into your Intuitive Center.
- Use these harmonious energies to brighten and cleanse this focal point in your mind.
- Create a sanctuary in the center of your mind that is safe, beautiful, and belongs only to you. Use visualizations, tones, colors, a feeling, or combinations of some or all.
- Allow this spot to be the center of your personal universe, a place of truth and healing. This is the place you will start from each time you ground or meditate.
- Establish a grounded connection from your Intuitive Center to the center of the earth. Feel the stabilizing influence of gravity grounding.
- Hold and amplify this feeling.
- Expand this feeling into your entire body. Feel the pull of gravity throughout your entire body.
- Breathe and hold the feeling.

Daily Awareness: Observe your grounding field during your day, note the length of time you can feel grounded. Whenever possible take a moment to ask yourself where your awareness is. Is it in your sanctuary or is it somewhere else? Note what you are doing at that time.

Continue to decorate your sanctuary. Always remember to greet yourself when entering your sanctuary.

Reading/Listening Assignment: Review chapter one of the text, *Intuition Medicine*®: *the Science of Energy*, and listen to the CD *Grounding System*. Start reading *The Power of Now*.

Journal Assignment: Write your thoughts and observations about this work in your journal.

Assignment 3: Grounding Anchor Points: Connecting the grounding circuits of the Intuitive Center, the emotional body, and the physical body to the earth.

Meditation Assignment:

This exercise should be done in the sitting position. Ground and clear your body and mind as you have been doing.

- Focus your attention in your sanctuary. Greet yourself.
- Put all of your awareness in the Intuitive Center.
- Hold this feeling.
- Without leaving this place in your mind, let a line of your awareness start to drop straight down. You might visualize this as a beam of light or a color flowing down through the center of your spine to the base of your spine. Each person will see or feel this energy pattern in a unique way.
- Hold and expand this image or feeling.
- While still being centered in your sanctuary, let this awareness drop from the base of your spine and visualize it entering the soil of the earth.
- Visualize this energy descending 3,950 miles to the magnetic core of the earth.
- Visualize the core of the earth.
- Feel an unbroken line between the center of your head and the core of the earth.
- Breathe and hold this image. You have now grounded your sanctuary.
- Now put your attention on the energy zone (first chakra) at the base of your spine.
- From this point visualize a band of energy extending straight out horizontally in a 360 degree circle.
- Ground this into the earth as a continual flow.
- Breathe and hold this visualization. You have now completed an emotional grounding circuit.
- Next, put your awareness on the energy zones on the bottoms of your feet
- Feel the temperature of your feet. If one is cooler than the other, direct your intention to balance the temperatures as much as possible.
- Now let the waves of gravity pass through your entire body, exit out your feet, and connect to the center of the earth. You have now completed your physical grounding circuit.
- Be aware of a connection to the earth using all three grounding anchor systems simultaneously.
- Let a symbol to represent the power of your grounding come to you. Place this symbol under the base of your spine.
- Allow the pulse of the planet to harmonize your grounding system

Daily Awareness: During the day, if only for a moment, affirm your connection to earth through each grounding anchor point. Change or add to your grounding symbol daily.

Reading/Listening Assignment: Read chapter two of the text, *Intuition Medicine®: The Science of Energy*, and listen to the CD *Aura/Life-Force/Earth Energy®*. Continue reading *The Power of Now*, reflect on pages 20–26.

Journal Assignment: Write your thoughts and observations about this work in your journal.

Assignment 4: Aura Grounding: Connecting the body's energy field to earth.

Meditation Assignment:

- In a sitting position, come into your Intuitive Center, greet yourself, and ground.
- Focus your attention on the entire outer surface of your body.
- Feel the energies, temperature, and textures there.
- Hold your attention there for a minute.
- Now, start to move your awareness out and away from your body to the area around you.
- Intuit the distance from your skin to the edge of your aura, your personal energetic space.
- Scan all around you—back, front, sides, top and bottom.
- With intention, fill in or adjust your aura so it surrounds you—over your head to under your feet and as equally proportioned around you as possible.
- With your hands, direct a current of your personal healing energy to fill your aura, pulling the aura under your feet into the earth.
- Hold and amplify this energy.
- Feel the pull of gravity on your body and aura. Feel gravity purifying your body and aura of energies that do not enhance your well-being.
- Continue for as long as you feel comfortable and are holding a uniform auric shape.
- When done, return to your Intuitive Center and be conscious of your body.
- Scan your auric field for any areas you feel may need additional attention. Using the psychometry of your hands, fill in those areas with your personal healing energy.
- When finished, put your hands together to contain your energy. Ground and breathe.

Daily Awareness: Feel the energy that your body emits, feel the form it takes around your body, and feel the pull of gravity on your aura.

If you have a willing friend, use the psychometry of your hands to feel their aura. Have them sit while you stand a few feet away, hold both hands up, palms pointed towards them, slowly move your hands toward them until you feel a subtle warmth or pressure (that would be the boundary of their aura). Walk completely around them, notice the various distance their aura may be from the body. *Note:* The aura at the back may tend to be closer to the body than that at the front.

Listening Assignment: Listen to the CDs *Aura/Life-Force/Earth Energy®* and *Color Healing®*.

Journal Assignment: Write your thoughts and observations about this work in your journal.

Assignment 5: Clearing the Mind of Disparate Energies

In this assignment you will access healing frequencies to assist you, as a spiritual being, to be fully present and conscious in your physical body.

Meditation Assignment:

Relax and fully ground all energy systems as you have been doing.

- Focus your attention in your Intuitive Center.
- Now you will be asked to do something a bit different. From your Intuitive Center, begin to visualize your entire mind. See and feel the inner space of your mind. Take your time and breathe.
- Allow yourself to explore all the areas inside your mind--front, back, each side, bottom and top.
- Return your conscious focus to the Intuitive Center.
- Hold the feeling. Relax and breathe.
- Re-check your grounding anchor points.
- From your sanctuary, let your mind's eye access the energetic frequency of bright, metallic gold. See and feel the gold energy. Fill your mind completely with gold.
- Hold this color and feeling.
- Take one of your hands and hold it in front of your forehead, about 18 inches away, palm towards you.
- Still holding the color gold, *slowly* move your hand in towards your sixth chakra in the center of your forehead.
- When you feel a subtle pressure or warmth to your forehead or hand, stop and pull back about one inch.
- With focused intention, affirm and direct that the gold energy in your mind be transferred to your hand.
- Now pulse this energy from your hand through the sixth chakra and back into your mind.
- Repeat this process until you have achieved a continuous flow, filling both your hand and mind with gold energy.
- Affirm and feel that any energy which is not harmonious to your well-being is being dissolved and being pulled down and out by the force of gravity.
- Let a symbol, tone, or color that honors your intuitive mind come to you and place it at your sixth chakra.
- Sit for a minute, relax, breathe and feel your body.
- Repeat this exercise with your seventh chakra (top of your head). Go only as long as you feel comfortable.
- Let a symbol, tone, or color that honors your spirit come to you and place it at your seventh chakra.
- When done, sit and breathe, check your physical grounding; ground your awareness to the center of the earth.
- Love your spirit, love your mind, and love yourself

Daily Awareness: As often as possible use your hands to feel your sixth and seventh chakras. Observe if their distance from your body changes. Does the temperature or amount of energy in them fluctuate? Does your body feel where they connect? Whenever possible, even for a moment, enter your sanctuary and scan your mind. From your viewpoint looking out or up from your Intuitive Center, note any movement in your chakras.

Practice with your hands; bathe your mind, body and aura with your personal healing energies.

Reading/Listening Assignment: Review chapter four of the text, *Intuition Medicine®: The Science of Energy*, and listen to the CD *Color Healing in Intuition Medicine®*. Continue reading *The Power of Now*.

Journal Assignment: Write your thoughts and observations about this work in your journal.

Assignment 6: Defining Your Personal Space Reclaiming your energy & Bringing a quiet stillness to your mind.

Meditation Assignment:

- In a sitting or reclining position come fully into your body. Let your awareness drop back deep into your meditation sanctuary. Greet yourself. Gravity ground your body from head to feet.
- With intention, break up and dissolve the molecules of stress energy and affirm them leaving your body and neutralizing in the earth.
- From your sanctuary, call back all of your energy that you have used during your day—back from people you have interacted with, from your work, your car, your computer, anything, anyone or anywhere you may have left some of your personal energy.
- Take your time to feel it return into your energy field, mind, and body.
- With intention, give back and return any energy that may belong to someone else.
- Feel the energetic shift as these energies that are not yours leave your personal space.
- Breathe and be centered within yourself.
- Note your receptors for receiving telepathic communication. They start at your eyes, both above and below, wrap around each side of your head, across your temples and loop around the back of your ears. The tips of each of your fingers have small energy zones (chakras) that radiate your personal healing power. Using your hands as tools of healing, hold your palm chakras over these areas to transmit your own energies into your telepaths. Use your fingertips to massage the telepathic zones on your head.
- Take your time to dissolve and ground out any collected energy that does not belong to you.
- Place symbols at your telepaths to act as filters.
- Seek to produce a “quiet” stillness in your mind. Hang up your telepathic phone to all outside communication.
- Do this as long as comfortable.

Daily Awareness:

At least once a day call back your personal energy.

Be aware of unspoken communication.

Use the outer edge of your aura to detect incoming energies.

Reading/Listening Assignment: Continue reading *The Power of Now*. Listen to the CDs of your choice.

Journal Assignment: Record your experiences from this meditation in your journal.

Assignment 7: Further Defining Your Personal Space: Using symbols to define your space and colors to enhance your mood.**Meditation Assignment:**

- Take time to fully ground your body and aura.
- From your intuitive sanctuary access gold energy.
- Feel the space between your body and the edge of your aura.
- From your sanctuary radiate the gold energy into your aura.
- Let a personal protection symbol come to you.
- Place this energetic symbol in four places equally spaced around the outer edge of your aura.
- Place another over your head.
- Be aware of the area from your body to the outer edge of your aura, the boundary of your personal energetic space.
- Now access and resonate your sanctuary and aura with amethyst energy.
- Fill your aura with amethyst. Hold this color.
- Feel how amethyst affects your mood and perception.
- Now, change to lavender, and feel lavender.
- Now, change to pink, and feel pink.
- Now, change to turquoise, and feel turquoise.
- Now, change to the colors of your choice.
- Now, come back to gold.
- Feel your auric field and reaffirm your personal protection symbols.

Daily Awareness: During your day try to resonate with different color energies. Observe your mood, your perceptions, how others interact with you as you hold these colors. Affirm your personal protection symbol, update or change it as you see fit.

Note: For the clairsentient person, using a color like pink out in the world may invite being overly receptive to the emotions of others.

Note: For many, gold is considered the ultimate psychic protection.

Reading/Listening Assignment: Finish reading *The Power of Now*. Listen to the CDs of your choice.

Journal Assignment: Record your experiences with color and symbols in your journal.

Assignment 8: Feeling the Moment: A “present time” awareness.

Meditation Assignment:

- Come into your sanctuary, greet yourself, and ground.
- Concentrate on the waves or gravity holding you connected to the earth.
- Feel the pulsations of the planet reaching up and filling your body space completely.
- Allow every cell to be bathed and cleansed by the organic, healing energy of the living earth.
- Feel the downward flow of stress.
- Feel it leave your body.
- Hold this feeling, relax, and breathe.
- Now let the earth’s energy recede down to your chest, to your heart, and hold it there.
- Focus your attention in your sanctuary.
- Access gold energy, fill your sanctuary and mind with the highest quality gold energy possible.
- Ask for this energy to be amplified.
- With intention, direct this gold to radiate beyond the physical surface of your head. Let it form a protective ball of energy around your head, which extends down to your neck.
- Visualize and hold this feeling.
- From your sanctuary, open your seventh chakra. Let your awareness start to explore the universe, see the moon, our solar system, other galaxies, sense and feel the expansive dimensions of outer space. Take your time.
- Return your focus to your sanctuary.
- Bring the energy of the universe in through your seventh, and down to your heart.
- At your heart, blend and connect the physical healing energy of earth to the timeless wisdom of the universe.
- Feel them both, be connected to both, be in the center of both realities. See the earth below you and the universe above you, feel their presence in your body, mind, and spirit. Hold this feeling for as long as comfortable.
- Feel your spiritual energy in the aura around you.
- Close your seventh chakra.
- Re-affirm your sanctuary grounding to earth.
- Re-affirm your physical grounding.
- Put your arms around yourself and give yourself a hug.

Daily Awareness: Always remember you are a spiritual being living in a physical body.

Reading/Listening Assignment: Re-read Chapter 3 in *The Power of Now*. Listen to the tapes of your choice.

Journal Assignment: Record your observations from this meditation in your journal.

Assignment 9: Creating Visualizations: Realize the potential of your imagination.

Our imagination is a secret of creation given to us right at the start. Your long term success as a healer of yourself and others depends not only on the information that you “see” and feel, but also on the quality of your visualizations.

Below are some examples, use them, improve on them, change them to better suit you. Then create your own, take your imagination to another level. Do one, some, or all of these visualizations per meditation, whatever you choose.

Remember, energy will always follow your thought!

Meditation Assignment:

In meditation, deep in your sanctuary, visualize:

- 1) You are in meditation on a mountain top. A channel of your personal energy as wide as your aura enters the earth, it descends and surrounds the inner core of the earth, your energy amplifies the energy of the earth’s core, from the core your energy radiates in every direction, it goes up to the outer surface of the earth, it touches every inch of the earth’s surface, you are grounded to the entire planet.
- 2) You are standing waist-deep in a lagoon. The water is more pure and crystalline than you have ever seen. All around you are lush, beautiful tropical plants, from above water is gently flowing onto your head and torso. The color of the falling water becomes sky blue. You open your seventh chakra to accept the color into your body. Every cell in your body accepts the healing energy of sky blue. The water in the lagoon turns to sky blue. Now, the falling water turns to lavender and you feel the healing energy of lavender. And now of cobalt...and now of pink...and now of as many colors as you choose. Feel the qualities unique to each color.
- 3) From your sanctuary
 - Feel the energy of earth grounding your aura
 - Feel and sense where your grounded aura touches the earth
 - While holding the top of your grounded aura over your head, start to expand the lower edge. Expand it ten feet from your sanctuary, a hundred feet; expand it to the boundaries of the town you live in.
 - Sense where you are physically in relation to the boundaries of your town.
 - Ground everything and everyone in your town.
- 4) Fill your sanctuary and mind with 24 karat gold.
 - Expand the gold energy to the edge of your aura and beyond
 - Fill your area or room with gold
 - Sit in a block of solid 24 karat gold
 - Feel the purifying energy of gold

Now treat yourself with the realities of your imagination.

Daily Awareness: Visualize beauty daily.

Journal Assignment: After you record your favorite visualizations in your journal, it is time to deliver a copy to the instructor. It can be done via email or post office.

Assignment 10: Final Written Assignment for this Module.

Write a 10 page discussion style paper on what you have learned from this module. Submit to instructor via email.

Module 2: Aura, Life Force & Earth Energy

Module Description: Aura, Life Force & Earth Energy is an introduction to the operational mechanics of the human bio-electric field. Students will learn to sense, tune, and heal themselves with the primary body energy systems, as well as develop a heightened awareness of how energy affects them.

Topics Covered in this Module: Life Force Energy, Earth Energy, Grounding, Auric Field, Clearing/Healing, Developing Healthy Boundaries

Learning Objectives:

Students completing this module should have a clear sense of

Their own energetic field (Aura)

Their personal bio-electric energy current (Life-Force)

Earth's magnetic field energy (Earth Energy)

Clearing and tuning techniques

Required reading/listening:

McCartney, Francesca. (2001) *Intuition Medicine®: The Science of Energy*. Intuition Library , Mill Valley, California, USA (thru Chapter 2)

McCartney, Francesca. (2001) *Intuition Medicine®: Aura/Life Force/Earth-Energy Healing System (Tape)* Intuition Library, Mill Valley, California, USA

Suggested reading:

Wallace, A. & Henkin, B. (1978). *The Psychic Healing Book*. New York, NY: Delacorte Press.

Overview of Module Assignments

- 1) **Tuning into Life Force**
Introduction to Life Force Energy as it runs in your own body.
- 2) **Vibrating with Life-Force Energy**
Bringing Life-Force Energy through your body's circuit and using for basic energy healing.
- 3) **Earth Energy Awareness**
Understanding the earth's standing wave and working with it
- 4) **Connecting to Earth Energy**
Bringing Earth Energy into your body for healing and grounding
- 5) **Full Body Energy**
Combining Life-Force & Earth Energy circuits to maximize body energy
- 6) **Written Assignment**
In discussion style write entries into your Journal annotating the work thus far.
- 7) **Aura Awareness**
Perceptual exercises for the body energy field
- 8) **Auric Exercises**
Developing sensitivity to your energetic skin
- 9) **Clearing the Aura**
Basic techniques for tuning the aura
- 10) **Auric Field and Health**
Observing and working with the body/aura relationship
- 11) **Defense Systems – Energetic Sensitivity**
Developing protection and heightened awareness for your aura
- 12) **Final Written Assignment for this Module**
Write a 10 page discussion style paper on what you have learned from this module.
Submit to instructor via email.

Module Assignments: Detail

NOTE: Keep a Journal with your insights, experiences, and comments/questions from your contemplative and daily awareness practice. When emailing or talking with instructor refer to your Journal with your relevant experiences.

1) Tuning into Life-Force

In a relaxed setting, breath fully into yourself, rest your mind at your Intuitive Center and speak your full name. Be aware of the feeling that radiates through your body. Are there any places that feel resistant to the energy flow? Ask yourself for a symbol to represent your Life-Force Energy. Bring that symbol into your awareness just above your crown. Copy it and place copies in each hand, palms up. Vibrate it down from your crown, through your mind's center, your neck and upper chest, and then out to your hands. Allow this energy to be amplified and find a comfortable level at which to let it run. Try directing toward the places you felt resistance earlier. Check the flow level throughout your day.

Daily Awareness: Check in with this throughout the week. When you feel tired, distressed, unhappy, or energetic, say your name and notice how much energy is running there.

2) Vibrating with Life-Force Energy

Using the symbol from Lesson 1, run your Life-Force energy from your crown to your palms. Allow that energy to expand down through your torso and into your pelvis, as a cord of energy running from your crown to your perineum. This is your central channel. Feel this energy in your mind's center, and allow it to be amplified, intensified, and radiate it outward from your central channel and arm channels until it's noticeably tingling your skin. Hold this energy level for a minute, then let it recede. How does it feel? Try flushing your body with this energy once again, then rest.

Daily awareness: Practice running your Life-Force through the central and arm channels, and expanding it through the body. Notice what comes up, physically and emotionally.

3) Earth Energy Awareness – (Extra Reading – Psychic Healing Book pp. 42)

As you sit in meditation, allow yourself to become aware of gravity. Feel the pull on your body. Try to be conscious of your skin, your muscles, your bones, all sitting with gravitational weight. Be aware of the earth below you, beneath your home, all around. Allow your consciousness to sink down into the earth, and begin to feel its vibratory rate on your body. Are you magnetically aligned to the earth? As you sink deeper into the earth, say hello. Ask the earth to connect you to its regenerative flow. If you have any difficulty feeling earth's magnetic pull, consider different environments – the beach, the forest, the mountains. Picture yourself in the environment you find most comforting, and picture yourself sinking into the earth there. Does that improve your connection?

Daily awareness: Ask yourself how the earth feels as you go through your week. What's the difference between your home, office, the city or the park?

4) Connecting to Earth Energy

Sitting in meditation, start by stretching the feet and being aware of your soles. Select a tuning that matches your sense of Earth Energy, a crystal or mineral. Envision a column of that elemental energy coming from the center of the earth. Feel the earth's magnetic current and draw it up through your soles, up your legs and into your pelvis, then send it back down to the earth through your first chakra. Run this loop of energy until you feel your body's connection to the earth is strengthened. Do you feel like you're taking up more space? Recall times in your life when you've felt connected/disconnected to this energy.

Daily awareness: Run your Earth Energy loop every day, or check in to notice when it's on or off.

5) Full Body Energy

Drawing Life-Force through the crown to the 1st chakra, (and expanding it through the palms) bring Earth Energy up through the feet to the first and down into your grounding channel. Compare the vibrational qualities as you connect and radiate both energies. Try bringing Life-Force all the way down to the feet, then bring Earth Energy up to the head. Notice how your body feels when one energy is predominant. Ask yourself, where is the best balance point.

Daily awareness: Notice which energy you tend to run throughout your day, what balance, and which feels more in tune with various activities – exercise, rest, work.

6) Journaling Assignment

Journal the work so far; compare feeling of Life-Force & Earth Energy, body sensations when using them, physical or emotional material that has come up, situations that enhance or detract from your energy flow.

7) Aura Awareness – (Extra Reading – Psychic Healing Book pp. 20-24)

Be aware of the complete Earth Energy & Life-Force Circuits and expand the energies to skin level. Intensify them. Be aware of your skin – where does the edge of its field energy stop? 1"? 2"? Using your palms as sensors, do a pass over your body to detect your energy field. Be aware of the Life-Force symbol above your crown and the Earth Energy connection beneath you, radiate your energy to reach these points. Using your palms again, feel your way away from your body and note where the energy dissipates. Is it steady from your head to your feet? How far does your energy extend from your body? 6"? 12"? 18"? 24"? What is a comfortable position?

Daily awareness: Pay attention to the strength and diameter of your aura, does it change in different situations?

8) **Auric Exercises**

Sensing your aura and intensifying its field, will your aura to contract very tightly around your skin. Note the feeling. Protected? Weakened? Feel around for energy with your hands. Now expand your aura 3-4' in radius from your skin. Note the feeling.

Protected? Weakened? Return your aura to a comfortable radius. From your centered space, sense and examine your aura as it extends behind you. Is it the same as the front in distance, energy, color? Connect the base of your aura to your Earth Energy grounding channel at a width of about 18" from your body. Focus on bringing your aura into uniformity, allowing your energy to fill your aura while draining negativity into your grounding.

Daily awareness: Be aware of the distance at which you hold your aura and when you change it? Run your aura in public and notice if you can sense things more clearly.

9) **Clearing the Aura – (Extra Reading – Psychic Healing Book pp. 74-76)**

From your centered space, examine your aura for colors. Are they light or dark? Obviously, lighter colors indicate more vibrant energy. Colors are vibration, and key to vibrational healing. Beginning with your favorite color, inhale and exhale that color, filling your body and your energy with that color light. Allow the light to rinse your entire aura, and ground any other colors off into your grounding. Sit with this color radiating throughout your system until there is no interference. How does that feel? Fast, slow, solid, fluid, protected, open? Beginning with clear yellow, work your way through the rainbow, vibrating your auric space completely at each color and noticing the feeling. Use flowers, minerals, gems, or other color tunings found in nature to strengthen your color clarity.

Daily awareness: Set your aura at a specific color tuning before you go into your day. Choose a color that feels reflective of your needs, protective, outgoing, fun, and check in throughout your day to see how it's holding.

10) **Auric Field and Health**

Be aware of your aura 360 degrees around you. Check the connection to your grounding and allow your aura to reach fully beneath you and ground off into the earth. Notice any predominant color or texture, areas of weakness, tears, holes or discoloration. Ask yourself for a sense/feeling of what these energetic differences mean, as they relate to to the physical or emotional body. Is the hole/weakness/discoloration aligned with a weakened/injured area of the body or strong emotional sensation? Run Life-Force through that body area and radiate it out into the aura, allowing any negative energy to drain off the aura and into your grounding. Let the earth absorb the negative energy. Keep flushing with Life-Force, Earth Energy, or a color that feels appropriate until the aura is harmonized.

Daily awareness: Keep checking in on your aura, noticing weak spots, and flushing them. Ask yourself for information as to the origin of these weaknesses.

11) Defense Systems – Energetic Sensitivity

From a grounded state, expand Earth Energy & Life-Force energy into the aura. As in the color meditation, create a layer on the surface of your aura of a protective material, color, or energy. Ground that as if it was another auric skin. Feel/sense the protective quality of that layer. Recall a situation in which you were under attack, emotionally or physically. Was the aura affected? How? Ground off that memory energy and ask yourself for a symbol that would deflect the attacking energy. Place it on the surface of your aura, at the point of injury, and vibrate it with Life-Force. Review the attack energy, allowing the symbol to deflect the attack energy. Place symbols where necessary, front and back, asking them to warn you when coming into contact with offensive energies related to their protected area.

Daily awareness: Be aware of your protection when you enter any potentially offending situation. Confirm your outer layer, and notice any sensation that your symbols put out.

12) Final Written Assignment for this Module:

Write a 10 page discussion style paper on what you have learned from this module. Submit to instructor via email.

Module 3: THE ENERGY ANATOMY OF THE CHAKRA SYSTEM

Module Description:

This course will provide an introduction and working knowledge of the chakra system of the Intuition Medicine® energy anatomy model. Included are the seven chakras along the spinal column, hand chakras, feet chakras, and telepathic chakras. Students will learn to diagnose energy blocks, interpret colors and symbols, and regulate chakra energy in order to achieve heightened perception, pragmatic skills and desired health.

Module Topics:

- The role of chakras, both individually and collectively, in the energy anatomy of the human spirit.
- Relationships between chakra vitality and physical health.
- Tapping into creative and healing energy through the chakra system.
- Interpretation of clairvoyant and psychometric information when diagnosing chakra energy.
- Modulating and cleansing chakra energy.
- Pragmatic application of chakras in daily life.

Learning Objectives:

At course completion students will have the knowledge to:

- Diagnose chakra health and vitality by means of intuition, clairvoyance, and psychometry.
- Remove unwanted energies and blockages.
- Tap into personal and universal frequencies for the purpose of chakra clearing and cleansing.
- Modulate chakra frequencies to enhance situational and daily comfort.

Study Materials:

Required Module Materials:

McCartney, Francesca *Intuition Medicine®: The Science of Energy* (text) Intuition Library. 2001

McCartney, Francesca “*The Energy Anatomy of the Chakra System*” (CD) Intuition Library.

2001

Recommended:

McCartney, Francesca “*Aura/Life-Force/Earth-Energy Healing System*” (CD) Intuition Library. 2001

McCartney, Francesca “*Grounding*” (CD) Intuition Library. 2001

McCartney, Francesca “*Color Healing in Intuition Medicine®*” (CD) Intuition Library. 2001

Myss, Caroline “*Energy Anatomy, The Science of Personal Power, Spirituality, and Health*” (CD) Sounds True. 1995

Other Resources:

Leadbetter, C.W. *The Chakras*. Theosophical Publishing House. 1972

Brennan, Barbara Ann *Hands of Light: A Guide to Healing through the Human Energy Field* Bantam Books. 1988

Bruyere, Rosalyn L. *Wheels of Light: Chakras, Auras, and the Healing Energy of the Body*. Fireside. 1994

Module Assignments:

Assignment 1: Meditation Sanctuary and Grounding

Learn meditation tools and techniques to increase intuition and access to chakra information.

Assignment 2: Introduction to your Chakra System

Familiarize yourself with your chakra system and how it functions in your own body.

Assignment 3: Diagnosis

Diagnose chakra health. Look for energy blocks, movement, calibration (open or closed) and vitality.

Assignment 4: Introduction to Healing Energies

Tap into earth energy and personal life force for the purpose of chakra clearing.

Assignment 5: Colors

Diagnose and use colors and symbols to achieve balance and attunement.

Assignment 6: Clearing

Use healing frequencies to clear and revitalize charkas.

Assignment 7: Mid-Module Paper

Discuss the work to date. Relate any insights and anecdotes regarding individual charkas and the system as a whole. Address how these issues relate to your physical and emotional health.

Assignment 8: Individual Functions and Calibration

Sense how individual functions and calibration relates to physical and emotional health.

Assignment 9: Telepathic Chakras

Tune and tone your telepathic chakras with specific frequencies to achieve a desired amount of mental communication.

Assignment 10: Chakra Communication

Diagnose how your chakras operate as a holistic system, and whether or not you communicate to others from your chakras in a healthy way.

Assignment 11: Final Written Assignment for this Module

Write an assessment of what you learned from the course. Include:

- How your chakra functioning has changed over the course of this class.
- How your chakra function influences the way you operate in daily life.
- How you use the awareness you have gained in your daily practice.
- Comments on other information you would like to gain about the chakra system.

Assignment Detail

Assignment 1: Meditation Sanctuary and Grounding

Reading Assignment: Read the introduction and chapter one of the text, *Intuition Medicine®: The Science of Energy*.

Journal Assignment: Fill out the personal information questionnaire provided with the syllabus.

Meditation Assignment: I highly recommend you listen to the CD “*Grounding*.” In all assignments involving meditation, you will be asked to “get centered and tune yourself with breath” before moving into the instruction. This means sitting in a comfortable position, eyes closed, and taking long, slow breaths. Quieting the mind, and focusing your attention in your meditation sanctuary. The diagram on page 33 shows where in your head your attention should be focused. You can create whatever visualization you like. It can be a color, a tone, or a complete scenario, as long as it represents somewhere safe and comfortable where you can connect with your intuitive mind. After your attention is focused in your meditation sanctuary, you should check your grounding connection and make any adjustments necessary. The text and the CD will give you ample instruction on how to do this. After completing these steps you are “centered and tuned” and ready to proceed with the lesson at hand.

Daily Awareness: Practice sensing your grounding connection throughout your day. Notice how that connection affects the way you operate in your daily life. Practice moving the focus of your attention between your meditation sanctuary and your analytical or thinking mind. Notice the difference.

Assignment 2: Introduction to your Chakra System

Reading Assignment: Read chapter three of the text, *Intuition Medicine®: The Science of Energy*.

Journal Assignment: Record your findings from the meditation and daily awareness assignments in your journal.

Meditation Assignment: Listen to the CD, *The Energy Anatomy of the Chakra System*. In a quiet setting get centered and tune yourself with your breath. Using the diagram on page 47 of the text, get a sense of how your chakras are situated in the body and along the spine. Using psychometry, start with the first, or root chakra at the base of your spine, place one or both, of your hands, palm facing in, in front of the chakra. Move your hands in or out until you can sense the energy of this chakra. It may come as temperature, tingling, or pressure. Work with it and see if what you sense forms a picture, symbol, color, or knowing in your intuitive mind. Sense if there is movement -- do you get a feeling of health and vitality? How open or closed is the chakra at the front? At the back? Are there specific emotions or feelings that come as you look at and feel the chakra? Repeat the process with the other chakras. If you are not used to being in a meditative state for extended periods of time, it might be wise to break this up into at least two sessions.

Daily awareness: Throughout your day, while focusing your attention in your meditation sanctuary, check in with the chakras. Notice if their sense of vitality or calibration changes in different situations.

Assignment 3: Diagnosis

Reading Assignment: Re-read chapter three in the text.

Journal Assignment: Record your findings from the meditation and daily awareness assignments in your journal.

Meditation Assignment: Listen to the CD, *“The Energy Anatomy of the Chakra System”* again. You should now have a good idea of where your chakras are located. Now it’s time to diagnose what aspects of their current functioning are not serving your highest health. Get centered and tune yourself with your breath. Set your focus in your meditation sanctuary and, using psychometry and visualization; create an image of the first chakra. Check the movement. Is it constant and smooth? Sense and look for energy blocks. They might show up as dark spots or inconsistencies in the flow of movement. See if you can determine their origin or what they represent. Notice how open or closed the first chakra is and how does its calibration affect your ability to be grounded? Notice if there is a specific color you see. Sense if that color is in harmony with the chakra. Now move to the second chakra and repeat the diagnosis process. Use the descriptions of chakra functions on pages 45-46 of the text to relate abnormalities you might sense in the chakras to health or emotional discomfort that you might be experiencing.

Daily Awareness: During the diagnosis process you will have noticed that some chakras are more prone to blocks than others. Throughout your day check in with them and notice if specific situations or emotions increase or decrease their flow and movement. It’s important to check in when experiencing feelings of love or joy as well as times of stress or anxiety.

Assignment 4: Introduction to Healing Energies

Reading Assignment: Read chapter two of the text.

Journal Assignment: Record your findings from the meditation and daily awareness assignments in your journal.

Meditation Assignment: Listen to *“Aura/Life-Force/Earth-Energy Healing System.”* This CD will guide you through the process of connecting with earth-energy and your life-force and bringing it through your energy systems. The following description is a basic outline of how to connect with these frequencies.

You will start with connecting to earth-energy and opening the feet chakras. The more connected you are to the planet, the clearer the information you receive will be. Get centered and tune yourself with your breath. Come into your meditation sanctuary. Visualize your feet chakras as described in the diagram in your text. They should be facing down toward the center of the earth and as open as possible. Start to resonate with the pulse of the earth. Feel the earth pulse below your feet and begin to bring it into your open feet chakras. Bring it up your legs and into the first chakra. See and feel the first chakra vibrating with the pulse of the earth. Send a line of

earth energy back down to the center of the earth to create a loop. Repeat multiple times. Notice how this feels. Is it familiar? Does it affect your ability to sense the energy? Note your findings.

Next you will begin to resonate your life-force energy. Visualize a color, tone, or symbol that represents your personal highest life-force energy. See it come together above your crown chakra. Bring it down through the crown and down the spinal column, (chakra meridian), and into the first chakra. Here it will mix with the earth energy loop you have created and more fully anchor your spirit in your body. Then bring it up the front of the chakras to the shoulders, down the arms and out the open hand chakras. Repeat until you can sense the energy moving freely. The combination of the earth energy loop and the life force cycle will fully anchor your spiritual energy into your physical body. By running these frequency loops and focusing your attention in your meditation sanctuary you will have a much more expanded ability to sense and work with your energy field

Daily Awareness: Practice these techniques as often as possible and look for any blocks in the flow. Notice if there are any changes in physical or emotional vitality. Look for changes in awareness and perception of daily events.

Assignment 5: Colors

Reading Assignment: Read chapter four of the text and refer to the color chart on page 54.

Journal Assignment: Record your findings from the meditation and daily awareness assignments in your journal.

Meditation Assignment: It is recommended that you purchase and listen to the CD “*Color Healing in Intuition Medicine.*” Get centered and tune yourself with your breath. Focus your attention in your meditation sanctuary. Then one at a time, visualize the colors on the chart. Fill your sanctuary with the particular color and sense what feelings or emotions arise. Repeat with all the colors one at a time and practice any others you like. Record your interpretations of each color and compare them with those on the chart. Your interpretations may not always be the same as the charts as we may have had particular experiences related to certain colors. These experiences remain imprinted in our energy field and help to cause a certain response or interpretation of that color. After familiarizing yourself with colors and their effects, you can experiment running them through the chakras. If you intuit or sense that a specific chakra would resonate well with a certain color, then run that color through as you would when clearing with earth energy or life force. In the Intuition Medicine® model, there are no set colors for certain chakras. Every person is different and has had a different experience. And a color that works well today may not tomorrow. With practice you will find which colors work for you.

Daily Awareness: Throughout your day, scan your system for colors that are out harmony with your energy field. Are the colors in the chakras the same ones you put there?

Assignment 6: Clearing

Reading Assignment: Continue reading through the optional texts that you may have purchased.

Journal Assignment: Record your findings from the meditation and daily awareness assignments in your journal.

Meditation Assignment: Now that you are comfortable accessing and running earth-energy and your life-force, you will use these healing frequencies to clear and tone your chakras. Get grounded and centered. Connect into earth-energy and life-force. Try using these frequencies to remove any blockages you sense. You can intuit or experiment which frequency might work better in a specific chakra or for specific blocks. When working with these energies, use whatever color, tone, or symbol you perceive when connecting into that frequency, to facilitate your healing work. The symbols you get may change from time to time, as your perception grows clearer through the healing process. To remove blockages, intuit your healing energy flowing from the back of the chakra to the front. You can do this through visualization and or psychometry. Place your hands in front of the chakra, palm in, and sense the healing energy entering the back and moving in a circular motion through to the front. Use your hands to pull out or remove any blockages that are impeding a consistent flow of energy. Any stuck or negative energy that is released through the front of the chakra can be grounded off by sending it from your hand down into the earth and out of your energy field. Continue the process until the blocks are gone and the energy flows freely through the chakra. These frequencies can be used for toning chakras as well. For example, if you sense a chakra is functioning in a slower, depressed manner and could use some vitality, connect into your highest life force energy and clear it out the same way. Or if a chakra is operating at a vibration that is too high, causing anxiety or confusion, you could use earth energy to tone and ground it.

Daily Awareness: Check in with your chakras on a regular basis throughout your day and see if you can perceive their level of vitality and health.

Assignment 7: Mid-Module Paper

Write a discussion style paper or use excerpts from your Journaling, suggested length 3–5 pages. Add this to your final paper for this Chakra module and email both together to your instructor. Consider the following topics:

- Discuss how grounding and focusing your attention in your meditation sanctuary affects your ability to work with your chakra system.
- Discuss which chakras tend to operate in harmony and which are out of balance.
- Discuss your experience of working with earth-energy and your personal life-force.
- Discuss how you use colors within your chakra system.
- Discuss any physical or emotional changes you may have experienced with a particular chakra.

Assignment 8: Individual Functions and Calibration

From the work so far, you should have an idea of the basic function of the individual chakras. Using that knowledge and the awareness you have gained through meditation you will now look at how that functioning and the calibration of the chakras relates to your physical and emotional body.

Calibrating the aperture of the chakras can have a profound effect on the way you feel emotionally and physically. Remember, the chakras both send and receive energy/information, so the amount that is being communicated at any given time is very relevant to your health. For example, a person who operates with a heart chakra that is open 100% all of the time may be very compassionate. However, they can also find themselves emotionally drained most of the time and/or experiencing physical issues in that area. You can experiment with the settings to find out what works for you on a daily basis. You can also adjust them to achieve a desired outcome in a given situation. For example, if you are giving a sales presentation for your work, you might want to open the third chakra a little more than usual to increase your confidence levels, and fully open the fifth to maximize your verbal communication and creative expression abilities.

“Why wouldn’t I operate like that all the time?” you might ask. Remember, chakras send and receive, and a chakra that is fully open is receiving all it can. Depending on the environment you’re in, all the energy/information that you’re receiving might not be positive in nature. And over time, repeated negative input will have ill effects.

Reading Assignment: Continue reading through the optional texts that you may have purchased.

Journal Assignment: Record your findings from the meditation and daily awareness assignments in your journal.

Meditation Assignment: Get centered and tune yourself with your breath. Scan each chakra and check the aperture. Intuitively ask if this is the right setting for you at this time. Close or open the chakra more through using your intention and your hands. Notice if there is resistance to changing the calibration and if you get an intuitive insight as to why the resistance is there.

Daily Awareness: Experiment with different settings in different chakras. When you get into an uncomfortable situation during your day, intuitively scan your settings and see if an adjustment might be in order.

Assignment 9: Telepathic Chakras

In the diagram on page 47 of the text, you will see an outline of the telepathic chakras. There are several of them and they cover an area of the head around the eyes and behind the ears. If you think of a pair of eyeglasses and follow the frames you’ll get an idea of where they reside. These chakras control the amount of mental communication you send and receive. If you are prone to a lot of noise or chatter in your head, chances are these chakras are very active.

Reading Assignment: Continue reading through the optional texts that you may have purchased.

Journal Assignment: Record your findings from the meditation and daily awareness assignments in your journal.

Meditation Assignment: Get centered and tune yourself with your breath. Focus your attention in your meditation sanctuary. Visualize or sense the area of your anatomy that contains the telepathic chakras. How many are there? Are they open or closed? Do they look healthy and whole? Try to sense what the energy flowing through them is like. Does it resonate at a level that is comfortable? Through intention and visualization, clear the chakras of all the frenetic

energy. Modulate the aperture of the chakras to a level that is in harmony with the amount of communication you need to have.

Daily Awareness: Experiment with different settings and different frequencies to achieve the desired outcome. You'll find that with the use of color and modulation, you can make your mental space a lot clearer.

Assignment 10: Chakra Communication

In this lesson you will look at how the chakras communicate with one another and how you use them to communicate your personality. Quite often individual chakras work together to manifest specific facets of who you are. With the information you have about their individual functions, you can determine how they work in combinations to produce desired results.

Reading Assignment: Continue reading through the optional texts that you may have purchased.

Journal Assignment: Record your findings from the meditation and daily awareness assignments in your journal.

Meditation Assignment: Get centered and tune yourself with your breath. Focus your attention in your meditation sanctuary and visualize or sense the chakra system as a whole. Look at the main meridian of the spine and how each chakra connects into it. Is there a good exchange or flow of energy from each chakra to the spinal meridian? From chakra to chakra? Notice which chakras tend to communicate with each other more and why. Ask intuitively, or try to sense, if there should be more or less communication between certain chakras. Use the information you have gained regarding which chakras tend to be more open or dominant; and which tend to have more difficulty, to adjust the flow of communication. Through intention and visualization, you can regulate the flow of energy information between chakras to create an entire system that is more in balance and in harmony with who you are as a spirit.

Daily awareness: During your daily scanning process of the chakras, when you notice blocks or a decreased flow of energy in a particular chakra, try to detect if the chakra has a good flow of energy to the main meridian and the other chakras. Sense if there is a disturbance in a corresponding chakra.

Assignment 11: Final Written Assignment for this Module

Write a discussion style paper or use excerpts from your Journaling on what you have learned from this course. A suggested length is 3-5 pages. Email this paper and your mid-module paper together to instructor. Topics to be covered:

- Differences in chakra functioning before and after this course
- How your awareness levels have changed regarding how you use your chakras to communicate with others
- Are there still chakras that are consistently out of balance? Do you know why?
- Discuss how the health of your chakras relates to your emotional and physical health
- Comments on any other topics you would like to see covered in this course

FINAL COURSE EXAMINATION

NOTE: When you are ready for the final exam please notify instructor and she will email you the final exam document. Final Examination will be in the form of a self-assessment analysis of integration of skills presented in this course.

Email return to instructor as soon as completed no later than two weeks before end of semester. Your final examination grade will be based on the content of your self-assessment. The instructor will reply email with evaluation and comments of your self-assessment responses.

FINAL COURSE PAPER

Using a current APA style manual write a 10-page scholarly paper. Choose one of these three OPTIONS as the focus of your paper.

OPTION #1

CASE STUDY FOR PRACTITIONERS

~For it is in giving that we receive. – Saint Francis of Assisi (1181-1226)

~I take my patients seriously. ... Perhaps I am confronted with a problem just as much as they. It often happens that the patient is exactly the right plaster for the doctor's sore spot. Because this is so, difficult situations can arise for the doctor too--or rather, especially for the doctor. – C. J. Jung, Memories, Dreams, Reflections, 1961

~Quantum physics indicates that ... the effects of observation “couple” or enter into the real world whether we want them to or not. -- Fred Alan Wolf, Physicist, 1986

~ It is more blessed to give than to receive. -- Acts 20:35

~Give a healing; get a healing. – Popular Intuition Medicine® slogan

The act of giving a healing session can be just as potent, if not even more potent, for the person giving the healing as it is for the person receiving one. Describe a healing session you performed using Intuition Medicine and then describe how you personally benefited from the healing. Include information about the client's healing request, details about the Intuition Medicine skills used, your intuitive style (how information comes to you), and the impact of the healing on the client. Reflect on the healing and then share how you personally benefited from giving the healing. For example, perhaps you refined your Intuition Medicine skills or intuited new skills, healed your energy system, or gained insights about yourself and the healing process, and so forth.

Using a current APA style manual write a 10-page scholarly paper (double spaced, 12 pte Times Roman Font)

OPTION #2

Questions & Answers as an act of knowledge acquisition.

Creating a question is a powerful learning act. Recall significant contemplative and intellectual questions you asked yourself and/or the instructor during the course. Write 10 (or more) of those questions and then write the answers. (Single spaced, 12 pte Times Roman Font)

OPTION #3

Using a current APA style manual write a 10-page scholarly paper (double spaced, 12 pte Times Roman Font) describing your intuitive processes, impressions and personal critique of what you have learned and experienced. Note which tool(s) have been most effective for enhancing your intuition.