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EMP 734: Intuition Medicine®: Healing Systems (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. Color in Meditation and Healing
2. Intention & Affirmation in Energy Medicine
3. Male/Female Energy 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.

Required Course Materials:

Texts:

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

McCartney, F. (2005) *Body of Health: The New Science of Intuition Medicine® for Energy & Balance*. 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 four 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 Contact: Students should arrange all telephone communications with the instructor by email beforehand. An initial phone 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 communication can be arranged with instructor. All telephone calls will be at student's expense.

Email Contact: Reflection on and questions about the lessons should be addressed via email weekly or as needed. There also may be a student/faculty discussion chat group which creates a larger feedback mechanism through internet communication. Students are always encouraged to contact the instructor via email whenever a problem arises.

Course Delivery Style:

This course uses the books and CD-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 & Spring semesters calendar of the lesson plan for you follow:

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

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

Course Modules:

Module 1: COLOR IN MEDITATION & HEALING

Module Description:

The use of color in its various forms is a powerful tool for physical and emotional well-being. Color can bring clarity and awareness to the mind, as well as enhancing and cleansing the body's electro-magnetic field. This course will explore "color diagnosis" as a method to access information and facilitate the use of intuition as a healing art. The information in this course is gathered from Intuition Medicine® teachings and my observations during thousands of intuitive consultations.

Modules Topics:

- How to access and transmit the energies of color
- The application of color for specific purposes
- Spiritual/intuitive colors in meditation and healing
- Emotional/psychological colors
- Interpreting color messages in the aura and chakra system
- How to use color for physical and cellular healing
- Color as psychic protection
- The use of metallic and universal energies
- The energetic effect of color in your physical environment (i.e., home, office)

Learning Objectives:

- To perceive and access the energy of color
- To understand and experience the energetic effect of a spectrum of colors
- To facilitate healing and awareness in yourself and others through the application of color as a light-wave pulse and energy frequency
- To control and enhance your mood and mental focus
- To increase your intuition and clairvoyance

Study Materials:

Books:

McCartney, F. (2001) *Intuition Medicine®: The Science of Energy*. Intuition Library: Mill Valley, California, USA. (Text)

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

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:

Assignment 1: Read this book entirely before you proceed with Assignment 2: McCartney, F. (2004) *Body of Health: Intuition Medicine® The New Science for Bringing Energy and Balance to Your Life*.

Assignment 2: Color as meditation and healing.

Assignment 3: Color in daily life practice.

Assignment 4: Color in science.

Assignment 5: Color in spiritual practice.

Assignment 6: Final Written Paper for this Module

Assignment Detail

Assignment 1: Read this book entirely before you proceed with Assignment 2: McCartney, F. (2004) *Body of Health: Intuition Medicine® The New Science for Bringing Energy and Balance to Your Life*.

Assignment 2: After reading the Color chapter writes a discussion style paper on “Color in meditation and healing.”

Assignment 3: After reading the Color chapter write a discussion style paper on “Color in daily life practice.”

Assignment 4: After reading the Color chapter write a discussion style paper on “Color in science.”

Assignment 5: After reading the Color chapter write a discussion style paper on “Color in spiritual practice.”

Energy Healing System Session with Teaching Assistant:

Before you write the paper for this module book an Energy Healing System session with your assigned Teaching Assistant (TA). The TAs may give you supplemental assignments based on the session work. Suggest that you ask each TA at end of each session “*What personal energy work homework should I do?*” This way the learning is geared to the student need keeping with the syllabus as a guideline.

Assignment 6: Final Written Paper for this Module

Write a discussion style paper on what you have learned from this module. Email this paper to your instructor. A suggested length is 5-8 pages. Topics to be covered:

- Differences in perception of color before and after this module.
- How your awareness levels have changed regarding how you perceive color and its manifestation in your life and the life of those around you.
- Are there still energy-colors that are dissonant in your personal meditations/healings? Do you know why?
- Discuss how color in meditation and healing effects your emotional and physical health?
- Comments on any other topics within the color chapter in the required text.

Module 2:

HOW TO USE INTENTION & AFFIRMATION IN ENERGY MEDICINE

Module Description:

The How to Use Intention & Affirmation in Energy Medicine course teaches basic and advanced techniques on working with intention and creative energy. The student will learn how to work with affirmations, creative visualizations, and intentions. You will learn tools and techniques on how to be clear on what you want to create in your life and how to manifest these desires. You will understand the power of your thoughts and how to identify, clear and reframe beliefs that block prosperity and creativity and therefore enhance the power of your thoughts.

Module Topics:

- Interpretation of goal-setting and how that relates to attainment of prosperity
- Tapping into the universal abundance energy
- Prosperity vs. poverty programming
- The three steps of the prosperity completion cycle
- Affirmations to attain prosperity goals
- Obstruction energy how to release it
- Prosperity as it relates physical and emotional health.
- Present time awareness of prosperity

Learning Objectives:

Students completing this module should have a clear sense of

- The fundamentals and principals of the energy of prosperity and abundance.
- The tools of creative visualization.
- Writing, embodying and working with affirmations.
- How to increase clarity for decision making.
- How to bring prosperity and abundance into your life.
- How to develop intention around what you are creating in your life.
- How to clear thoughts and beliefs that no longer support you.
- How your beliefs and thoughts influence what you manifest in life.

Study Materials:

Required reading/listening:

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

McCartney, Francesca. (2001) *Intuition Medicine®: The Energy of Prosperity and Abundance (Tape)*. Intuition Library, Mill Valley, California, USA

Gawain, Shakti. (1983). *Creative Visualization*. Bantam Book

Suggested reading:

Dossey, Larry. (1997) *Healing Words: The Power of Prayer and the Practice of Medicine*. Harper Mass Market Paperback.

Hayes, Louise. (1990) *Self-Healing: Loving Affirmations for Achieving and Maintaining Optimum Health*. Hay House, Inc.

Outline of Module Assignments

Assignment 1: Meditation Sanctuary and Grounding

Learn meditation tools and techniques to increase intuition

Assignment 2: Creating with Intention

Examine goal-setting and how that relates to attainment of prosperity

Assignment 3: Introduction to the energy of Prosperity & Abundance

Familiarize yourself with abundance as a natural state in the Universe

Assignment 4: Prosperity Programming

Examine prosperity vs. poverty programming

Assignment 5: Prosperity Completion Cycle

Examination of the 3 steps of the prosperity completion cycle

Assignment 6: Mid-Module Paper

Relate any insights and anecdotes regarding individual experience as it relates to realization of abundance. Address how these issues relate to your physical and emotional health.

Assignment 7: Creative Visualization and Affirmations

Exploring the importance of affirmations to attain prosperity goals

Assignment 8: Clearing and Releasing

Refine isolation of obstruction energy and effectively clear and release discordant energy

Assignment 9: Accepting Responsibility

Sense how ready you are to receive the energy that the universe is ready to provide

Assignment 10: Present Time Prosperity

Examination of abundance as it relates to the individual's present time awareness and grounding

Assignment 11: Final Written Assignment for this Module

Write an assessment of what you learned from this module. Include:

- What your initial prosperity goals were and did they change
- How do those goals influence daily events and general outlook in life
- Awareness of how your own thoughts drive attainment of goals
- Comments on other information or insight discovered about Universal Abundance and Prosperity

Assignment Detail

Assignment 1: Meditation Sanctuary and Grounding

Learn meditation tools and techniques to increase intuition.

Reading Assignment: Read the introduction and chapter one of the text, *Intuition Medicine®: The Science of Energy* and read page 64-69 of the text, *Creative Visualization*.

Journal Assignment: Fill out the intuitive information questionnaire on page 16 of *Intuition Medicine®: The Science of Energy*.

Meditation Assignment: Listen to the CD “*Grounding*” by F. McCartney. 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: Creating with Intention

Examine goal-setting and how that relates to attainment of prosperity

Reading Assignment: Read pages 83-84 of the text, *Intuition Medicine®: The Science of Energy* and read pages 1-8 and 98-103 of the text, *Creative Visualization*.

Journal Assignment: Perform the exercises beginning on page 99 of *Creative Visualization*. If one exercise doesn't exactly apply, do not worry... perform the ones that mean the most to you.

Daily awareness: Throughout your day, while focusing your attention in your meditation sanctuary, notice the "thoughts related to goal attainment" that you might have. Are they long range goals? Daily task-related goals? How do you prioritize, how do you feel when you complete them or don't complete them? Make notes of your discovery.

Assignment 3: Introduction to the energy of Prosperity & Abundance

Familiarize yourself with abundance as a natural state in the Universe

Reading Assignment: Read entire chapter 8 of the text, *Intuition Medicine®: The Science of Energy* and read pages 9-30 of the text, *Creative Visualization*.

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

Meditation Assignment: Listen to the CD, "*The Energy of Prosperity and Abundance*". Take notice of how you feel after the meditation; take some notes related to your experience.

Daily Awareness: At least twice during your day try to check in with your prosperity gauge and the goal you have set. See the levels and try to identify and clear the obstruction(s).

Assignment 4: Prosperity Programming

Examine prosperity vs. poverty programming

Reading Assignment: Re-read page 88 of the text, *Intuition Medicine®: The Science of Energy* and read pages 45-48 of the text, *Creative Visualization*.

Journal Assignment: Record your findings from the meditation and daily awareness assignments in your journal. Make your own list of Poverty and Prosperity Thoughts and keep them for now and future when you might need to update them.

Meditation Assignment: Read through and then go through the "Cornucopia Meditation" on page 47 of *Creative Visualization*. Following, read through and state some (or create some) affirmations pertaining to you and your prosperity goal.

Daily Awareness: State at least one or two of your personal affirmations before rising from bed and again before going to sleep at night. Notice if there are any changes in physical or emotional vitality. Look for changes in awareness and perception of daily events in yourself and others.

Assignment 5: Prosperity Completion Cycle

Examination of the 3 steps of the prosperity completion cycle.

Reading Assignment: Re-read pages 85-87 of the text, *Intuition Medicine®: The Science of Energy* and read pages 37-38 of the text, *Creative Visualization*.

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

Meditation Assignment: Read pages 78-79 of the text, *Creative Visualization*. Then perform an invocation of your own making sure you that the statement to yourself is strong and clear.

Embody the three steps toward manifesting abundance while invoking your statement. Pay strict attention to not incorporating any weaknesses related to these thoughts. Also re-listen to the CD, “*The Energy of Prosperity and Abundance*”.

Daily Awareness: Throughout your day, scan your system for prosperity vs. poverty thoughts. Eliminate with intention all poverty (scarcity) thoughts from your space. Send those thoughts outside of your personal universe and dissolve them completely. You are now ready for an energy system consultation with the instructor.

Assignment 6: Mid-Module Paper

Relate any insights and anecdotes regarding individual experience as it relates to realization of abundance. Address how these issues relate to your physical and emotional health.

Write a discussion style paper, or excerpts from your journal notes suggested length 3–5 pages and email to your instructor. Consider the following topics:

- Discuss how grounding and focusing your attention in your meditation sanctuary affects your ability to manifest health and abundance.
- Discuss your experience of setting your prosperity goal(s) and the self-examination related to identification of these goals
- Discuss your awareness of prosperous vs. poverty programming as they unfolded throughout your life and how they appear now
- Discuss any personal obstructions as well as environmental obstructions and how you feel they’ve limited you
- Discuss any physical or emotional changes you may have experienced while endeavoring to attain your goal of prosperity

Assignment 7: Creative Visualization and Affirmations

Exploring the importance of affirmations to attain prosperity goals

From the work so far, you should have an idea of the natural state of abundance in our Universe. Using that knowledge and the awareness you have gained through meditation you will now look at refining this process for full realization of your goal. Being very clear, accepting responsibility for allowing the change to happen, releasing discordant energy and bringing your picture into

present time awareness are all concepts to distill and focus your desires. However, you can also find this process to be emotionally draining or confusing at times as you go down your self-realized path. Be patient with yourself, allow the changes to happen.

Reading Assignment: Read 96 and 97 of the text, *Creative Visualization*. Also continue reading through any suggested or optional texts that you may have purchased. Pay attention to any information as it relates to affirmations (mantras).

Journal Assignment: Record your findings from the meditation and daily awareness assignments in your journal. Introduce new affirmations for yourself and write them down several times each.

Meditation Assignment: Get centered and tune yourself with your breath. Read and perform the meditation on page 73 of *Creative Visualization*, The Pink Bubble Technique.

Daily Awareness: Check in with your thoughts at least three times a day. Are you thoughts running *you* are or *you* in control of your thoughts?

Assignment 8: Clearing and Releasing

Refine isolation of obstruction energy and effectively clear and release discordant energy.

Reading Assignment: Read pages 89-95 of the text, *Creative Visualization*. Continue reading through the optional texts that you may have purchased. Pay special attention to information as it relates to release during change.

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

Meditation Assignment: Perform the Ideal Scene exercise on pages 104 and 105 of *Creative Visualization*, also re-listen to the CD, “*The Energy of Prosperity and Abundance*”. Take notice of how you feel after the meditation, take some notes related to your experience paying specific attention to how you managed to clear and release obstructing energy.

Daily Awareness: At least once during your day, image your “Ideal Scene” and put intention on seeing yourself in that successful picture. If anything obstructs the image, put it in a bubble and send it outside of your personal universe.

Assignment 9: Accepting Responsibility

Sense how ready you are to receive the energy that the universe is ready to provide.

Reading Assignment: Read pages 49-56 of the text, *Creative Visualization*. Continue reading through the optional texts that you may have purchased. Pay special attention to information as it relates to how you can truly accept your updated picture of you as a prosperous individual.

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

Meditation Assignment: Re-listen to the CD, “*The Energy of Prosperity and Abundance*”.

Daily awareness: In the morning before getting out of bed and in the evening before going to sleep, bring up one of your goals of prosperity and see it as a picture. How comfortable are you in that picture? Is anything needing work? Do you need to do some updating of the goal/picture? Make any necessary adjustments so you can easily accept responsibility of this change.

Assignment 10: Present Time Prosperity

Examination of abundance as it relates to the individual's present time awareness and grounding

Reading Assignment: Re-read entire chapter 8 of the text, *Intuition Medicine®: The Science of Energy* and read pages 123 of the text, *Creative Visualization*. When reading some of these texts, try to integrate them into your core essence. Example: Every moment is a moment of creation, and each moment of creation contains infinite possibilities. I can do things the way I've always done them, or I can look at all the different alternatives, and try something new and different and potentially more rewarding. Every moment presents a new opportunity and a new decision.

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

Meditation Assignment: Re-listen to the CD, "*The Energy of Prosperity and Abundance*".

Daily awareness: Be aware whenever a thought comes into your mind that limits you, always intend a "screen or filter" to bounce negative thoughts (anything not in harmony with the attainment of your goal) away from your being.

Assignment 11: Final Written Paper for this Module

Energy Healing System Session with Teaching Assistant:

Before you write the paper for this module book an Energy Healing System session with your assigned Teaching Assistant (TA). The TAs may give you supplemental assignments based on the session work. Suggest that you ask each TA at end of each session "*What personal energy work homework should I do?*" This way the learning is geared to the student need keeping with the syllabus as a guideline.

Write a discussion style paper on what you have learned from this module. Email this paper to your instructor. A suggested length is 5-8 pages. Topics to be covered:

- Differences in perception of prosperity goals before and after this module.
- How your awareness levels have changed regarding how you perceive prosperity and its manifestation in your life and the life of those around you.
- Are there still energies that obstruct your path to prosperity? Do you know why?
- Discuss how the attainment of prosperity goals effects your emotional and physical health.
- Comments on any other topics covered in this module.

Module 3: MALE/FEMALE ENERGY ANATOMY SYSTEM

Description of Module:

This course is designed to explore the relationship of the archetypal inner Male and Female persona and the Male/Female energy anatomy system. During this course of study students will learn to sense, heal, and harmonize the Male/Female Energy Anatomy system and welcome the presence of the inner feeling of femininity and masculinity as a powerful source of self healing, creative force and, personal empowerment.

Module Topics:

- Contacting the inner Male/Female archetypes
- Diagnosing and healing of Male/Female Energy Anatomy System
- Effects of harmony between the inner Male/Female archetypes
- Healing of the chakra system using Male/Female Energy
- Effects of Male/Female energy on relationships with others

Learning Objectives:

Through the healing and revitalizing of the Male/Female Energy Anatomy System students will experience an increase in self acceptance and self love, and increased vitality to the endocrine system. Embracing the inner Male/Female archetypes creates better relationships with others, and increased personal creativity.

Required Reading:

- McCartney, Francesca. *Intuition Medicine®: The Science of Energy*. Intuition Library, Mill Valley, CA, 2001.
- McCartney, Francesca. *Intuition Medicine®: The Science of Energy*. CD, “Male-Female Energy Anatomy System”. Intuition Library , 2001.

Suggested Reading:

- McCartney, Francesca. *Intuition Medicine®: The Science of Energy*. CD, *Grounding*. Intuition Library, 2001
- Bolen, Shinoda. *Goddess in Everywoman: A New Psychology of Women*. HarperCollins, 1985.
- Bolen, Shinoda. *Gods in Everyman: A New Psychology of Men’s Lives and Loves*. HarperCollins, 1990.
- Johnson, Robert A. *He: Understanding Masculine Psychology*. HarperCollins, 1989.
- Johnson, Robert A. *She: Understanding Feminine Psychology*. HarperCollins, 1989.
- Johnson, Robert A. *We: Understanding the Psychology of Romantic Love*. HarperSan Francisco, 1985.

Outline of Module Assignments:

- 1: Review of grounding exercises.
Determining present perceptions of Masculine/ Feminine.
- 2: Meditation to contact inner Male/Female.
- 3: Grounding of the Male/Female energy anatomy system.
- 4: Male/Female (M/F) energy meridians: Generating Male/Female energy through the M/F energy system.
- 5: Healing the chakra system with Male/Female energy.
- 6: Exploration of the effects of different energy settings and, percentages of M/F..
- 7: Healing and revitalizing of M/F energy meridians.
- 8: Energy Diagnostic: Determining type and source of energy information in the M/F energy anatomy system.
- 9: Student chooses a specific Male/Female energy project to work on and explore.
- 10: Re-examination of Inner M/F: Report any shifts or changes that may have occurred.
- 11: Journal Assignment: Discussion style summary of your understanding and integration of the module topic.

Assignment Detail

Assignment 1:

Review of Grounding Exercises

Reading Assignment:

Read the introduction and chapter one of the text *Intuition Medicine®: The Science of Energy*
Read the introduction to the Male/Female Energy Anatomy System, pages 66-67 Perceptions of Masculine/Feminine in the text *Intuition Medicine®: The Science of Energy*.

Journal Assignment:

Write about your perceptions of Masculine/Feminine in the text *Intuition Medicine®: The Science of Energy*.

Answer the questions presented on page 67 of the text.

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, taking long slow breaths. Quiet your mind, and focus 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 whatever adjustments necessary. The text and the CD will give 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:

Practice grounding everywhere you go!

While out in the world, begin to notice perceptions about Male/Female energy. Notice cultural differences, differences in the perceptions of men and women and how these perceptions are reinforced. Notice your reactions to these ideas.

Assignment 2:

Contacting the Inner Male/Female

Reading Assignment: Read through any of the optional texts you may have purchased. Review reading assignments from the previous lesson and your journal entries.

Journal Assignment: Answer the questions about the Inner Male/Female in the text page 72 after completing the meditation assignment.

Meditation assignment: Listen to the first meditation on side two of the CD *Male/Female Energy Anatomy System*. This Meditation will take you step-by-step through the process of contacting your inner Male/Female. You will first meet with each archetype individually and then examine the relationship they have with each other.

Daily Awareness Practice: Compare your ideas about Male/Female Energy from lesson one with your inner Male/Female. How are they different? How are they similar?

While out in the world begin to notice how your inner Male/ inner Female is influencing your actions, responses to the world and interactions with others. Notice if communication with your inner male/female has had any affect on the way you perceive yourself in relation to the outside world.

Assignment 3:

Grounding of the Male/Female Energy Anatomy System

Reading assignment:

Read pages 68-71 in the text *Intuition Medicine®: The Science of Energy*

Journal Assignment:

Answer the following questions after completing the meditation assignment. Write answers in your journal:

- What colors are present in the M/F Triangle Grounding?
- What symbols are in the M/F Triangle Grounding?
- How did it feel to ground this energy into the earth?
- Was this feeling familiar, unfamiliar?
- Record any other observations in your journal.

Meditation Assignment:

Listen to the second meditation on side two of the CD *Male/ Female Energy Anatomy System*. This meditation will give you information about the location of the M/F energy anatomy system in your body and assist you in running your M/F energy through this system. Please refer to the charts on pages 68 and 69 in the text. These charts will be helpful to you in your visualization during the meditation.

Daily Awareness Practice: Practice grounding your M/F energy triangle in your everyday life. Continue to note any subtle changes you may experience. How does it feel to interact with the world and others with this new information?

Assignment 4:

Male/Female Energy Meridians: Generating the Male/Female energy through the energy system.

Reading Assignment: Re-read pages 68-71 in the text

Journal Assignment:

Record your observations of the Male/Female Energy Meridians:

- What colors are in the M/F Meridians?
- Describe the Flow of M/F energy in the Meridians.

Meditation Assignment: First, review the meditation from the previous lesson. Refer to the illustrations on pages 68 and 69 in your text.

In a quiet setting, get centered, and tune yourself with your breath. Visualize your “triangle grounding” as a three-dimensional, upside-down pyramid. Visualize all points of the triangle with lines of energy grounding down into the center of the earth. Practice this until you feel like you’ve made a good, grounded connection to the earth. In the Male/ Female Energy Anatomy System there are two energy meridians that travel up from the triangle and meet at the pineal and pituitary glands. The energy then moves back down through a central meridian to the triangle. Visualize or affirm that the energy in the triangle is moving up through these energy meridians and back down to the triangle. Continue until you feel /see/sense a smooth flow of energy. See/sense what color/s are in the meridians and feel how the energy is flowing through them. Intuit and sense if the energy flows through the entire loop.

Daily Awareness Practice: Continue to practice “triangle grounding.” Begin to sense which activities in your everyday life would benefit by having the M/F energy grounded and flowing through your body. Notice if this energy seems stronger or weaker in different situations.

Assignment 5:

Healing the Chakra System with Male/Female Energy

Reading assignment: Read chapter three, “Energy Anatomy of the Chakra System” in the text.

Journal Assignment: Record in your journal and impressions about the meditation, information, symbols, or colors that you received, or any questions you have. Note how you feel before and after the meditation.

Meditation Assignment: Please refer to the chart on page 47 of the text to see the location of each chakra.

Using what you learned in the meditation from the previous lesson ground your triangle and start to generate energy through the M/F energy meridians. Expand this energy throughout your entire physical space. Once you feel a smooth flow of energy and feel grounded, and centered, you can begin healing the chakra system using M/F energy. Sense/See your 1st chakra located at the base of your spine. Let the flow of M/F energy enter and fill up this chakra moving from front to back. Visualize or affirm that this energy is cleansing and clearing out any energy that doesn't belong to you or isn't in harmony with you right now. Allow the energy to move down into your grounding and into the earth. When you feel complete with this continue on to your 2nd chakra, repeat the exercise. Keep going until you reach the 7th chakra at the top of your head. You may choose to do this exercise in two parts, if you are not accustomed to sitting in meditation for a long time.

Assignment 6:

Exploration of the affects of different energy settings: Percentages of Male/Female Energy

Reading Assignment: Read page 71 in the text.

Journal Assignment: Answer the questions at the bottom of the page 71 before and after completing the meditation assignment.

Meditation Assignment: Use the meditation in lesson four, or listen the second meditation on side two of the CD. Once you feel that your triangle is grounded and your M/F energy is running smoothly through the energy meridians, and with your attention in your meditation sanctuary, ask yourself these questions:

- Which side, right or left, do I run male energy and which is female?
- What percentage of male energy am I running?
- What percentage of female energy am I running?
- Do I operate at these settings all the time or do they change throughout the day?

Daily Awareness Practice: Start to notice when you feel you've increased your male or female energy. If you get the sense that an increase of one or the other would be useful trust that intuitive insight and, take a moment to ground your triangle, and affirm changing your present percentage of M/F energy. Notice any changes. Record your findings in your journal.

**Assignment 7:
Healing and revitalizing of M/F energy meridians**

Journal Assignment: After completing the meditation assignment record your observations in your journal. Note any changes you may notice after healing and revitalizing this system.

Meditation Assignment: Listen to the third meditation, side two of the CD. Do this meditation several times to continue to heal and revitalize. **Daily Awareness Practice:** Continue to notice the effects of working with the M/F energy while you are engaged in your life endeavors in the world.

**Assignment 8:
Energy diagnostic: Determining the type and source of energy information in the M/F energy anatomy system**

Journal Assignment: Record what you observed during your meditations. What is the type and source of the energy information you received? Consider the guidelines given at the bottom of page 70 in the text. How do you see this new information as affecting your relationship with yourself? With others?

Meditation Assignment: Quiet your mind and focus your attention in your meditation sanctuary. Ground your M/F triangle in all four corners. Begin to run your M/F energy through the energy meridians. Intuit this information and make notes in your journal:

- Look/Feel for information in the energy system. First look/feel the triangle energy.
- What colors are there? What symbols?
- Is this your energy or do you get the sense that it may be from another source? Now look at the meridians.
- How is the energy flowing? Does the energy flow in a complete loop? If not what does it look like where the energy stops flowing?
- Does the information you are receiving have any common theme?

Daily Awareness Practice: Be aware of the effects of this new information on the way you relate to yourself and others.

**Assignment 9:
Student chooses a specific energy project to and work on explore.**

Based on what you have discovered about your M/F energy during the last eight lessons, now choose a specific project to work on.

Reading Assignment:

Review the chapter on the M/F anatomy system in the text.
Read over all the notes you have made so far.

Journal Assignment: Design your own lesson.

1. Explain what you would like to work on and why.
2. Using the meditation tools you have learned so far, come up with your own specific meditation project based on the topic you have chosen to explore.
3. Describe any other ways you may feel you could facilitate your work on this assignment. After completing this part of the written assignment please submit to your instructor before proceeding.
4. Describe the results of your work.

Meditation Assignment: Use the meditation assignment you have designed yourself.

Assignment 10:**Re-examination of Inner M/F**

During this lesson you will examine the effects of all your work on your inner M/F relationship.

Reading Assignment: Go back and read the answers to the questions you answered from lesson two.

Journal Assignment: After completing the meditation, answer the questions on page 72 in the text. Compare your findings with what you wrote the first time you did this exercise. Report on any shifts or changes that may have occurred.

Meditation Assignment: Listen to the first meditation on side two of the CD.

Assignment 11: Final Written Assignment for this Module.**Energy Healing System Session with Teaching Assistant:**

Before you write the paper for this module book an Energy Healing System session with your assigned Teaching Assistant (TA). The TAs may give you supplemental assignments based on the session work. Suggest that you ask each TA at end of each session “*What personal energy work homework should I do?*” This way the learning is geared to the student need keeping with the syllabus as a guideline.

Write a 10-page discussion style paper on what you have learned from this module. Submit to instructor via email. Topics to be covered include:

- Differences in your perception of what Male and Female energies are.
- How your change in perception has affected your relationship with yourself and others
- Are there any conflicts that remain? Do you know why?
- How does the health of this system relate to your emotional and physical health?
- Comments on any other topics covered in this module.

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.