



Course Outline

Manual compiled by Dr Emma Bisschoff

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Course Content

45 PDF

5 Audio

Extras

Affirmation Card Deck

Aura Manual

Chakra Manual

Chakra Planner

Chakra Reference Sheets

Gratitude Journal

Subtle Energies & Healing Tools (from our Diploma program)

This segment is one of the most important as it lays a solid foundation for energy healing.

Course Content: Energy Perception, exercises to feel yours and others energy, the auric layers, How to see, feel and read the aura, including exercises, aura colours and what they mean, how to scan, balance, sweep, cleanse, and mend the aura, Chakras, their location and correspondences, How to scan and balance the chakras using various methods, including exercises, Hara dimension and re-aligning the hara line, Nadis (meridians), energy healing tools, healing techniques.

Extra bonuses:

Audio: Violet Flame, 12 Chakra Activation, Chakra and Auric Layers

E-books: Our Chakra System, Chakra Assessment, Healing through Colour

Video: Spirit Science – Chakras, Spirit Science – Male and Female Energy, Spirit Science – The Four Elements

Attunements: Aura Repair Empowerment, Musical Notes of the Chakras, White Energy Protection Bubble

Further Attunements to the value of \$225 / R4 147 (see end of advert for descriptions). All attunements can be passed on and charged for once you have received them yourself – there is no extra charge for attunements that accompany a course

Embrace the Path of the Healer: Awakening the Healing Power Within

Welcome to a journey of transformation and self-discovery where you will unlock the ancient wisdom and practices of healing. [Whether you are new to the healing arts or an experienced practitioner, "Embrace Your Inner Healer" offers a profound exploration of your innate healing abilities.](#)

Discover the Healer Within

You possess an inner healer, a part of you that has lain dormant, waiting for the moment to awaken and thrive. This course is designed to help you recognize and activate this essential aspect of yourself. Healing doesn't require you to follow the path of great historical figures like Jesus, Mother Teresa, or the revered Saints. Instead, healing can be as simple and profound as offering a smile, lending a listening ear, or sharing a kind gesture.

What You Will Learn

Through "Embrace Your Inner Healer," you will embark on a journey across fifteen transformative modules:

The Call of the Healer: Explore the ancient archetype of the healer and develop personal rituals to connect with your healing abilities.

The Spiral of Transformation: Understand the symbolic significance of the spiral in personal and communal healing.

The Shadow and the Light: Learn to balance and integrate the darker and lighter aspects of your psyche through shadow work.

Oceanic Depths of the Soul: Dive deep into your subconscious to harness emotional wisdom and intuitive skills.

The Open Heart: Cultivate compassion and empathy, essential qualities for any healer.

The Healing Mind: Develop a mindset oriented towards healing and overcoming mental barriers.

Holding Sacred Space: Learn to create and maintain a healing environment that supports emotional and energetic health.

The Healer's Toolkit: Explore a variety of healing modalities and personalize your approach to healing.

The Power of Ritual: Understand the impact of rituals and ceremonies in healing both individuals and communities.

Energy Work Fundamentals: Get to know the energetic systems of the body and techniques for energy balancing.

Deepening Intuitive Healing: Enhance your intuitive abilities to diagnose and heal.

The Wisdom Keeper: Incorporate wisdom from life experiences and learn to share this wisdom for collective healing.

The Dance of Imperfection: Embrace the beauty of imperfection in your healing practice.

Community Healing: Play a pivotal role in healing community-wide traumas and building supportive networks.

Soul Inquiry: Deepen your self-understanding and respond effectively to your soul's purpose.

Course Features

Expert Guidance: Led by a seasoned healer and spiritual teacher Dr Emma Bisschoff, who has more than 20 years' experience in this field.

Interactive Learning: Engage in meditations, practical exercises, and reflective tasks.

Flexible Learning: Access the course content at your own pace, available 24/7, from anywhere in the world.

Transform Your Life

By the end of this course, it is my hope that you will step more fully into your unique healing gifts. Embrace the power to not only transform your own life but also to make a profound impact on the world around you.

Enroll Today and Begin Your Journey to Becoming a Healer.

Unlock the healer within you - because the world needs your unique gifts now more than ever.

Expanded Course Outline

This course, "Embracing the Path of the Healer," is designed for anyone who is committed to deepening their journey of healing and personal growth, regardless of their experience level. It is ideal for both newcomers to the field of healing and seasoned practitioners looking to enhance their existing skills.

For those new to healing, the course provides foundational knowledge and practical tools to begin their healing practice with confidence and clarity.

Experienced healers and practitioners will find advanced techniques and fresh perspectives that can deepen their understanding, refine their practice, and reinvigorate their approach to healing.

Whether you are just starting out or have years of experience, this course offers valuable insights and exercises to help you cultivate greater self-awareness, emotional balance and Spiritual growth.

As you embark on this journey, you will engage in a series of practices and meditations specifically designed to tap into and enhance your innate healing abilities. These exercises are not merely for skill development but are pathways to deep self-reflection and empowerment. Through guided visualization techniques and reflective practices, you will connect with the core qualities of the Healer Archetype, discovering how to manifest these energies in both your personal growth and in your service to others.

This course is structured to be a deeply personal exploration that transcends academic study. It invites you on a transformative journey to uncover and cultivate your Inner Healer, connecting you with an ancient role that has nurtured and sustained human communities through ages. You are called not only to learn, but to transform, stepping into the healing power that flows through the Universe and every strand of your Being.

Module 1

Awakening the Healer Within

The Call of the Healer: Understanding the Healer Archetype

Historical Perspectives and Cultural Manifestations

Characteristics of the Healer Archetype

The Role of the Healer in Society

The Modern-Day Healer

Embracing the Healing Journey: Develop Personal Rituals to Connect with Your Healing Abilities

Self-Reflection Exercises

Visualization Techniques

Rituals with Crystals

Meditation Practices

Connecting with Nature

Module 1.1

Identifying Personal Symbols and Elements

Self-Exploration Through Meditation and Journaling

Meditation to Discover Personal Symbols

Preparation for Meditation

Guided Meditation

Reflect on Their Meaning

Deepen the Connection

Closing the Meditation

Record Your Insights

Exploring the Elements

Connecting with Earth

Embracing Water

Igniting Fire
Breathing with Air
Exploring the Elements Ritual
Incorporating Symbols and Elements into Rituals
Developing a Personal Ritual
Daily Practice
Creating Sacred Space
Establishing a Physical Sacred Space
Setting Up an Altar
Consecrating Your Sacred Space
Creating a Mental Sacred Space
Utilizing Sacred Geometry

Module 1.2

Recognizing Your Inner Healer: Meditation & Ritual Practices to
Awaken and Recognize the Healer Within
Awakening the Inner Healer
Preparation for Meditation
Meditation Steps:
Grounding
Centering
Connecting with the Inner Healer
Dialogue with the Inner Healer
Absorbing Healing Energy
Expressing Gratitude
Returning to Awareness
Practice this meditation regularly
Awakening the Inner Healer: Sacred Geometry Ritual
Materials Needed
Preparation: Create Sacred Space
Invoking the Power of Sacred Geometry
Grounding and Centering
Connecting with Sacred Geometry
Dialogue with Your Inner Healer
Absorbing Healing Energy
Expressing Gratitude
Returning to Awareness

Reflection

Module 2

The Spiral of Transformation: Exploring the Spiral as a Symbol of Healing

Historical and Cultural Significance of the Spiral

Native American Petroglyphs

Celtic Art and Spirituality

Mediterranean Labyrinths

The Spiral in Nature and Sacred Geometry

Natural Spirals

Sacred Geometry

Applying the Spiral in Personal Healing

Visualizing the Spiral

Creating Spiral Rituals

Spiral Meditation

Symbolic Journeys

Integration and Reflection

Daily Reflections

Embracing Cycles

The Spiral in Nature and the Universe

The Spiral in the Cosmos

Galaxies

Solar Systems and Orbits

Weather Systems

The Spiral in Biology

DNA Structure

Plant Growth

Animal Kingdom

The Spiral in Geology

Minerals and Crystals

Geological Formations

Understanding Growth and Change through the Spiral

Natural Phenomena as Metaphors

Cyclic Yet Progressive Nature

Practical Applications and Meditations

Connecting with Natural Spirals

Cosmic Visualization
Creating Spiral Art
Reflective Journaling

Module 2.1

The Spiral in Healing and Personal Transformation
Understanding the Spiral Path
Inward Journey
Center of Transformation
Outward Expansion
Applying the Spiral to the Healing Journey
Phases of Healing
Introspection
Discovery
Integration
Expansion
Continuous Growth
Meditative Practices with the Spiral
Spiral Visualization
Walking a Labyrinth
Creating Spiral Art
Symbolic Representation in Rituals
Spiral Objects and Symbols
Sacred Geometry
Embracing the Spiral as a Guiding Symbol
Reflection and Integration
Living the Spiral
Practical Applications of the Spiral in Daily Life

Module 2.2

Navigating the Healing Path: Guided Visualizations to Explore and Embrace Your Healing Journey
The Power of Guided Visualization
Connecting with the Inner Self
Enhancing Clarity and Focus
Empowering Personal Growth
Guided Visualization Practices

Inner Sanctuary Visualization
Preparation
Visualization
Integration
Healing Light Visualization
Path of Healing Visualization
Integrating Visualizations into Daily Life
Daily Practice
Creating a Sacred Space
Combining with Other Practices
Using Visual Cues
Continual Practice

Module 3

Introduction to the Shadow Self
Exploring the Nature of Shadow and Light
The Importance of Embracing the Shadow
Exercises and Practices for Understanding the Shadow Self
Shadow Journaling
Mirror Work
Guided Meditation: Embracing the Shadow Self
Preparation
Meditation
Communicating with the Shadow Self
Offering Compassion and Acceptance
Closing the Encounter
Returning to the Present
Reflection
Creative Expression
Therapeutic Support
Personal Growth: Shadow Work as a Tool for Personal Growth

Module 3.1

Balancing Darkness and Light: Rituals to Harmonize Contrasting Aspects of the Self
Introduction to Balancing Darkness and Light
Understanding Darkness and Light

The Duality of Self
Importance of Integration
Rituals to Harmonize Darkness and Light
Preparation for Rituals
Creating a Sacred Space
Grounding and Centering
Ritual of Acknowledgment
Steps
Lighting Candles
Invocation
Reflection
Acceptance
Gratitude
Integration
Ritual of Transformation
Steps
Lighting Candles
Invocation
Writing Exercise
Meditation
Burning Ritual
Affirmation
Closing
Ritual of Harmony
Steps
Lighting Candles
Invocation
Dual Meditation
Symbolic Action
Placement on Altar
Affirmation
Closing
Integrating Rituals into Daily Life
Daily Practice
Reflection and Journaling
Symbols and Reminders
Affirmations

Personal Growth: Balancing Darkness and Light as a Tool for Personal Growth

Module 3.2

Integrating Shadow Work in Healing

Understanding Shadow Work in Healing

Strategies for Incorporating Shadow Work into Healing Practices

Journaling for Self-Reflection

Mindfulness and Meditation

Energy Healing and Chakra Balancing

Chakra Meditation: Exploring the Shadow Self

- Root Chakra (Muladhara)
- Sacral Chakra (Svadhishthana)
- Solar Plexus Chakra (Manipura)
- Heart Chakra (Anahata)
- Throat Chakra (Vishuddha)
- Third Eye Chakra (Ajna)
- Crown Chakra (Sahasrara)

Reiki Healing: Integrating Shadow Work

Creative Expression

Professional Support and Therapy

Practical Application: Integrating Shadow Work into Daily Life

Module 4

Oceanic Depths of the Soul: Journeying to the Deep Self

The Concept of the Deep Self

The Ocean as a Metaphor for the Soul

Vastness and Depth

Hidden Emotions and Desires

Memories and Wisdom

Mysterious and Unpredictable

Reflection and Connection

Healing and Renewal

Inspiration and Creativity

Meditative and Contemplative

Importance of Deep Self-Exploration

Healing Past Wounds

Understanding True Desires
Connecting with the Higher Self
Fostering an Integrated and Authentic Self
Practical Steps for Deep Self-Exploration
Mindfulness Meditation
Journaling
Inner Child Work
Shadow Work
Guided Visualizations
Therapy and Counseling
Guided Meditation: Descent into the Oceanic Depths
Guided Meditation: Embracing the Inner Ocean
Integrating Deep Self-Exploration into Daily Life

Module 4.1

Learning from Emotional Depths: Techniques to Understand and Harness Emotional Wisdom
Understanding Emotional Depths
The Role of Emotions
Indicators of Needs and Desires
Signals of Unresolved Issues
Guides to Personal Growth
Tools for Connection
Emotional Wisdom
Recognizing Emotions
Understanding Emotions
Managing Emotions
Using Emotions to Inform Decisions
Practical Applications of Emotional Wisdom
Conflict Resolution
Stress Management
Personal Growth and Healing
Techniques to Understand and Harness Emotional Wisdom
Self-Reflection and Journaling
Emotional Freedom Techniques (EFT)
Expressive Writing
Breathwork for Emotional Release

Visualization Techniques

Module 4.2

Cultivating Depth Perception in Healing: Exercises to Develop Intuitive Healing Skills

The Importance of Intuition in Healing

Perceiving Subtle Energies

Understanding Energetic Layers

Identifying Imbalances

Enhancing Sensory Awareness

Example Insight

Understanding Emotions

Emotional Resonance

Uncovering Hidden Emotions

Navigating Emotional Complexity

Example Insight

Recognizing Underlying Issues

Beyond the Surface

Holistic Understanding

Example Insight

Informed Decision-Making

Guided Choices

Enhancing Efficacy

Example Insight

Fostering Compassionate Care

Empathy and Understanding

Building Trust

Example Insight

Enhancing Personal and Spiritual Growth

Self-Reflection

Inner Guidance

Example Insight

Deepening the Healing Connection

Strengthening Bonds

Facilitating Transformational Healing

Example Insight

Depth Perception in Healing: Sensing the Multi-Layered Nature of Well-Being

Understanding Depth Perception

Comprehensive Awareness

Holistic Integration

Example Activity

Physical Symptoms

Observing Physical Manifestations

Connecting Symptoms to Deeper Causes

Example Activity

Emotional States

Sensing Emotional Energies

Identifying Emotional Patterns

Example Activity

Mental Patterns

Understanding Thought Patterns

Impact on Health

Mind-Body Techniques

Example Activity

Spiritual Conditions

Connecting with Spiritual Essence

Signs of Spiritual Disconnection

Spiritual Practices for Healing

Example Activity

Interconnectedness of Layers

Seeing the Whole Person

Holistic Diagnosis

Synergy in Healing

Example Activity

Developing Depth Perception

Cultivating Awareness

Training and Education

Practicing Empathy

Continuous Learning

Example Activity

Exercises to Develop Intuitive Healing Skills

Mindfulness and Meditation

Energy Sensitivity Exercises
Visualization Techniques
Intuitive Reading Practices
Developing Empathy
Breathwork for Intuition
Integrating Intuitive Healing Skills into Daily Life
Daily Intuitive Check-Ins
Reflection and Journaling
Mindfulness and Self-Compassion
Affirmations
Personal Growth

Module 5

The Open Heart: Cultivating Compassion and Empathy
Understanding Compassion and Empathy
Defining Compassion and Empathy
Importance of Compassion and Empathy in Healing
Practices to Enhance Compassion and Empathy
Mindfulness and Self-Compassion
Loving-Kindness Meditation (Metta)
Active Listening
Presence
Reflecting
Empathy
Non-Judgment
Gratitude Practice
Empathy Journaling
Self-Compassion Practices
Integrating Compassion and Empathy into Daily Life

Module 5.1

Opening the Heart Chakra: Chakra-Focused Meditations and Healing Exercises
Understanding the Heart Chakra
Significance of the Heart Chakra
Signs of an Imbalanced Heart Chakra
Chakra-Focused Meditations

Heart Chakra Meditation
Loving-Kindness Meditation (Metta)
Healing Exercises
Heart Chakra Breathing
Heart Chakra Yoga Poses
Camel Pose (Ustrasana)
Bridge Pose (Setu Bandhasana)
Cobra Pose (Bhujangasana)
Heart Chakra Crystal Healing
Rose Quartz
Green Aventurine
Rhodochrosite
Healing Exercise
Integrating Heart Chakra Practices into Daily Life
Daily Heart-Centered Practices
Reflection and Journaling
Affirmations
Personal Growth

Module 5.2

Embracing Vulnerability in Healing: Methods to Safely Explore and Utilize Vulnerability
Understanding Vulnerability
The Power of Vulnerability
Authenticity and Self-Acceptance
Deepening Connections
Courage and Strength
Emotional Freedom
Vulnerability in Healing
Confronting Difficult Emotions
Safe Space for Expression
Releasing Past Traumas
Building Resilience
Creating Space for Healing and Transformation
Methods to Safely Explore and Utilize Vulnerability
Creating a Safe Space
Establishing Boundaries

Identifying Boundaries
Communicating Boundaries
Enforcing Boundaries
Journaling for Vulnerability
Journaling Prompts
Mindfulness and Vulnerability
Mindfulness Meditation
Sharing Vulnerability with Trusted Individuals
Creative Expression of Vulnerability
Creative Activities
Therapeutic Techniques
Integrating Vulnerability into Daily Life
Daily Vulnerability Practices
Reflection and Journaling
Affirmations
Continual Practice

Module 6

The Healing Mind: Developing a Mindset for Healing
Importance of a Healing Mindset
Techniques to Cultivate a Healing-Oriented Mindset
Understanding the Healing Mind
The Power of the Mind
Shaping Reality
Mind-Body Connection
Power of Positive Thinking
Self-Awareness and Intentionality
Importance of a Healing Mindset
Cultivating Positive Thoughts and Beliefs
Embracing Self-Compassion and Resilience
Openness to Change
Growth Mindset
Transforming Challenges into Opportunities
Inner Peace and Well-Being
Practical Strategies for Cultivating a Healing Mindset
Mindfulness Meditation
Gratitude Journaling

Positive Affirmations
Visualization Techniques
Developing Coping Strategies
Techniques to Cultivate a Healing-Oriented Mindset
Positive Affirmations
Mindfulness and Meditation
Gratitude Practice
Cognitive Restructuring
Visualization Techniques
Self-Compassion Practices
Integrating a Healing-Oriented Mindset into Daily Life
Daily Practices
Reflection and Journaling
Affirmations
Personal Growth
Continual Practice

Module 6.1

Mindfulness & Mental Clarity: Mindfulness Exercises for Clarity and Focus
Understanding Mindfulness and Mental Clarity
The Essence of Mindfulness
Importance of Mental Clarity and Focus
Mindfulness Exercises for Clarity and Focus
Breath Awareness Meditation
Body Scan Meditation
Mindful Walking
Focused Attention Meditation
Mindful Journaling
Mindful Listening
Integrating Mindfulness into Daily Life
Daily Mindfulness Practices
Reflection and Journaling
Affirmations
Personal Growth

Module 6.2

Overcoming Mental Barriers in Healing: Strategies to Address and Overcome Mental Obstacles

Understanding Mental Barriers

Types of Mental Barriers

Impact of Mental Barriers on Healing

Strategies to Address and Overcome Mental Obstacles

Identifying Mental Barriers

Self-Reflection

Reflection Exercise

Challenging Negative Thoughts

Developing Self-Compassion

Self-Compassion Techniques

Setting Realistic Goals

Goal-Setting Exercise

Practicing Mindfulness

Mindfulness Meditation

Engaging in Positive Visualization

Visualization Exercise

Seeking Support

Identify Support Network

Communicate Needs

Engage in Supportive Activities

Give and Receive Support

Integrating Strategies into Daily Life

Daily Practices

Reflection and Journaling

Affirmations

Module 7

Holding Sacred Space: Creating a Healing Environment

Understanding Sacred Space

The Concept of Sacred Space

Importance of a Healing Environment

Instructions to Create and Maintain a Healing Space

Choosing the Location

Assess Your Space

Consider the Environment

Size and Accessibility
Example Activity
Setting Up Your Altar
Select a Surface
Choose Sacred Items
Arrange Thoughtfully
Incorporate the Elements
Example Activity
Cleansing and Purifying the Space
Physical Cleaning
Energy Cleansing
Sound Clearing
Intention Setting
Example Activity
Creating a Comfortable Atmosphere
Comfortable Seating
Soft Textiles
Lighting
Aromatherapy
Example Activity
Incorporating Nature
Plants
Natural Elements
Water Features
Example Activity
Personalizing Your Sacred Space
Personal Symbols
Art and Décor
Sacred Texts
Example Activity
Maintaining Your Sacred Space
Daily Tidying
Regular Cleansing
Revisit Intentions
Example Activity
Integrating Sacred Space Practices into Daily Life
Daily Practices

Reflection and Journaling
Affirmations
Personal Growth
Continual Practice

Module 7.1

The Art of Holding Space: Skills to Support Others Emotionally and Energetically
Understanding Holding Space
The Concept of Holding Space
Active Listening
Compassion and Empathy
Non-Judgmental Presence
Emotional Support
Energetic Support
Importance of Holding Space in Healing
Emotional Validation
Empowerment
Building Trust
Facilitating Emotional Release
Supporting Personal Growth
Practical Strategies for Holding Space
Set the Intention
Practice Active Listening
Cultivate Empathy and Compassion
Maintain a Non-Judgmental Attitude
Provide Energetic Support

Module 7.2

Emotional & Energetic Boundaries
Identify Boundaries
Reflect on Your Boundaries
Questions to Consider
Creating a Boundary List
Emotional Boundaries
Energetic Boundaries
Communicate Boundaries

Clear Communication
Steps for Communication
Be Direct and Honest
Explain the Reasons
Set Expectations
Enforce Boundaries
Consistent Enforcement
Steps for Enforcement
Remain Calm and Assertive
Reiterate Your Boundaries
Take Action if Necessary
Self-Care
Prioritize Self-Care
Self-Care Strategies
Physical Care
Emotional Care
Social Support
Rest and Relaxation
Example Activity: Boundary Setting Practice
Identify Your Boundaries
Practice Communication
Enforcement Strategy
Self-Care Plan
Reflection

Module 8

The Healer's Toolkit: Exploring Healing Modalities
Understanding Healing Modalities
The Essence of Healing Modalities
Importance of a Diverse Toolkit
Overview of Healing Modalities and Their Applications
Reiki
Purpose
Principles
Applications
Example Activity
Aromatherapy

Purpose
Principles
Applications
Example Activity
Crystal Healing
Purpose
Principles
Applications
Example Activity
Meditation and Mindfulness
Purpose
Principles
Applications
Example Activity
Sound Healing
Purpose
Principles
Applications
Example Activity
Chakra Balancing
Purpose
Principles
Applications
Example Activity
Herbal Medicine
Purpose
Principles
Applications
Example Activity
Yoga
Purpose
Principles
Applications
Example Activity
Emotional Freedom Techniques (EFT)
Purpose
Principles

Applications
Example Activity
Integrating Healing Modalities into Your Practice
Personalized Healing Plans
Combining Modalities
Continuous Learning
Self-Care and Practice
Personal Growth
Continual Practice

Module 8.1

Personalizing Your Healing Approach: Guidance to Develop Your Unique Healing Style
Understanding the Need for a Unique Healing Style
The Essence of Personalization
Importance of a Unique Healing Style
Guidance to Develop Your Unique Healing Style
Self-Reflection and Assessment
Identify Strengths
Explore Interests
Assess Experiences
Set Intentions
Example Activity
Exploring and Integrating Healing Modalities
Research Modalities
Experiment and Practice
Integrate Techniques
Example Activity
Developing Your Personal Philosophy
Reflect on Beliefs
Articulate Values
Create a Mission Statement
Example Activity
Incorporating Personal Experiences
Reflect on Your Journey
Share Your Story
Integrate Insights

Example Activity

Creating a Signature Practice

Identify Core Techniques

Develop Unique Approaches

Brand Your Practice

Refine and Evolve

Example Activity

Building Confidence and Trust

Practice Regularly

Seek Feedback

Reflect on Successes

Affirm Your Abilities

Example Activity

Integrating Personalized Healing Practices into Daily Life

Daily Practices

Reflection and Journaling

Affirmations

Personal Growth

Continual Practice

Module 8.2

Integrating Various Healing Techniques: Strategies to Combine
Different Healing Methods Effectively

Understanding the Integration of Healing Techniques

The Essence of Integration

Importance of a Holistic Approach

Strategies to Combine Different Healing Methods Effectively

Assessing Individual Needs

Initial Consultation

Holistic Assessment

Personalized Plan

Creating a Synergistic Approach

Identify Complementary Techniques

Sequence Techniques

Integrate Techniques

Balancing Modalities

Assess Intensity

Monitor Reactions
Provide Rest Periods
Layering Techniques
Choose Compatible Techniques
Layer Gradually
Integrate Sensory Elements
Adapting to Feedback
Encourage Feedback
Adjust Techniques
Reflect and Refine
Training and Continuing Education
Attend Workshops
Enrol in Courses
Join Professional Networks
Documentation and Reflection
Keep Detailed Records
Reflect on Sessions
Evaluate Effectiveness
Integrating Techniques into Daily Practice
Daily Practices
Reflection and Journaling
Affirmations
Personal Growth
Continual Practice

Module 9

The Power of Ritual: Creating Healing Rituals
Understanding the Power of Ritual
The Essence of Ritual
Importance of Healing Rituals
Instructions to Design and Conduct Personal Healing Rituals
Setting Intentions
Choosing Symbols and Elements
Creating Sacred Space
Designing the Ritual Structure
Incorporating Visualization and Meditation
Expressing Gratitude

Documenting and Reflecting on the Ritual
Integrating Healing Rituals into Daily Life
Daily Practices
Reflection and Journaling
Affirmations
Personal Growth
Continual Practice
Understanding the Difference: Ceremonies and Rituals
Ceremonies
Rituals
Comparing Ceremonies and Rituals

Module 9.1

The Role of Ceremony in Healing: Understanding the Impact of Ceremonial Practices
Understanding the Impact of Ceremonial Practices
The Essence of Ceremony
Importance of Ceremonial Practices in Healing
The Impact of Ceremonial Practices on Healing
Emotional Release and Healing
Community and Connection
Spiritual Connection and Transformation
Transformation Ceremony: "Journey of Personal and Spiritual Growth"
Preparations for the Ceremony
Setting Intentions
Creating Sacred Space
Conducting the Ceremony
Opening the Ceremony
Creating a Mandala
Offering Prayers or Libations
Meditating on Transformation and Growth
Closing the Ceremony
Rituals and Symbolism
Selecting Symbols
Incorporating Rituals
Explaining Significance
Marking Transitions and Milestones

Identifying Milestones
Designing the Ceremony
Celebratory Actions
Integration and Reflection
Post-Ceremony Reflection
Guided Integration
Continuous Support
Integrating Ceremonial Practices into Daily Life
Daily Practices
Reflection and Journaling
Affirmations
Personal Growth

Module 9.2

Personal and Collective Rituals: Developing Rituals for Individual and Group Healing
Understanding Personal and Collective Rituals
The Essence of Rituals
Importance of Personal and Collective Rituals
Developing Personal Rituals
Setting Intentions
Choosing Symbols and Elements
Creating Sacred Space
Designing the Ritual Structure
Incorporating Visualization and Meditation
Expressing Gratitude
Documenting and Reflecting on the Ritual
Developing Collective Rituals
Setting Collective Intentions
Creating a Shared Sacred Space
Designing the Collective Ritual Structure
Incorporating Group Visualization and Meditation
Expressing Collective Gratitude
Documenting and Reflecting on the Collective Ritual
Integrating Personal and Collective Rituals into Daily Life
Daily Practices
Reflection and Journaling

Affirmations
Continual Practice

Module 10

Energy Work Fundamentals: Understanding Energy Anatomy

Understanding Energy Anatomy

The Essence of Energy Anatomy

Importance of Energy Anatomy in Healing

The Chakra System

Root Chakra (Muladhara)

Sacral Chakra (Svadhishthana)

Solar Plexus Chakra (Manipura)

Heart Chakra (Anahata)

Throat Chakra (Vishuddha)

Third Eye Chakra (Ajna)

Crown Chakra (Sahasrara)

Example Activity: Chakra Meditation

The Meridian System

Understanding Meridians

Main Meridians

Energy Flow

Acupoints

Example Activity: Acupressure Routine

The Aura

Layers of the Aura

Aura Health

Aura Colors

Example Activity: Aura Cleansing Techniques

Energy Centers Beyond the Seven Chakras

Secondary Chakras

Transpersonal Chakras

Grounding Chakras

Example Activity: Exercises for Additional Chakras

Energy Healing Techniques

Reiki

Pranic Healing

Qi Gong

Healing Touch

Example Activity: Reiki Self-Healing Session

Energy Work Ethics and Safety

Setting Boundaries

Energetic Hygiene

Continuous Learning

Client Education

Example Activity: Code of Ethics Development

Integrating Energy Anatomy into Daily Practice

Daily Practices

Reflection and Journaling

Affirmations

Module 10.1

Techniques for Energy Balancing: Methods to Balance and Harmonize

Personal Energy

Understanding Energy Balancing

The Importance of Energy Balancing

Benefits of Energy Balancing

Chakra Balancing

Identify Imbalances

Chakra Meditation

Crystals

Affirmations

Sound Healing

Meridian Tapping (EFT)

Identify Issue

Set Up Statement

Tapping Sequence

Repeat as Needed

Breathwork

Deep Breathing

Alternate Nostril Breathing (Nadi Shodhana)

4-7-8 Breathing

Grounding Techniques

Earthing

Grounding Visualization

Use of Grounding Crystals
Sound Healing
Tuning Forks
Singing Bowls
Mantras and Chanting
Visualization and Meditation
White Light Visualization
Energy Cleansing Meditation
Affirmation Meditation
Reiki and Hands-On Healing
Self-Reiki
Hands-On Healing
Distance Healing
Crystal Healing
Choosing Crystals
Placing Crystals
Carrying Crystals
Aromatherapy
Selecting Essential Oils
Diffusing Oils
Topical Application
Daily Energy Maintenance Routine
Morning Routine
Midday Check-In
Evening Routine
Integrating Energy Balancing Techniques into Daily Life
Daily Practices
Reflection and Journaling
Affirmations

Module 10.2

Cultivating Energetic Sensitivity: Exercises to Enhance Sensitivity to Energy Flows
Understanding Energetic Sensitivity
The Importance of Energetic Sensitivity
Benefits of Energetic Sensitivity
Exercises to Enhance Sensitivity to Energy Flows

Grounding and Centering
Energy Sensing with Hands
Aura Perception
Energy Meditation
Crystal Sensitivity Practice
Breath and Energy Synchronization
Nature Connection
Journaling and Reflection

Module 11

Deepening Intuitive Healing
Foundations of Intuitive Healing
Understanding Intuition in Healing
The Nature of Intuition
Key Aspects
Inner Knowing
Non-Linear Process
Holistic Insight
The Subconscious Mind
Accessing Deep Wisdom
Revealing Hidden Patterns
Facilitating Transformation
Connection Between Intuition and the Body's Energy Systems
Chakras
Meridians
Energy Sensitivity
Historical Perspectives on Intuitive Healing
Ancient Practices
Key Examples
Shamanic Traditions
Ayurveda and Traditional Chinese Medicine
Western Esoteric Traditions
Mystical Healing
Esoteric Knowledge
Contemporary Perspectives on Intuitive Healing
Integration with Conventional Medicine
Holistic Diagnosis

Personalized Care
Complementary and Alternative Medicine (CAM)
Energy Healing
Holistic Counseling
Self-Healing and Personal Growth
Empowerment
Continuous Growth
Cultivating Intuition for Healing
Meditation Practices for Enhancing Inner Awareness
Mindfulness Meditation
Steps
Guided Visualization
Third Eye Meditation
Exercises to Improve Empathic Skills
Active Listening
Empathy Meditation
Emotional Journaling
Tuning into Subtle Cues from the Body and Mind
Body Scanning
Intuitive Eating
Dream Analysis
Trusting Your Intuition
Affirmations
Reflective Practice
Self-Compassion
Example Activity: Developing a Daily Intuitive Practice
Morning Meditation
Empathic Exercise
Body Scan
Journaling
Dream Analysis

Module 11.1

Energy Awareness
Understanding Energy Awareness
The Human Energy Field
Concept of the Aura

Layers of the Aura
Energy Sensitivity
Sensing and Interpreting Energy Fields
Hands-On Scanning
Visual Observation
Intuitive Perception
Techniques for Developing Energy Awareness
Grounding Exercises
Grounding Visualization
Steps for Grounding Visualization
Physical Grounding
Steps for Physical Grounding
Meditation Practices for Developing Energy Awareness
Mindfulness Meditation
Steps for Mindfulness Meditation
Third Eye Meditation
Steps for Third Eye Meditation
Body Scanning for Energy Awareness
Self-Scanning
Steps for Self-Scanning
Partner Scanning
Steps for Partner Scanning
Aura Cleansing for Energy Awareness
Smudging
Practical Application: Creating a Daily Energy Awareness Routine
Morning Grounding
Steps for Morning Grounding Visualization
Midday Check-In
Steps for Midday Self-Scan
Evening Cleansing
Steps for Evening Cleansing Ritual

Module 11.2

Intuitive Diagnosis
Understanding Intuitive Diagnosis
Principles of Intuitive Diagnosis
Holistic Perspective

Subconscious Mind
Energy Centers (Chakras)
Developing Intuitive Diagnostic Skills
Meditative Practices
Empathy and Compassion
Symbolic Interpretation
Techniques for Intuitive Diagnosis
Meditation and Visualization
Guided Meditation
Meditation and Visualization: Connecting with the Higher Self
Divine Dialogue: Reaching the Higher Self
Preparation
Relax Your Body
Meditation Steps
Grounding and Centering
Calling Upon Your Higher Self
Connecting with the Higher Self
Dialogue with the Higher Self
Receiving and Integrating Guidance
Closing the Meditation
Reflective Practice
Third Eye Activation
Third Eye Activation Meditation: "Insight Gateway"
Preparation
Create a Calm Environment
Comfortable Seating
Relax Your Body and Mind
Meditation Steps
Grounding and Centering
Focusing on the Third Eye Chakra
Activation Through Breath
Enhancing Intuition
Deepening the Meditation
Gratitude and Closing
Reflective Practice
Chakra Diagnosis
Chakra Scanning

Chakra Meditation
Energy Reading
Aura Reading
Symbolic Interpretation
Enhancing Symbolic Interpretation Through a Symbol Journal
Steps to Maintain a Symbol Journal
Choose Your Journal
Regular Entries
Detailed Descriptions
Initial Interpretations
Reflect and Research
Patterns and Connections
Meditative Revisiting
Use Visuals
Application in Practice
Example Activity: Conducting an Intuitive Diagnostic Session

Module 11.3

Developing a Personal Intuitive Healing Practice
Understanding Your Unique Intuitive Abilities
Self-Assessment
Identifying Strengths and Preferences
Creating a Structured Practice
Setting Intentions
Developing a Routine
Creating a Sacred Space
Integrating Intuitive Healing into Daily Life
Mindfulness and Presence
Applying Intuitive Insights
Integrating Intuitive Healing into Professional Practice
Enhancing Professional Skills
Ethical Considerations
Importance of Ethical Considerations
Building Trust
Respect
Confidentiality
Protecting Client Information

Ethical Guidelines for Confidentiality
Consent
Obtaining Informed Consent
Continuous Consent
Navigating the Healer-Client Relationship
Establishing Professional Boundaries
Handling Dual Relationships
Ethical Decision-Making
Ethical Dilemmas
Continuous Professional Development
Example Activity: Establishing Ethical Practices

Module 12

The Wisdom Keeper
Embracing Wisdom in Healing
Understanding the Role of Wisdom in Healing
Sources of Wisdom
Incorporating Wisdom into Healing Practices
Reflective Practice
Learning from Mentors and Elders
Integrating Sacred Texts and Teachings
Developing Intuitive Insight
Embracing Lifelong Learning
Cultivating Compassion and Empathy
Compassion Meditation: "Heart of Kindness"
Integrating Wisdom into Healing Sessions
Creating a Sacred Space
Intentional Healing Practices
Holistic Assessment
Reflective Debriefing

Module 12.1

Learning from Life Experiences: Reflective Practices to Extract Lessons from Life
The Importance of Reflective Practice
Understanding Reflective Practice
Benefits of Reflective Practice

Techniques for Reflective Practice

Journaling

Purpose

Steps

Daily Entries

Prompted Reflection

Review and Reflect

Meditation and Contemplation

Purpose

Steps

Find a Quiet Space

Focused Breathing

Contemplative Focus

Integration

Mindful Observation

Purpose

Steps

Practice Presence

Non-Judgmental Awareness

Reflective Notes

Dialogue with Trusted Individuals

Purpose

Steps

Choose a Trusted Person

Share Experiences

Seek Feedback

Reflect Together

Creative Expression

Purpose

Steps

Choose a Medium

Express Freely

Reflect on Creation

Structured Reflection Exercises

Purpose

Steps

Identify an Experience

Reflection Questions
Document Insights
Storytelling and Narrative
Purpose
Steps
Craft a Narrative
Identify Themes
Share Your Story
Applying Lessons to Healing Practice
Integrating Insights
Steps
Identify Applications
Create an Action Plan
Monitor Progress

Module 12.2

Sharing Wisdom for Collective Healing: Methods to Share and Disseminate Healing Wisdom
The Importance of Sharing Wisdom
Empowering Others
Fostering Community
Promoting Growth
Methods to Share and Disseminate Healing Wisdom
Workshops and Seminars
Online Courses and Webinars
Writing and Publishing
Community Healing Circles
Social Media and Online Platforms
Mentorship and One-on-One Sessions
Workshops and Retreats

Module 13

Centering and Grounding for Healers
Introduction to Centering and Grounding
Definition and Importance
What is Centering?
Key Aspects of Centering

Focused Breathing
Mindfulness
Inner Alignment
What is Grounding?
Key Aspects of Grounding
Visualization Techniques
Physical Connection
Energetic Release
Why Centering and Grounding are Crucial for Healers
Maintaining Clarity
Improving Concentration
Managing Emotional and Energetic Spill-over
Enhancing Personal Resilience
Supporting Self-Care
Basic Techniques for Centering and Grounding
Centering Techniques
Focused Breathing
Mindfulness
Inner Alignment
Grounding Techniques
Visualization of Roots Growing into the Earth
Physical Grounding Exercises

Module 13.1

Advanced Practices for Enhanced Stability
Customized Routines
Before Healing Sessions
Set Intentions
Grounding Visualization
Centering Breathwork
Cleansing Your Space
Gathering Tools and Materials
During Healing Sessions
Regular Check-Ins
Micro-Grounding Techniques
Energy Flow Management
Integrating Techniques into the Healing Session

After Healing Sessions
Energy Release
Grounding Rituals
Self-Reflection and Journaling
Nourishment and Rest

Module 13.2

Practical Application and Exercises
Integrating Techniques into Daily Life
Morning Routine
Start Your Day with Grounding Exercises
Visualization
Physical Connection
Centering with Morning Meditation
Focused Breathing
Mindfulness
Throughout the Day
Regular Check-Ins and Mini Grounding Sessions
Incorporate Centering Practices into Routine Tasks
Mindful Eating
Conscious Movement
Evening Routine
Evening Grounding Rituals
Reflective Journaling
Nourishment and Rest
Weekly and Monthly Practices
Scheduled Grounding Activities
Deep Centering Practices

Module 14

Community Healing
The Role of the Healer in Community
Understanding Community Healing
Impact of Healing within a Community
Embracing the Role of the Healer in Community
Building Trust and Relationships
Facilitating Group Healing Sessions

Educating and Empowering Community Members
Addressing Collective Challenges
Fostering a Culture of Wellness
Creating Healing Spaces
Integrating Community Healing into Your Practice
Holistic and Inclusive Approach
Collaborative Efforts
Continuous Engagement and

Module 14.1

Healing Networks
Building Healing Networks: Creating and Nurturing Networks for
Collective Support
The Importance of Healing Networks
Understanding Healing Networks
Benefits of Collective Support
Steps to Create and Sustain Healing Networks
Identifying Potential Members
Establishing Common Goals and Values
Building Strong Relationships
Facilitating Knowledge and Resource Sharing
Providing Emotional and Practical Support
Promoting Inclusivity and Diversity
Sustaining and Growing the Healing Network
Continuous Engagement and Feedback
Celebrating Milestones and Achievements
Expanding the Network

Module 14.2

Collective Trauma and Healing: Addressing and Healing Community-
Wide Traumas
Understanding Collective Trauma
Nature of Collective Trauma
Examples of Collective Trauma
Acknowledging the Trauma
Open Dialogue

Public Acknowledgment
Validation
Creating Safe Spaces for Healing
Designated Healing Spaces
Supportive Environment
Healing Activities
Facilitating Collective Mourning and Grief
Memorial Services
Collective Rituals
Storytelling
Promoting Resilience and Empowerment
Skill-Building Workshops
Community Projects
Empowerment Initiatives
Addressing Systemic Issues
Identify Issues
Advocacy and Policy Change
Community Programs
Strategies to Facilitate Healing
Integrating Cultural and Spiritual Practices
Utilizing Creative Arts for Healing
Strengthening Social Bonds and Support Networks
Providing Access to Mental Health Resources

Module 15

Soul Inquiry: Deepening Self-Understanding
The Essence of Soul Inquiry
Understanding Soul Inquiry
The Purpose of Soul Inquiry
Techniques for Profound Self-Exploration
Mindfulness Meditation
Journaling for Self-Discovery
Guided Visualization
Shadow Work
Inner Child Work
Nurturing the Inner Child: A Visualization and Reflection Practice
Body Awareness Practices

Morning Awareness: Daily Body Scan Meditation
Spiritual Practices
Daily Sacred Connection: A Ritual for Meditation, Prayer, and Reflection
Integrating Soul Inquiry into Daily Life

Module 15.1

Answering the Soul's Call: Identifying and Responding to Your Soul's Purpose
Understanding the Soul's Call
The Nature of the Soul's Call
The Importance of Responding to the Soul's Call
Techniques for Identifying Your Soul's Purpose
Deep Reflection and Self-Inquiry
Meditation and Visualization
Soul Purpose Discovery: A Guided Visualization to Connect with Your Higher Self
Exploring Passions and Talents
Seeking Guidance from Others
Responding to Your Soul's Purpose
Setting Intentions and Goals
Aligning Daily Actions
Daily Soul Alignment Ritual
Overcoming Obstacles and Fears
Embracing Growth and Change
Contributing to the Greater Good

Module 15.2

Integrating Soul Inquiry into Daily Life: Practices to Maintain Continual Spiritual Growth
The Importance of Daily Soul Inquiry
Sustaining Spiritual Growth
Fostering Self-Awareness
Creating a Balanced Life
Practices to Integrate Soul Inquiry into Daily Life
Morning Rituals

Mindfulness Throughout the Day
Evening Reflection
Regular Self-Inquiry Sessions
Engaging in Creative Expression
Connecting with Nature
Practicing Acts of Kindness and Service
Building a Supportive Community
Sustaining Continual Spiritual Growth

Attunements

Diamond Anthakarana Autmun Activation – Ramon Martinez Lopez – Value \$100 / R1 800

Diamond Anthakarana - Autmun activation, attunement and empowerment Diamond light Represents the absolute and indestructible Your diamond body of light it is protected and purified by your angels, dolphins, Elohim, gods - goddesses, dragons ... crystalline in nature or the crystalline property of the spiritual light.

When you develop spiritually, your guides like angels "polish" your diamond to perfection Your diamond it is your first connection to the spiritual world Activates your multidimensional being Activates your connection to ancient Lemuria and Atlantida Activates your micro-macrocosmic energies an universal energies of the diamond in the frequencies of gold, platinum, Uranian light. Very powerful for the unity of the self nowadays.

Good for better channeling Restoring your electromagnetic grid Brain balancing Activates your kundalini with These New frequencies DNA repairing multidimensional energies and beyond.

The healing power of platinum: h and healing power of platinum: h and healing power of platinum: It will reflect the negative energies Their back to source. it exposés the hidden and untrue,

I know it is a good 'witness' to energy use in dowsing and kinesiology. It is good to use in times of stress and stressful situations. Used to bring alignment to the chakra system and facilitated Divine alignment.

Benefits:

- Balances your brain and nerve functions.
- Starts your creativity process,
- Wipes out negativity,
- Helps in releasing emotional pain and forgiveness initiator.
- Good for cutting implants, programs of subconscious mind and imprints from others, karmic debts.
- Activates your multidimensional being activates your connection to ancient Lemuria and Atlantis.
- Activates your micro-macrocosmic energies a universal energies of the diamond in the frequencies of gold, platinum, Uranian light.

Its energy is incorruptible, which is why it has terrific potential for cleansing and protecting not only the human energy field but also the environment. It is good to use in times of stress and stressful situations. It has also been used to bring alignment to the chakra system and facilitate Divine alignment.

Diamond light represents the absolute and indestructible and your body of light, and it makes you a protection around your aura. Your diamond body of light it is protected and purified by your angels, dolphins, Elohim, gods / goddesses, dragons... it is crystalline in nature or the crystalline property of the spiritual light. When you develop spiritually, your guides like angels "polish" your diamond to perfection. Your diamond it is your first connection to the spiritual world

Uses the Anthakarana symbol - Very ancient symbol. It goes back to Lemuria and Atlantis civilizations

High Frequency Era package – Marijana Gabrielsen – Value \$23 / R400

<https://sunshineuni-uk.com/product/high-frequency-era-attunement-package/>

This package contains the following high-frequency attunements:

Metatron's Cube of Wisdom

This energy is strongly connected to our Crown chakra. It is there to connect you to higher realms in a way that you gain your personal peace. It is excellent when you are at some crossroads in life, when you need to have a life-changing experience, when you need guidance and when you need to awaken wisdom that you naturally carry inside of yourself. This energy is good for awakening wisdom and ultimate awareness of connection to God. Metatron's Cube of Wisdom is going to bring you personal peace, wisdom, and strength. You will be able to unlock your natural abilities and find the right way at any time of your life.

Archangel Raphael's Sparkling Green Leaf

It is a very unique energy and the keyword for this energy is to be "fresh". It is wonderful for healing on a cellular level of the physical body. It is great for healers to perform healing sessions for others. It is also good for people who perform sessions on themselves. It is the energy for slow and gentle recovery without cleansing procedures on our physical body. It rejuvenates the cells and makes us fresh for "new beginnings"! Why is it called a leaf? It is a metaphor for freshness and nourishment. It represents a pure life, health, natural healing, and something that helps us grow. It is a natural way of healing the physical body.

Pink Crystal from Goddess Venus

It is truly amazing energy of the new frequency and its intention is for love – pure and genuine. Not only is it good for partnership love, love for other people, love for God, but also for loving yourself! Many of us have a problem accepting and loving ourselves truly. Sometimes we tend to say we love ourselves, but we do not truly accept ourselves. This

energy is great for accepting and respecting who we truly are. This gentle, yet powerful energy is great for partnership love. It is going to genuinely put your and your partner's needs in the first place. It is going to help you balance your relationship where all needs are met and where acceptance is at a great level, depending on your ability to accept yourself and your partner.

Higher Frequency Booster from Archangel Gabriel

It is also the energy of a new era, of new frequency and it is amazing how it actually works! This energy is a "sparkling booster" that protects our aura and brings us to a higher frequency. Angels and Archangels are there for us always. They help and protect us, in a way that they respect our free will, granted by God. This energy is a great help to encourage us to accept their gentle guidance and pure love. In that loving state, we are prone to receive much more healing and light. This is the energy for a better life in general

Aura Repair Empowerment

The "Aura Repair Empowerment" manual offers a comprehensive guide for practitioners interested in enhancing their ability to repair and strengthen auras. The aura, an energetic field surrounding the body, serves as a psychic defence mechanism and a vital component of one's overall energetic health. This manual presents a simple, intention-based empowerment method that can be used to address various issues within the aura, such as weaknesses, leaks, or blockages, which can lead to physical and emotional distress.

Key Benefits of the Aura Repair Empowerment

Enhanced Energetic Health: Strengthens the aura, enabling it to more effectively protect against unwanted energies and maintain its integrity.

Increased Vitality: Repairs in the aura can prevent energy leaks, improving overall energy levels and reducing fatigue.

Emotional Stability: Helps clear the aura of negative energies and thoughtforms that can lead to emotional disturbances.

Simplified Technique: Employs an easy-to-use empowerment activated by intention, suitable for both in-person and distance healing.

Versatility in Use: Can be integrated into regular healing sessions or used as needed to maintain energetic health.

Complementary Practices: Works well in conjunction with other Reiki practices like the Aura Flush for enhanced healing effects.

The empowerment process described is accessible to practitioners of various levels and is a valuable tool for those looking to deepen their healing practice with a focus on energetic well-being.

Auric Blockages Sweeper

The "Auric Blockages Sweeper" is a comprehensive manual developed by Maha Kamaleksana, aimed at cleansing and rejuvenating the auric body through various energetic methods. This system utilizes high universal energies to sweep away blockages and negative influences that affect the auric field. It enhances mental, physical, and spiritual well-being by restoring balance and harmony.

Key Elements of the Auric Blockages Sweeper

Energetic Cleansing Techniques: The manual describes several methods such as Pure White Light Waves, Cosmic Ocean Waves, and Fire of Universe, among others, to cleanse and energize the aura.

Preparation and Meditation Guidelines: Detailed steps for preparation and meditation ensure that practitioners are mentally and physically ready to receive and utilize the energies effectively.

Healing Practices: Techniques for both self-healing and healing others are provided, with instructions for in-person and distance healing.

Attunement Procedures: The manual offers a structured approach to attuning others to the energies of the Auric Blockages Sweeper, ensuring that the transfer of energy is efficient and profound.

By employing the methods outlined in the "Auric Blockages Sweeper," practitioners are equipped to improve their own energetic health and assist others in achieving a state of energetic purity and vitality.

Energetic Alignments 1 – 7 – Value \$50 / R900

<https://sunshineuni-uk.com/product/energetic-alignments-1-7/>

The Energetic Alignment Attunements are a series of seven energetic empowerments designed to align you to the highest good in your life, gently removing blockages and helping you to more easily create what you want in life. Because the results of working with this system vary from one individual to another, the energy is not meant as an instant fix although you may see a remarkable improvement in a short period of time if you have experience in working with energy and done a lot of clearing work.

The Seven Attunements and What They Work On:

1. Emotional body – emotional issues and energetic blockages.
2. Physical body – creating space for optimal physical health and well-being.
3. Energetic body – aligning subtle bodies and energies.
4. Relationship energy – helping relationships in the individual's life to expand to their highest potential.
5. Environmental influences – helping create positive space (home, work, office) that support the individual's success and well-being.
6. Work and purpose – guiding the individual to the right work and/or life activities that support their higher purpose.
7. Money and material well-being – providing space for positive money flow from positive sources.

A symbol is provided for each alignment to assist you in working with the energy.

Founder: Stephanie Brail

Multidimensional Self Flush Empowerment – Rev Tracey Loper –
Value \$30 / R540

The "Multidimensional Self Flush Empowerment" manual, channeled by Dr. Rev. Tracey Loper, offers a profound spiritual technique designed to activate and empower the multidimensional aspects of the self. This empowerment is intended to help individuals transcend the limitations of their three-dimensional existence and align more fully with their higher selves across multiple dimensions of reality.

Key Concepts and Features of the Manual

Multidimensional Awareness: The manual emphasizes the concept that all individuals are inherently multidimensional, existing simultaneously across various planes of existence. This empowerment aims to make individuals more conscious of these dimensions to enhance their earthly experiences.

Energy Flush Technique: The empowerment provides a method to flush out limiting beliefs, negative energies, and remnants of past traumas that hinder spiritual and personal growth. This clearing process facilitates a deeper connection with the multidimensional self.

Freedom from Illusions: By removing self-imposed barriers and societal conditioning, the empowerment helps individuals realize their true potential, promoting a life free from the illusions of separation and limitation.

Activation of Spiritual Faculties: The empowerment aims to expand psychic abilities and deepen the understanding of one's higher self, enhancing intuition and spiritual insight.

Comprehensive Benefits: The manual outlines a range of benefits from practicing the Multidimensional Self Flush, including enhanced self-

awareness, increased freedom, and the activation of higher dimensional wisdom and creativity.

Simple Activation Process: The empowerment is activated through intention, making it accessible for personal use or for assisting others, with detailed guidance on both self-healing and offering the empowerment to others.

This manual serves as a guide for those seeking to deepen their spiritual journey by embracing their full dimensionality, offering practical steps for living a more integrated and empowered life.

Negative Emotions Clearing Flush

The "Negative Emotions Clearing Flush and Holistic Balance Empowerment" manual, channeled by Caroline Todd, is designed to aid individuals in releasing negative emotional patterns and fostering a holistic sense of balance and positivity. This empowerment aims to clear out negative thoughts and emotions that obstruct personal growth and replace them with a renewed sense of positive energy and equilibrium.

Key Features of the Manual

Purpose and Intent: The empowerment is intended to flush out negative emotions like anger, anxiety, depression, and guilt, and instill a balanced, positive outlook on life.

Holistic Approach: After clearing the negative emotions, the empowerment focuses on restoring balance holistically - encompassing mental, emotional, and physical well-being.

Use of Affirmations: The manual emphasizes the importance of daily affirmations to reinforce positive thinking and behavior patterns, helping individuals cultivate a mindset conducive to personal well-being and happiness.

Activation and Application: The empowerment is activated through intention, making it accessible for both self-help and assisting others. Detailed instructions are provided for personal use and for administering the empowerment to others.

Comprehensive Benefits: Users of this empowerment can expect to experience increased calmness, confidence, empathy, and a greater sense of purpose and joy in their lives.

This manual serves as a practical guide for those seeking to overcome the burdens of negative emotions and embrace a more fulfilled, balanced lifestyle through targeted spiritual and energetic practices.