



*Helping to heal our world*

## **Clear Intentions Holistic Training Solutions**

### **Professional Diploma in Aura Balance™**

### **Energy Field Therapy**

### **One year, Part time Practical Training Course In Energy Therapy**

## **Professional Diploma in Energy Healing**

**The next Diploma course commences in May 2009 and applications are now being invited.** This course is part time and takes place over 12 individual days (see below). The days are run approximately once a month to allow for individual study and practice in between.

The theoretical course content is scheduled as follows but please do note that we reserve the right to manipulate the course contents to derive the maximum benefit for each group:

<b>Module 1</b>	<b>Building sensitivity to energy</b>
<b>Module 2</b>	<b>Defining what energy is and how we can access it around the body</b>
<b>Module 3</b>	<b>Exploring what causes ill health</b>
<b>Module 4</b>	<b>Introduction to the practical application of EFT</b>
<b>Module 5</b>	<b>The structure of energy</b>
<b>Module 6</b>	<b>Specialist energy techniques</b>
<b>Module 7</b>	<b>Practical skills workshop- 1</b>
<b>Module 8</b>	<b>Practical skills 2</b>
<b>Module 9</b>	<b>Practical skills 3</b>
<b>Module 10</b>	<b>Accessing guidance</b>
<b>Module 11</b>	<b>Mock assessment</b>
<b>Module 12</b>	<b>Final assessment-practical and theoretical</b>

Information books will be provided at each module and students will be expected to complete written assignments and case studies throughout the course. It is envisaged that the average student will dedicate approximately 3 hours per week to private study.

Please contact us if you require further information regarding this or wish to come in for a chat before registering for the course.

### **Clear Intentions**

West Midlands House, Gipsy Lane, Willenhall WV13 2HA

**Email:** [enquiries@clear-intentions.co.uk](mailto:enquiries@clear-intentions.co.uk)

**Telephone:** 01902 482422

**Website:** [www.clear-intentions.co.uk](http://www.clear-intentions.co.uk)

## **Module 1 Building Sensitivity to Energy**

### **Techniques to develop sensitivity / energy hands**

Meditation to find inner peace and begin to access inner guidance. Those students who already meditate regularly will be given an opportunity to develop this practice further.

- How to sense energy and locate areas of imbalance and disharmony
- Developing an understanding of what energy is and how it works
- Creative Visualisation techniques

## **Module 2 Defining “Energy”**

In order to understand energy and interpret how to work with it, we first need to understand what energy is and how it presents. We look today I detail therefore at:

- The structure of the human energy field or aura
- The chakra system and
- How to use the physical hands as antennae with which to interpret and adjust energy.
- What is “dis ease” and how does it manifest?

## **Module 3 Exploring Ill health**

- Learning to look past symptoms and to locate the true cause of dis ease
- The importance of Self healing and self focus
- Techniques and exercises for self healing
- Creating a clear and sacred work space

## **Module 4 Introduction to Working with Energy in the Energy Field Therapy Sequence**

With a growing understanding and appreciation of energy awareness now under our belts, we start to look at how it can be applied to our clients as a specific ( and very powerful) therapy, as follows:

- Developing a client relationship
- Gaining energy permission to work
- Intent and focus- crucial ingredients understood
- Resistance, release and suppression
- Boundaries

## **Module 5 The structure of energy**

We develop here a further understanding of our the human energy field is constructed and where particular types of energy gets stored

- Reading the body’s many messages
- Common symptoms explored
- Emotions understood through the human aura
- Chakras and body parts as a combination

## **Module 6 Specialist energy techniques**

Including:

- Further Grounding Techniques
- Repairing damaged layers
- Stabilising chaotic energy
- Energising techniques

## **Module 7 Practical skills focus - 1**

Here we continue to build and develop the skills acquired last month and work in practice sessions with other students throughout the day. We will look specifically at:

- Past Life Trauma and Cell memory Pain; and
- Spirit Release

## **Module 8 Practical Skills focus - 2**

Yet more experience of working in the energy field of a fellow student to build our exposure to varying energy systems.

We also take a specific look at Healing by Distance or so called “Absence Healing”

## **Module 9 Technical skills - 3**

As we continue to explore energy field healing experientially, we learn how to recognise a vast array of different energies as well as to “treat” them.

Due to the dynamic and ever growing awareness being made available to us in the field, as well as the specific nature of each group of students, it is vital that this course is able to change and morph, with each group. There is, therefore, no set agenda for this module beyond saying that we will continue with the overall model of combining practical sessions with visualisation and inner focus sessions

## **Module 10 Accessing intuition and inner guidance**

Developing our own inner guidance is the only true road to spiritual enlightenment. To this end we work today on:

- Understanding and acquiring a deeper connection to All That Is
- Expanding our consciousness to higher dimensions
- Accessing and communicating with our spirit guides
- Working within the fourth dimensional space

## **Module 11 Mock final assessment**

We spend today in a combination of mock final practical assessments (working on volunteer members of the public), as well as a culmination of the skills acquired throughout the duration of the course.

## **Module 12 Practical assessment**

Today we will assess student’s technical healing skills as well as their understanding of energy healing in general. This will be achieved by virtue of a one hour written theory paper, as well as a one hour practical session.

The final mark gained for this programme will be a combination of the following assessment means:

20 case studies, completed during the course.

As well as:

Practical assessment

Theory paper