

Inner Self Healing 101 Outline

Course Name and Objective

Course: Inner Self Healing 101 - how to read and trust your own body

Objective: To provide students with the knowledge of how to heal from within and know what their body needs

Instructor and Contact Information

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Course Delivery Mode: online synchronous (Zoom) with one live session end of February 2024 at Oasis of Healing Spa Waterloo if desired

Course Description

A six week Inner Self Healing, energy work, and self regulation tools to calm the body. Frequency healing, Muscle Testing, Breathwork, Boundaries, Triggers, Emotional Ladder, Chakra knowledge, Tissue salts, tips on how to solve emotional conflicts, and help for anxiety or depression. German New Medicine info on emotional core roots will be shared as well throughout the course, as applicable.

All participants will receive a Quantum Human Design birthchart recorded reading for more insights and innerstanding on how you process energy, emotions, trusting your intuition, and shadow aspects. #knowthyself

Course Learning Outcomes and Competencies

Upon successful completion of this course, students will be able to:

Understand the basic ways to read our own body, frequency, and muscle testing.

Be able to understand emotional skills that can help in any kind of uncomfortable relationship situations, knowledge of the emotional ladder and how to move heavy emotions.

Innerstanding the chakra system, breathwork, self regulation, how we can use our processing skills to determine how to support our own body

Apply critical thinking skills to any information on healing being offered and if it resonates based on trusting their own intuition for what the body needs.

Have tools and resources via Sound Frequency videos, Meditations, Tissue Salts, German New Medicine, Chakras, and inner healing guidance for after the course. A workbook is included based on the information covered in the course to return back to. Important skills and knowledge for yourself and helping others. Self discovery and inner healing tools as a way to get to know your true self are way more fun than therapy!

Upon completion of this course, students will have gained a better innerstanding of how the body heals and adapts. How to recognize what healing pattern the body is in, how to

perform energy work in person or long distance, emotional tools for better communication, how to recognize when they are in a state of anxiety or depression and the tools to help them come back to a state of rest and digest (parasympathetic) How to create calmer environments at home, school, or work.

Course Materials and Readings

All required information will be presented in class. A Class Syllabus and Chakra workbook will be emailed once the student has signed up. The Chakra Workbook can be used to enhance or start a healing type business. Additional information, books or readings may be suggested based on the class discussion and are optional.

Course Work

Class Participation: Students will be asked to participate in weekly online class and discussions about the course content. Q&A is available for their own healing journey. Students will also be invited to share an experience in the body to help them relate, retain, and process the information on a deeper level. Students will learn to relate to themselves in a fun, self discovery way which helps retain more of the information. Students are welcome to bring a pendulum or necklace to class to practice interpreting their own energy field. (optional)

Student Code of Conduct and Expectations

Attendance and participation in class have been shown to be the best predictor of learning and academic success. Students are asked to complete the workbook reading before the class to digest the information further during the discussion time.

Students are asked to respect the diversity of opinions of their classmates. Respectful debate and dialogue are encouraged and students are asked to come to tutorials with an open mind and kind heart.

Students are invited to engage with their classmates throughout the online course platform, through the use of discussion boards, posting boards and other interactive formats. This creates a positive classroom environment and helps to develop strong citizenship and communication skills.

Copyright and Recording

Students are advised that lectures, demonstrations, performances, and any other course material provided by an instructor include copyright protected works. The Copyright Act and copyright law protect every original literary, dramatic, musical and artistic work, **including lectures** developed by CCL instructors.

The recording of lectures, tutorials, or other methods of instruction is prohibited by the students.

Course Schedule

Class #	Theme	Activities and Content	Resources
Class 1	Introduction, Energy circuit, and Muscle Testing Sway Method	Content: Chapter 1 of 6 in the workbook on how energy moves and muscle testing for decision making. How to trust yourself Activities: Lecture and discussions Q&A Zoom	Zoom plus Chapter 1 Pendulum and Sway Method Muscle Testing Energy toy to show how energy flows
Class 2	Frequency Healing Sounds and Breathwork, Breathwork tools for anxiety or depression	Content: Chapter 2 of 6 in the workbook on Frequency Healing Sounds, structured water, and Breathwork Activities: Lecture and discussions Q&A Zoom	Zoom plus Chapter 2 Frequency Healing pdf Resource Link for Yinnergy Meditation Resource Link for Breathwork Meditation
Class 3	How the Body Speaks for The German New Medicine perspectives, How to solve inner conflicts	Content: Chapter 3 of 6 in the workbook. The emotional connection to pain. Triggers, Boundaries, Fight, flight, freeze, or fawn coping method awareness, healing dysfunctional patterns from childhood Activities: Lecture and discussions Q&A Zoom	Zoom plus Chapter 3 intro to German New Medicine Resource links for any ailment Youtube playlist for GNM Youtube playlist
Class 4	Chakra System for Inner Healing Breathwork techniques for lower chakras	Content: Chakra workbook, how to know what your body is saying based on the chakra location. Awareness tools for self healing and inner calm Activities: Lecture and discussions Q&A Zoom	Zoom plus separate Chakra workbook Resource links for Chakra Meditations, especially lower chakras

Class 5	Emotional Ladder, Triggers, Boundaries, Stop People pleasing or dysfunctional patterns	Content: Chapter 5 of 6 in the Syllabus. The Emotional ladder, how to stop people pleasing, clearing heavy emotions, additional self regulation skills for better conscious communication in relationships Activities: Lecture and discussions Q&A Zoom	Zoom plus Chapter 5 Emotional ladder and tools Resource links as per class discussion
Class 6	Ways to support the body naturally foraging what is growing from a frequency state at home, the emotions of the 4 elements, Tissue mineral salts	Content: Chapter 6 of 6 in the Syllabus on foraging, tissue salts connected to the zodiac. Ailments for what mineral salts are missing Activities: Lecture and final discussions Q&A Zoom Next Steps: Business ideas on how to help someone else with self regulation tools. Naked Alchemy Coach training course available	Zoom plus Chapter 6 Ways to support the body naturally Resource links as per class discussion or any questions arise
Bonus Salt Room Session at Oasis of Healing Spa	Celebration after our course. An opportunity to meet in person	Practice our emotional tools in a Inner Soul Circle in the salt room at Oasis of Healing Spa - 255 Toll Gate Blvd, Waterloo	Meet and Greet 30 min conscious relationship circle
Bonus Quantum Human Design Birthchart reading	Quantum Human Design reading - recorded for each participant	Learn how you process emotions, chakras, soul theme, sun and mercury gates on what you're here to communicate and the best type of people to help	Personalized Recorded birthchart sent to participants via email. Info needed: Birthdate, city, time (use 12pm if unsure)

