

The Energetic Body; A two day course in mind-body medicine

An introduction to the complexities of the mind-body interface psychoneuroimmunology (PNI) and the techniques of facilitating harmonic equilibrium in the energetic field.

This course embraces both hard science and intuitive wisdom. The course aims to dispel the myths about energy medicine by examining the evidence and through hands-on experiential learning. It will awaken your intuitive reasoning and teach you to balance it with rational thinking.

You will learn how to feel the energy fields and flows on and off the body, to identify blocks and key 'holding points' and also learn to facilitate the return to normal balance. You will learn the importance of the therapeutic relationship and how mindful awareness enhances the power of your treatment. You will learn how negative emotions are held in the body creating abnormal patterns, how to identify them and help to release them.

You will learn how to integrate these qualities into your own daily practice empowering yourself and your patients/clients.

This course is aimed at any therapist interested in looking beyond the obvious. It is designed to expose the qualities and skills you have hard wired into your body. Participants will work with each other in the practical sessions.

Course content:

1. A brief history of medicine
2. Body energetics and properties of the living matrix
3. Mindful awareness and the therapeutic Zone
4. Resonance and telepathy
5. Finding your mentor
6. Properties of the mind, body and spirit
7. Physical effects of positive and negative emotions
8. Feeling energy flows and blocks
9. Visualising and body dialogue
10. The psychology and physiology of the chakras
11. Balancing the chakras

Aims:

- To introduce a new perception of the body as a quantum energy field, independently intelligent and self sustaining
- To show the interconnectedness of the mind, body and spirit
- To teach self awareness and self mentoring
- Experience the effect of emotion on the physical body
- Realise the power of the therapeutic relationship
- Feel energy flows, patterns and blocks
- Learn techniques to harmonise dysfunctional energy fields
- Integrate your skills and give guidelines for safe practice.

Suggested reading list :

Title	Author	ISBN Number
Molecules of Emotion	Candace Pert	0671033972
Quantum Healing	Deepak Chopra	0553348699
Energy Medicine	James Oschman	0443062617
It's the thought that counts	David Hamillton	1401921477
The Journey	Brandon Bays	0722538391
The Body remembers	Babette Rothschild	0393704009
Psychology in the physical and manual therapies	Gregory S. Kolt & Mark B Anderson	0443073526
Electromagnetic man	Cyril W. Smith and Simon Best	0460860445

-The dates for this course are Fri 13th Nov.-Sat. 14th Nov.

Venue: The White Cottage, 40a Cambridge Park, Twickenham TW1 2JU.

Tel: 07980 548204 or 020 8891 0599

Cost: £160.00

Refreshments: Tea/coffee breaks provided, lunch time one hour food available within a short walk.

Please wear comfortable loose clothing and let me know if you can bring a couch.

Please call me for further details if necessary.