

Energy Healing Course

Lectures, Techniques & Applications

1. **(Lecture) - Introduction To The Energy Healing Course Layout**
Learn healing techniques using energy therapy that can be applied for stress, anxiety, aches & pains, back & spine, limbs, organs, glands, tissue and cells. Also clearing & balancing chakras.
2. **(Download MP3) - 6 Bonus Audio Downloads**
6 Mp3 Albums to download, for background music for a therapy session, relaxation or meditation. Also inspirational and uplifting music, songs and mantras.
3. **(Download PDF) - Be Your Own Therapist - Bonus E-Book**
The reader is led towards a better understanding of the cause of their problem or issue and how to resolve them in a loving and nonjudgmental way through imagery and stories.
4. **(Lecture) - The History Of Energy Healing**
The history of energy healing in general and how energy healing techniques in various forms date back to our ancient ancestors.
5. **(Lecture) - The Principal Of Energy Healing**
The principal of energy healing, how it works, and why it works, and also describes similar laws in physics called entrainment.
6. **(Lecture) - How Illness May Manifest In The Body**
How the body contracts to protect itself from physical or emotional pain. This contraction may create blockages or closure of a particular chakra and in turn affect areas of the body.
7. **(Lecture) - How To Conduct A Therapy Session**
Guidelines and instructions to follow when conducting any energy healing therapy session.
8. **(Preparation) - How To Feel & Sense Energy**
How to feel and sense the energy in and around your hands, plus a visualisation exercise to help you connect with the universal energy field.
9. **(Lecture) - Combining Sound Healing With Energy Healing Therapy**
How sound healing methods can be combined and integrated during an energy healing session to further help with the healing process.

10. (Lecture) - Spinal Chart & Spinal Energy Flows

How exiting nerves from the vertebrae supply organs & glands plus recommended energy healing flows for the back & spine.

11. (Lecture) - Introduction To Case Studies

Case studies explaining when to apply energy healing techniques for physical problems and when to apply chakra techniques for emotional problems or trauma.

12. (Lecture) - Case Study 1 - Man With Back Pain & Panic Attacks

How energy healing techniques were applied for a 26 year old man with minor back pain and feelings of panic and an unknown sense of fear.

13. (Lecture) - Case Study 2 - Woman With Chest Pain & Heart Issue

How energy healing techniques were applied for a 32 year old woman attends for therapy complaining of chest pains and tightness around her chest and heart.

14. (Lecture) - Case Study 3 – Man With A Deep Fear Of Heights

How energy healing techniques were applied for a man who now experiences fears of heights & fears of falling as a result of experiences of physical, emotional and mental trauma as a young child.

15. (Lecture) - Case Study 4 - Lady With Depression & Panic Attacks

How energy healing techniques and counselling helped a woman who experienced bullying, depression & panic attacks & how her life changed & transformed following therapy.

16. (Lecture) - Case Study 5 - Anxiety, Insomnia Aches & Pains

How energy healing techniques were applied for a woman suffering with anxiety, insomnia, aches and pains and overwhelmed by family demands and family issues.

17. (Lecture) - Case study 6 - a musician's fears

How energy therapy was applied for a female musician in a well-known orchestra who was physically attacked & mugged and her anxiety, trauma & recovery following the attack.

18. (Lecture) - Case Study 7- A Past Life Experience During Energy Healing Therapy

How you may find areas or energy blockages associated with past-life trauma when you work as an energy therapist, particularly in the outer layers of the energy field.

19. **(Lecture) - Case Study 8 - Low Self-Worth, Guilt & Shame**

Energy therapy was applied for a woman suffering with low self-worth, guilt, shame and low self-confidence following losses in her life including a marriage break-up.

20. **(Lecture) - Prologue To Distant Healing Section**

Prologue describing the next element in the course introducing how to carry out a distant healing therapy session using energy healing techniques on a model or mannequin.

21. **(Lecture) - Introduction To Distant Healing**

How to conduct distant healing using energy healing and briefly describing 26 techniques that may be used during a distant healing therapy session.

22. **(Lecture) - Prologue To Dowsing For Health**

Using different dowsing methods for health including the use of pendulums, divining rods, plus using your own body as a pendulum.

23. **(Dowsing) - Introduction To Dowsing With A Pendulum**

Learn how to dowse using a pendulum and see different types of pendulums demonstrated and learn how you can determine your yes and no answers to improve your dowsing.

24. **(Dowsing) - Clearing Pendulums & Finding Yes & No Answers**

How to 'clear' the energy of a pendulum prior to commencing dowsing, plus alternative methods of determining your yes and no answers using a pendulum.

25. **(Dowsing) - Learn How You Can Make Your Own Pendulum**

How to make your own pendulum or divining rods very simply from a piece of wood, wire coat hangers and a branch from a tree.

26. **(Dowsing) - Dowse Charts For Food Sensitivities & Chakras**

How to make and use a food chart to use with a pendulum to check for possible food sensitivities for yourself or another person, plus checking for possible chakra imbalances.

27. **(Dowsing) - Self Dowse For Food Sensitivities**

How to self dowse using your own body like a pendulum. Also called the sway test you may like to use this dowsing method to check for geopathic stress, food sensitivities etc.

28. **(Dowsing) - Dowse For Geopathic Stress, Lost Objects, Water**

How to use pendulums and divining rods to check a house or land for geopathic stress, or help find lost objects, underground water or electric wires etc.

29. **(Dowsing) - Map Dowsing – For Geopathic Stress In A House Or Land**

How you can use a pendulum to check a house or land for geopathic stress or find a lost object by using map dowsing on a house plan or site plan.

30. **(Lecture) - How To Heal My Body & Heal My Soul**

A self healing technique to help clear and balance your energy field and help heal your body mind & soul using two hands.

31. **(Lecture) - How To Help Boost My Energy**

A self healing technique that may be helpful when you are low in energy and would like to activate that 'get-up-and-go' feeling to help boost your body's energy level.

32. **(Lecture) - Prologue To The Human Energy Field And Chakras**

Introduction to chakras including the root or base chakra, sacral, solar plexus, heart, throat, third eye and crown chakras and the human energy field.

33. **(Chakras) - The Human Energy Field And Chakras**

The human energy field or biofield which permeates and surrounds the human body, plus a brief description of the 7 main chakras.

34. **(Chakras) - Heart Chakra + (Throat, Third Eye & Crown)**

Organs that may be affected by closure or imbalance in the heart chakra are - the heart, thymus gland, lungs. Loss of any kind may affect the heart chakra.

35. **(Chakras) - Solar Plexus Chakra + (Throat, Third Eye & Crown)**

Organs that may be affected by closure or imbalance in the solar plexus chakra are - the intestines, pancreas, liver, bladder, stomach, spleen, gallbladder.

36. **(Chakras) - Sacral Chakra + (Throat, Third Eye & Crown)**

Organs that may be affected by closure or blockage of the sacral chakra are the bladder, prostate, ovaries, kidneys, gallbladder, colon, spleen, adrenal glands.

37. **(Chakras) - Base Chakra + (Throat, Third Eye & Crown)**

Organs that may be affected by closure or imbalance of the base chakra are the reproductive glands - testes in men, ovaries in women.

38. (Lecture) - Prologue To The Techniques Section

Prologue introducing the next element or sections in the course which describes the 26 techniques listed a - z

39. (Techniques) - A,B,C,D - Applied At The Start Of Every Healing Session

Energy healing techniques a+b+c+d are applied at the start of every energy healing session, prior to the specific application for a particular health issue.

40. (Technique) - E

Energise technique - the therapist directs a flow of energy from the energy point in the palm of one of his hands to the energy point in the palm of his other hand.

41. (Technique) - F

Stimulate technique - the therapist directs pulses of energy from the energy field of his hands and in particular his fingers to areas not easily accessible in the client's body.

42. (Technique) - G

Draw-out with one hand - is applied to help disperse any blockages and draw away any stagnant energy that may be inhibiting the natural flow of energy in an area of the body.

43. (Technique) - H

Balance technique - is applied to help balance any imbalances in the energy field of an organ, gland, or in a particular area of the body.

44. (Techniques) - I,J,K,L,M

Techniques applied at the end of every energy healing session are i, j, k, l, & m. These are five techniques applied to the client's feet, to complete every healing session.

45. (Technique) - N

Draw-out using two hands - is applied to help disperse any blockages and draw away any stagnant energy that may be inhibiting the natural flow of energy in an area of the body.

46. (Technique) - O-1

Ear energy rotation technique - use rotational movements with one of your hands in a circular movement around the area of an ear where there may be some health issue.

47. (**Technique**) - **O-2**

Nose & sinus rotation technique - the therapist uses rotational movements with his two hands over the area of the nose and sinuses where there may be some health issue.

48. (**Technique**) - **P**

Back energy boost - is applied to help improve circulation in the client's back and spine, and may also help to improve the immune system.

49. (**Technique**) - **Q**

Arm energy boost technique - is applied to help boost the natural flow of energy and may help to improve circulation in the client's hands and arms.

50. (**Technique**) - **R**

Full body energy boost technique - is applied to help boost the natural flow of energy and may help to improve the circulation in the client's legs, feet and torso.

51. (**Technique**) - **S**

Back energy flows - direct a flow of energy from the energy point in the palm of one hand to the energy point in the palm of your other hand on the client's back and legs.

52. (**Technique**) - **T**

Transverse energy flows - direct a flow of energy from the energy point in the palm of one hand to the energy point in the palm of your other hand through areas of the body.

53. (**Technique**) - **U**

Diagonal energy flows - direct a flow of energy from the energy point in the palm of one hand to the energy point in the palm of your other hand diagonally on a client's back.

54. (**Technique**) - **V**

Energy drive technique - direct a flow of energy from the energy point in the 'v' shape of the fingers of one your hands to the energy point in the palm of your other hand.

55. (**Technique**) - **W**

Long spinal flows - direct a flow of energy from the energy point in the palm of one of your hands to the energy point in the palm of your other hand up along the client's spine.

56. (Technique) - X

Short spinal flows - direct a flow of energy from the energy point in the palm of one of your hands to the energy point in the palm of your other hand with two hands flat on the back.

57. (Technique) - Y

Drag-out technique - is applied for problems associated with growths or cysts in the body. You can grab the energy field of a growth or cyst and 'drag' it away from the client's body.

58. (Technique) - Z

Psychokinesis - is applied during the immune system application. It may also move another person at a distance with the use of the energy fields of your hands and your body.

59. (Lecture) - Prologue To The Applications

Prologue introducing the next elements or sections in this course which describe applications for a variety of health issues.

60. (Application) - Ankle

Problems related to the ankle - apply two techniques - energise and draw out. The energise technique may be applied in different positions around the client's ankle.

61. (Application) - Babies

Base chakra clearing technique - is applied for babies up to one year old. This may help to unblock any blocked energy around the base chakra and surrounding muscles & tissue.

62. (Application) - Back & Spine

How to apply any or all of the back and spine techniques including, back flows, long and short spinal flows, energy drive, transverse and diagonal flows.

63. (Application) - Bladder

For problems related to the bladder, apply four techniques; e, f, g, h - energise, stimulate, draw - out and balance, to help promote the body's own natural healing ability.

64. (Application) - Circulatory System

For problems related to circulation, apply the energy boost techniques; p - back energy boost, q - arm energy boost, or r - full body energy boost.

65. (Application) - Colon

For problems related to the colon, apply four techniques; e, f, g, h - energise, stimulate, draw - out and balance, to help promote the body's own natural ability to heal itself.

66. (Application) - Ears

For problems related to the ears, apply three techniques; e - energise, o1 - the rotation technique at least 30 times using one hand and then apply h - the balance technique.

67. (Application) - Elbow

For problems related to the elbow - apply two techniques - energise and draw out. The energise technique may be applied in different positions around the client's elbow.

68. (Application) - Eyes

For problems related to the eyes you apply four techniques; e, f, g, h - energise, stimulate, draw - out and balance, to help promote the body's own natural ability to heal itself.

69. (Application) - Gallbladder

For problems related to the gallbladder you apply four techniques; e, f, g, h - energise, stimulate, draw - out and balance, to help promote the body's own natural healing ability.

70. (Application) - Growths & Cysts

For problems related to growths, malignant or benign, or cysts you apply two techniques; e - energise, and y- drag-out. These two techniques are repeated as often as is necessary.

71. (Application) - Head & Neck

Apply e - energise the top of the client's head, and each side, and then apply techniques for the neck and head sitting at the client's side, with one hand beneath the neck.

72. (Application) - Heart

For problems related to the heart you apply four techniques; e, f, g, h - energise, stimulate, draw - out and balance, to help promote the body's own natural ability to heal itself.

73. (Application) - Immune System

For problems related to the immune system you apply the technique; p - back energy boost by 50 times. Repeat as necessary to help promote the body's own natural healing ability.

74. (Application) - Kidneys

For problems related to the kidneys you apply four techniques; e, f, g, h - energise, stimulate, draw - out and balance, to help promote the body's own natural healing ability.

75. (Application) - Knee

For problems related to the knee - apply two techniques - energise and draw out. The energise technique may be applied in different positions around the client's knee.

76. (Application) - Liver

For problems related to the liver you apply four techniques; e, f, g, h - energise, stimulate, draw - out and balance, to help promote the body's own natural ability to heal itself.

77. (Application) - Lungs

For problems related to the lungs you apply four techniques; e, f, g, h - energise, stimulate, draw - out and balance, to help promote the body's own natural ability to heal itself.

78. (Application) - Mouth & Jaw

For problems related to the mouth and jaw you apply three techniques; e - energise, v - energy drive and h - balance, to help promote the body's own natural ability to heal itself.

79. (Application) - Nose & Sinus

For problems related to the nose and sinuses you apply three techniques; e - energise, o2 - the rotation technique at least 30 times using two hands and then apply h - balance.

80. (Application) - Ovaries

For problems related to the ovaries you apply four techniques; e, f, g, h - energise, stimulate, draw - out and balance, to help promote the body's own natural healing ability.

81. (Application) - Pancreas

For problems related to the pancreas you apply four techniques; e, f, g, h - energise, stimulate, draw - out and balance, to help promote the body's own natural healing ability.

82. (Application) Prostate Gland

For problems related to the prostate gland you apply four techniques; e, f, g, h - energise, stimulate, draw - out and balance, to help promote the body's own natural healing ability.

83. (Application) - Relaxation

For a session of pure relaxation for the client - apply the techniques to start a session a+b+c+d and end the session with techniques i+j+k+l+m.

84. (Application) - Reproductive Organs

For problems related to the reproductive organs apply four techniques; e, f, g, h - energise, stimulate, draw - out and balance, to help promote the body's own natural healing ability.

85. (Application) - Shoulder

For problems related to the shoulder - apply two techniques - energise and draw out. The energise technique may be applied in different positions around the client's shoulder.

86. (Application) - Skin

For problems related to the skin which may include rashes, burns, skin infections, you apply 2 techniques; e - energise, and g - draw - out. Repeat these techniques as required.

87. (Application) - Spleen

For problems related to the spleen you apply four techniques; e, f, g, h - energise, stimulate, draw - out and balance, to help promote the body's own natural healing ability.

88. (Application) - Stomach

For problems related to the stomach you apply four techniques; e, f, g, h - energise, stimulate, draw - out and balance, to help promote the body's own natural healing ability.

89. (Application) -Throat

For problems related to the throat you apply four techniques; e, f, g, h - energise, stimulate, draw - out and balance, to help promote the body's own natural ability to heal itself.

90. (Application) - Thyroid Gland

For problems related to the thyroid gland you apply 4 techniques; e, f, g, h - energise, stimulate, draw - out and balance, to help promote the body's own natural healing ability.

91. (Application) - Wrist

For problems related to the wrist - apply two techniques - energise and draw out. The energise technique may be applied in different positions around the client's wrist.

92. (**Prologue**) - **To The Final Exam / Test**

Introducing the next element or section in this course which is a 10 question exam. It is required that you answer 9 out of 10 questions correctly to receive a 90% pass.

93. (**Final Exam / Test**)

Answer 9 out of 10 questions correctly to pass exam & receive your diploma certificate. - Questions are based on information provided during the energy healing course.

94. (**Epilogue**) - **Congratulations On Passing The Energy Healing Course**

Final congratulations on having completed and passed this energy healing training course.

Make Health Your Business. YOU have the POWER to HEAL!

Get Started Today:

<https://www.healingcoursesonline.com/online-healing-courses/bio-energy-healing-online-course.html>