

## **Self Healing Course**

### **Lectures, Techniques & Applications**

- 1. (Lecture ) – Introduction to the Self Healing Course Layout**  
Learn self-healing techniques using energy & sound healing therapy. Music & meditations for stress, anxiety, physical & emotional problems. Clearing chakras, Mindfulness & dowsing for health.
- 2. (Download MP3 ) - 6 Bonus Audio Downloads**  
6 MP3 Albums to download and save for background music for therapy sessions, self-healing, relaxation and meditation. Also, inspirational and uplifting music, songs and mantras.
- 3. ( Download PDF ) - Be your own therapist - Bonus E-Book**  
This is a new and modern way of looking at self-empowerment and self-development. The reader is led towards a better understanding of the cause or their problem or issue. Download & save.
- 4. ( Lecture ) - The History of Bio-Energy Healing**  
The history of energy healing and how energy healing techniques in various forms date back to our ancient ancestors.
- 5. ( Lecture ) - The Principal of Energy Healing**  
The principal of bio-energy and energy healing, how it works, and why it works, and also describes similar laws in physics called entrainment.
- 6. ( 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.
- 7. ( Lecture ) - How the Body Reacts to Pain, Stress Or Injury**  
How the body may contract as it reacts to pain, stress or injury, and in turn may have an effect on organs, glands, tissue and cells.
- 8. ( Lecture ) - Your Intent During Self Healing**  
Describing the importance of your intent during a self healing session and being focused and aware of your intent.
- 9. ( Lecture ) - Focus Your Mind for Self Healing**  
Describing methods to help you focus your mind when using the power of sound healing instruments for self healing.

**10.( Lecture ) - Case Study 1 - Irritable Bowel Syndrome**

How to use bio energy self healing techniques plus additional advice, if you suffer with irritable bowel syndrome.

**11.( Lecture ) - Case Study 2 - Panic Attacks And Stress**

How to use bio energy self healing techniques plus additional advice, if you suffer with panic attacks and stress.

**12.( Lecture ) - Case Study 3 - Headaches, Sinus, Aches & Pains**

How to use bio energy self healing techniques plus additional advice, if you suffer with headaches, sinus problems or aches and pains.

**13.( Lecture ) - You Cannot Change Anyone, But Yourself**

Valuing yourself for who you truly are and creating who you want to be, also about respecting the privacy & boundaries of yourself and other people.

**14.( Lecture ) - Are You Compatible With Your Partner**

Compatibility in a relationship, and we also talk about forgiving your inner child. You are an adult now healing and dealing with the memories of a child.

**15.( Lecture ) - Do You Ever Feel Hurried In Life**

We talk about the feelings of being hurried in life, we also talk about possible weak spots in a relationship being compared to weaknesses in the structure of a house.

**16.( LECTURE ) - THE RACE OF LIFE**

How life could be compared to a race with a new race starting each day and also the comparison between a pair of shoes and a relationship that may be causing hurt or discomfort.

**17.( Lecture ) - Each Cloud Has A Silver Lining**

Relationships can be compared to a garden full of flowers experiencing seasonal changes. The role some of us play as jailers or prisoners in a job or relationship.

**18.( Lecture ) - Do You Feel Trapped In Life**

Feeling trapped in life like a bird in a cage and how it might affect your health and well-being. Feeling alone on the dance floor of life.

**19.( 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 physical body.

**20.( Lecture ) - Spinal Chart & Vertebrae**

This lecture describes the spinal chart, the vertebral column and also talks about the fascia.

**21.( Lecture ) - Do You Suffer With Anxiety Or Panic Attacks**

In this lecture we talk first about feelings of anxiety overwhelm or panic and we also talk about how we drain away and can sometimes allow other people to drain away our life's resources.

**22.( Preparation ) - How To Heal My Body & Heal My Soul**

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

**23.( Preparation ) - How To Help Boost My Energy**

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

**24.( Preparation ) - Mindfulness & Meditation**

The fundamental basis of mindfulness and meditation, and using these methods in self healing.

**25.( Preparation ) - Qi-Gong 4 Simple Exercises**

Four simple Qi-Gong exercises you can perform anytime, anywhere to help you focus on being present, and in the moment

**26.( Preparation ) - Abdominal Breathing Techniques**

How to de-stress and lower anxiety levels by practising abdominal or diaphragmatic breathing exercises

**27.( 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.

**28.( Dowsing ) - 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 using the sway test

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

Learn how to dowse using a pendulum, and see different different types of pendulums demonstrated and learn how you can determine your YES and No answers using a pendulum.

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

Learn 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.

**31.( 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.

**32.( 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.

**33.( Dowsing ) - How To Make Your Own Pendulum**

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

**34.( 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.

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

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

**36.( Sound Healing ) - Healing With Sound And Music**

How the vibrations and sounds of healing instruments or certain music can produce a healing effect in the body.

**37.( Sound Healing ) - How Does Sound Heal The Body**

How the sounds and vibrations from a Tibetan singing bowl can have an effect on the body by means of entrainment.

**38.( Sound Healing ) - Sound Healing To Relax The Body**

Some of the benefits for using sound to relax and de-stress. Sound is just one of many ways to help the body and mind to relax.

**39.( Sound Healing ) - Introduction To Tuning Forks**

Introduction and demonstration about different frequency tuning forks and how to apply them for self healing.

**40.( Sound Healing ) - Tuning Forks - Demonstrating The Still Point**

How to create and experience a still point, or a moment of bliss using two harmonising tuning forks.

**41.( Sound Healing ) - Experience Of Feeling Sound Healing**

Live testimonial from a client experiencing the vibrations of a sound healing session on a sound therapy table.

**42.( Sound Healing ) - Using A Tibetan Bowl For Self Healing**

How you can use a Tibetan singing bowl for self healing and to help clear & balance your own chakras.

**43.( Sound Healing ) - Gong Bath For Self Healing**

How you can use a Chinese or Moon Gong as a gong bath for self healing creating your own sound bath.

**44.( Sound Healing ) - Eight Tibetan Singing Bowls Demonstrated**

How to play 8 different sized Tibetan singing bowls using mallets and ringing sticks.

**45.( Sound Healing ) - Using Your Voice For Self Healing**

How to express what you are feeling and self healing your own body by using the power of your own voice.

**46.( Sound Healing ) - Vibroacoustic Sound Therapy & Pain Management**

Vibroacoustic therapy uses low frequency audio files to produce sound vibrations which are felt as well as heard audibly through a special sound healing therapy table.

**47.( Sound Healing ) - How To Make A Sound Healing Table**

This video demonstrates how to make and assemble your own sound healing therapy table.

**48.( Sound Healing ) - Using Headphones With Relaxing Music or Audio Files**

Describing the use of headphones as an alternative to listening to speakers when using relaxing meditation music, or MP3 audio files.

**49.( Self Healing ) - Knee**

This video demonstrates how to apply self healing bio energy techniques to your knee.

**50.( Self Healing ) - Thumb On Right Hand**

This video demonstrates how to apply self healing bio energy techniques to your right thumb.

**51.( Self Healing ) - Hips**

This video demonstrates how to apply self healing bio energy techniques to your hips.

**52.( Self Healing ) - Hand**

This video demonstrates how to apply self healing bio energy techniques to your hand.

**53.( Self Healing ) - Constipation**

This video demonstrates how to apply self healing bio energy techniques for constipation.

**54.( Self Healing ) - Diarrhoea**

This video demonstrates how to apply self healing bio energy techniques for diarrhoea.

**55.( Self Healing ) - Nose & Sinuses**

A demonstration of how to apply self healing bio energy techniques to your nose and sinuses.

**56.( Self Healing ) - Liver**

This video demonstrates how to apply self healing bio-energy techniques to your liver.

**57.( Self Healing ) - Solar Plexus Chakra**

How to apply self healing bio energy techniques to help clear & balance the solar plexus chakra.

**58.( Self Healing ) - Ears**

This video demonstrates how to apply self healing bio energy techniques to your ears.

**59.( Self Healing ) - Mouth**

This video demonstrates how to apply self healing bio energy techniques to your mouth.

**60.( Self Healing ) - Crown Chakra**

How to apply self healing bio energy techniques to help clear & balance your crown chakra.

**61.( Self Healing ) - An Injured Left Thumb**

A video showing self healing bio energy on a thumb following an injury with a car door.

**62.( Lecture ) - How To Make Your Own Wheat-Pack**

Describing how to make and assemble your own wheat-pack, demonstrating how to cut and sew the material, fill it with wheat, and prepare it for use.

**63.( Lecture ) - Applying A Heated Wheat-Packs**

This video describes how to use and apply a heated wheat-pack to your body either prior to, or following life-force bio energy therapy.

**64.( Combination ) - Achilles Tendonitis**

This is a description of how to apply life-force bio energy therapy and a heated wheat-pack, for problems related to the Achilles tendon.

**65.( Combination ) - Ankle Sprain**

This video describes how to apply self-healing techniques to the ankle for ankle sprain or ankle injury using life-force bio energy therapy and a heated wheat-pack.

**66.( Combination ) - Calf Muscles**

This video describes how to apply self-healing techniques to the calf muscles for pulled or torn muscles, using life-force bio energy therapy & a heated wheat-pack.

**67.( Combination ) - Elbow Pain & Tennis Elbow**

This video describes how to apply self-healing techniques for elbow pain & tennis elbow, using life-force bio energy therapy and a heated wheat-pack.

**68.( Combination ) - Forearm**

This video describes how to apply self-healing techniques for the forearm, using life-force bio energy therapy and a heated wheat-pack.

**69.( Combination ) - Hand or Finger Injury**

This video describes how to apply self-healing techniques for hand or finger injury, using life-force bio energy therapy and a heated wheat-pack.

**70.( Combination ) - Heel Spur & Plantar Fasciitis**

This video describes how to apply self-healing techniques for heel spur & plantar fasciitis, using life-force bio energy therapy and a heated wheat-pack.

**71.( Combination ) - Hip Pain**

This video describes how to apply self-healing techniques for hip pain, using life-force bio energy therapy and a heated wheat-pack.



**72.( Combination ) - Knee Pain**

This video describes how to apply life-force bio energy therapy and a heated wheat-pack for knee numbness, anterior cruciate ligament, and posterior cruciate ligament injury.

**73.( Combination ) - Lower Back Pain**

This video describes how to apply self-healing techniques for lower back, using life-force, bio-energy therapy, and a heated wheat-pack.

**74.( Combination ) - Neck Pain**

This video describes how to apply self-healing techniques for neck pain, using life-force, bio energy therapy and a heated wheat-pack.

**75.( Combination ) - Shin Splints**

This video describes how to apply self-healing techniques to the shin for shin splints, life-force bio energy therapy and a heated wheat-pack.

**76.( Combination ) - Shoulder Injury**

This video describes how to apply self-healing techniques for shoulder injury, using life-force bio energy therapy and a heated wheat-pack.

**77.( Combination ) - Thigh Muscles & Hamstring**

This video describes how to apply self-healing techniques to the thigh muscles and hamstring, using life-force bio energy therapy and a heated wheat-pack.

**78.( Combination ) - Upper Arm**

This video describes how to apply self-healing techniques for the upper arm, using life-force bio energy therapy and a heated wheat-pack.

**79.( Combination ) - Wrist Pain**

This video describes how to apply self-healing techniques for wrist pain, using life-force bio energy therapy and a heated wheat-pack.

**80.( Lecture ) - Guidelines When Applying This Programme**

This video describes how to get the most benefit from this self-healing programme with additional useful and informative guidelines to help maintain better health.

**81.( Epilogue ) - Congratulations on Completing The Self Healing Course**

A final congratulations on having completed this self-healing, self help healing course.