Self Healing Course

Lectures, Techniques & Applications

1. (Lecture) - Introduction To The Self Healing Course Layout
   Learn many self healing techniques using energy therapy, sound healing instruments & music for stress, anxiety, physical & emotional problems, clearing chakras. Also dowsing for health.

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. (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 intent during a self healing session and being 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 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 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 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, 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
   Feeling hurried in life and 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. 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 are like 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 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
   How to deal with feelings of anxiety overwhelm or panic. How we drain away and 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 help heal your body, mind & 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 would like to activate that 'get-up-and-go' feeling to 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 gentle qi-gong exercises you can perform at any time anywhere to help you focus on being present and in the moment.

26. (Preparation) - Abdominal Breathing Techniques
   How to do de-stress and lower anxiety levels by practicing 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.

29. (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.

30. (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.

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) – Learn 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 and 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 find a lost object 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 of 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 on 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 tuning forks.

41. (Sound Healing) - Experience Of Feeling Sound Healing
   Live testimonial from a client experiencing the vibrations of a sound healing therapy table.

42. (Sound Healing) - Using A Tibetan Bowl For Self Healing
   How you can use a Tibetan singing bowl 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.

44. (Sound Healing) - Eight Tibetan Singing Bowls Demonstrated
   How to play eight 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 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
   How to make and assemble your own sound healing therapy table.
48. **(Sound Healing)** - **Using Headphones With Audio Files**
   Describing the use of downloaded audio files from our website healingcoursesonline.com and play these through your headphones, plugged into your phone, tablet or ipod.

49. **(Self Healing)** - **Knee**
   This video demonstrates how to apply self healing with energy techniques to your knee.

50. **(Self Healing)** - **Thumb On Right Hand**
   This video demonstrates how to apply self healing energy techniques to your right thumb.

51. **(Self Healing)** - **Hips**
   This video demonstrates how to apply self healing energy techniques to your hips.

52. **(Self Healing)** - **Hand**
   This video demonstrates how to apply self healing 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 energy techniques for diarrhoea.

55. **(Self Healing)** - **Nose & Sinuses**
   A demonstration of how to apply self healing energy techniques to your nose and sinuses.

56. **(Self Healing)** - **Liver**
   This video demonstrates how to apply self healing energy techniques to your liver.

57. **(Self Healing)** - **Solar Plexus Chakra**
   How to apply self healing energy techniques to help clear & balance the solar plexus chakra.

58. **(Self Healing)** - **Ears**
   This video demonstrates how to apply self healing energy techniques to your ears.
59. *(Self Healing)* - Mouth
   This video demonstrates how to apply self healing energy techniques to your mouth.

60. *(Self Healing)* - Crown Chakra
   How to apply self healing energy techniques to help clear & balance your crown chakra.

61. *(Self Healing)* An Injured Left Thumb
   A video shows self healing energy technique on a thumb following an injury with from car door.

62. *(Epilogue)* - Congratulations On Completing The Self Healing Course
   This video is a final congratulations on having completed this self healing training course and receiving your certificate of completion in Self Healing.

**Make Health Your Business. YOU have the POWER to HEAL!**
Get Started Today:
[https://www.healingcoursesonline.com/online-healing-courses/self-healing-online-course.html](https://www.healingcoursesonline.com/online-healing-courses/self-healing-online-course.html)