

Esoteric Healing – Part 1

Assignments for Online Lessons

(Refer to your calendar for when assignments are due)

Lesson 1	<ul style="list-style-type: none"> ▪ Your manual should come in the mail (if not, contact Jen). ▪ Print online class calendar, this Assignment sheet (optional), and quiz sheet (optional but recommended – this is different from the link in which you will actually take the test. This is to be used to complete while going through the videos. Use this to take online quiz) ▪ Read pages 1-4, 36, 1E in your manual ▪ Watch lesson 1 videos: <ul style="list-style-type: none"> ▪ Lesson 1, video 1 (1.1.1): Welcome (14:00) ▪ Lesson 1, video 2 (1.1.2): Class goals and intro to Esoteric Healing (9:40) ▪ Lesson 1, video 3 (1.1.3): History of Esoteric Healing, READ p. 1E (15:00) ▪ Lesson 1, video 4 (1.1.4): History of the Human Energy Field (16:30) ▪ Lesson 1, video 5 (1.1.5): The Human Energy Field p 1-4, 36 (17:00)
Lesson 2	<ul style="list-style-type: none"> ▪ Watch lesson 2 videos: <ul style="list-style-type: none"> ▪ Lesson 2, video 1 (1.2.1): Overview of the Centers p 1-4 (13:42) Memorize the order of the Centers: Basic, Sacral, Solar Plexus, Heart, Throat, Ajna, Crown ▪ Lesson 2, video 2 (1.2.2): Constitution of the Human Being p 5-6a (41:00) ▪ Lesson 2, video 3 (1.2.3): Recommended Readings p 47 (12:30)
Lesson 3	<ul style="list-style-type: none"> ▪ Watch lesson 3 videos: <ul style="list-style-type: none"> ▪ Lesson 3, video 1 (1.3.1): Sensing Energy (6:48) ▪ Lesson 3, video 2 (1.3.2): Sensing Energy Practical, p. 2E (24:00) ▪ Lesson 3, video 3 (1.3.3): The Ajna 5-6E (11:29) ▪ Practice sensing energy exercise, p. 2E
Lesson 4	<ul style="list-style-type: none"> ▪ Watch lesson 4 videos: <ul style="list-style-type: none"> ▪ Lesson 4, video 1 (1.4.1): Alignment & Attunement, p. 7-7a (30:47) ▪ Lesson 4, video 2 (1.4.2): Meditation & 3 legged stool, p. 34-35 (48:02) ▪ Practice the Alignment & Attunement (A&A) process daily (with a partner, child, pet, co-worker). ▪ A&A with yourself every day - multiple times. Align and Attune with family/friends ▪ Practice sensing energy exercise from lesson 3, at least sensing & balancing your Centers ▪ Sit in meditation for at least 5 min and focus inward and upward at your Ajna. ▪ Complete Midterm Quiz
Lesson 5	<ul style="list-style-type: none"> ▪ Watch lesson 5 videos: <ul style="list-style-type: none"> ▪ Lesson 5, video 1: Aura and Aura levels p. 36 (21:08) ▪ Lesson 5, video 2: Causes of Disease pages 37-39 (40:16) ▪ Continue Alignment & Attunement (A&A) process daily and sense/balance your centers ▪ Continue meditation for at least 5 min, 3 times per week. Gradually increase to 10min or more and increase to a daily practice if possible.
Lesson 6	<ul style="list-style-type: none"> ▪ Watch lesson 6 videos: <ul style="list-style-type: none"> ▪ Lesson 6, video 1 (1.6.1): Soul – True Healer of the Form p.39a (16:01) ▪ Lesson 6, video 2 (1.6.2): The Inner Teacher (25:27) ▪ Continue Alignment & Attunement (A&A) process daily and sense/balance your centers ▪ Continue meditation for at least 5 min, 3 times per week. Gradually increase to 10min or more and increase to a daily practice if possible.

Lesson 7	<ul style="list-style-type: none"> ▪ Watch lesson 7 videos: <ul style="list-style-type: none"> ▪ Lesson 7, video 1a (1.7.1a): Solar Plexus p. 8-9a (8:32) video 1b (1.7.1b): Solar Plexus anatomy p. 8-9a (16:52) ▪ Lesson 7, video 2 (1.7.2a): Basic Center p 12 (9:54) video 2b (1.7.2b): Basic Center Anatomy (12:38) ▪ Lesson 7, video 3 (1.7.3): Spine p. 18, 18a (11:13) ▪ Continue daily Alignment & Attunement (A&A), assess and balance your centers and meditate at least 3 times per week 10+min.
Lesson 8	<ul style="list-style-type: none"> ▪ Watch lesson 8 videos: <ul style="list-style-type: none"> ▪ Lesson 8, video 1 (1.8.1a): Sacral Center p. 19-21a (6:29) video 1b (1.8.1b): Sacral Center Anatomy p. 21, 21a (11:38) ▪ Lesson 8, video 2 (1.8.2a): Heart Center p. 23-25a (11:40) video 2b (1.8.2b): Heart Center Anatomy 23-25a (10:02) ▪ Lesson 8, video 3 (1.8.3a): Throat Center p. 26-30 (18:28) Video 3b (1.8.3b): Throat Center Anatomy (21:13) ▪ Lesson 9, Video 1 (1.9.1): Part 1 REVIEW (13:17) ▪ Tech Training Video (even if you use Zoom frequently, watch this video) ▪ Continue daily Alignment & Attunement (A&A), assess and balance your centers and meditate at least 3 times per week 10+min ▪ Complete Final Quiz
Prior to class	<ul style="list-style-type: none"> ▪ Attend Zoom trial/training session ▪ Print Practical slides (will be e-mailed to you a few days prior to class, once online portion is complete and final quiz turned in).