

# METAPHYSICAL MEDICINE – PART 1

**Energetic Anatomy** – in this module you will learn the fundamentals of the body's electrical and electromagnetic system and the energetic constructs that are involved in true Energetic Medicine.

**Central Pillar** – Distortions in this structure gives rise to problems in a myriad of ways in nearly all of our physical and mental systems. In this module you will learn how it affects the body, how to correct and expedite healing and physiological corrections.

**Energetic Fields** – The (popularised) chakra system is actually fields of energy with a highly specific interface system. In this module you will learn about these fields with respect to the various regions of the body as well as those of the organ systems. You will also learn how to affect, remove distortions and basic vibratory attachments as well the use of sealants and exercises to engage balance in these field, as well as, how the effects of the mind and emotional discharges have upon on these fields.

**Energetic Fields (The Centres) and Emotional Frequencies** – the Chakras or the Energetic Centres of the body are more correctly 'fields' of energy more so than cones of energy feeding into the body. These fields are susceptible to imbalance and congestion via our emotions and reactionary states, in this module you will learn about how and which emotions and their associated frequency sets affect each of the energetic centres and how they can impact on other aspects of the energetic and physical bodies. This module also includes some base techniques to facilitate each of the energetic centres into an 'opening potential'.

**Energetic Circulatory System (Heart and Central Pillar)** – In this module you will learn about the Central Pillar and its affect on physical and energetic circulation as well as breathing techniques to open and stabilise this structure and improve health.

**The Heart** – Electromagnetism, its energetic influence and HRV. In this module we will introduce one of the three intelligences in the body that has the major governing effect on all organs and body systems including cellular receptor delineation and correction via the hormone system. As well as the use of Heart Rate Variability training to correct and enhance physiological heart health and stress responses in the parasympathetic system. This module includes exercises as well as a comprehensive understanding about the true intelligence of the body.

**The Etheric Field** – Is the energetic field that surrounds and permeates our physical body. It is electromagnetic in nature and can be considered a 'sensory organ' that operates on a multitude of levels and within it there are fields within fields. On one level it is a feedback system for how we think and feel, on other levels it is an informational holding space. Its interface capabilities affect every part of us. In this module you will be given information

regarding its operation and influences as well as equilibrium techniques to keep this energetic construct in optimal condition.

**Equilibrium** - Without mental, emotional and physical equilibrium all aspects are affected. In this module you will learn how to influence aspects of your energetic system to bring about balance, correction and supported flow. You will learn grounding, earthing and energetic consolidation practices as well as techniques to re establish balance in meridian and organ systems. Balance is at the very core of all aspects of Eastern Medicine and is central to our physical and mental health. It is the very construct that enables us to access true flow in our lives instead of leaking energy to pushing to achieve.

**Real Meditation** – There are so many apps and techniques available now, they can be nothing more than relaxation exercises or recordings to entertain the mind. True meditation is the mind 'as still as the surface of a lake'. The mind is sharp and present but you are in control of it and not the other way around. In these modules we will teach you a variety of techniques to enhance your meditation practice so you will have a highly influential toolbox from which to affect your physiology, stabilise your mental platform, improve your energy and maintain neutrality (a non reactive state) in your day to day life.

MODULE 1 - Meditations affecting the parasympathetic system

MODULE 2 - Martial Arts Techniques

MODULE 3 - Heart based meditative techniques, correct use of the Electromagnetism of the Heart

MODULE 4 - Extra sensory Training and Perception development

**Changing your Physiology** – By Linking the Intelligence coordination Centres of the body - that is the Brain, Heart and Gut you can greatly impact your physical body. This is because our emotional intelligence and the day to day stability of our mental platform and thought patterns generated through it, all have an effect on our physiology. In this module you will learn how to affect each of these energetic and physical aspects and then learn how to consolidate them into a fully coherent operating system by which real and lasting changes can be made to your physiology.

**Energetic Clearing Techniques** – our immediate environment has a huge impact on how we think, feel and operate in our day to day lives. In this module you will be given energetic techniques such as frequency walls to clear rooms or larger areas as well as instruction on how to break up 'static' or energetic congestion that can build up in our homes and workplaces. In addition, this module will also give you instructions on the use of resins to correct and raise the vibratory rate of any space.

**Feelings and Emotions** – Feelings are Real and Emotions are not, emotions are simply reactions to situations and aspects of our lives that take us into imbalance, feelings give the true indications of what is happening. In this module you will be given information regarding this complex aspect of Mind Body Medicine as well as techniques to change your vibratory state and to develop non-reaction or neutrality.

**Fear** – Is one of the most destabilising vibratory instruction sets that we can ever experience. The level and extent of fear can and will dictate what kind of disease states take hold and their progression through the body. In this module you will learn what organ systems, energetic centres and physical complexes are affected by this aspect of the human experience.

**Depression and Anxiety** – In this module you will learn about the energetic repercussions and complexities associated with Depression (Endogenous and Situationally oriented) and Anxiety manifestations. At the base of both depression and anxiety is an aspect of mismanaged emotions where there is some internal conflict as to how things really are for a person. With respect to anxiety – this ‘condition’ is always 50% physical, and these aspects are discussed as well as information on how to commence correction.

**Miasms and Blockages** – Miasms and ‘problematic’ instruction sets that are contained within one or more energetic fields, they are highly charged and often trauma linked. Blockages as a area of congestion affecting flow and function can and do occur anywhere in the body as well as in the energetic field. In this module you will learn about location, specific effects and how to transform a blockage into an area of opening potential so that the region affected and body system can be treated.

**Entrainment Practices** – Entrainment is the process by which.... It can be used to affect brainwave states, affect aspects of our energetic system as well as organ systems. In this module you will learn aspects of how our energetic and physiological systems can be entrained to improve function and even corrected dysfunction.

**Creating your life** – Gratitude, Serenity and Future Projections – This module explains the use and harnessing of specific vibratory states to create a right brain opening potential as well as expanding our energetic fields to strengthen our mental platform and consolidate all aspects of our energetic system impacted by the mechanisms of the mind.

**Internal Balance – Inner Sanctuary** – Thought forms, vibrations and manifesting. Our minds can either work for us or against us and our minds will always dictate the degree of balance we are able to achieve. Internal balance dictates what shows up in our external lives. Once balance is experienced and techniques to achieve it are mastered, this can then be used for the platform from which to launch ‘future projections’ or intended manifestations. In this module you will learn techniques to achieve this state as well as instructions on how to magnetise your future projections into your reality.

**Trauma** – In this module you will learn how trauma affects the body, imprints on aspects of our energetic system via the mind and negatively orient belief systems as well as basic resolution techniques.

**Configurations of Power** – Everyone has an energetic signature and an energetic configuration specific to them. It provides information and directives regarding personal potential and it will also indicate what is preventing a person from being able to reach their full potential. It will also give indications of what kind of dis-ease processes can develop if imbalances (mental, emotional and physical) are not addressed. In this module you will learn how to identify personal configurations as well as techniques to affect and correct energetic aspects that have been affected by trauma, redundant belief systems and external influences. And also how to refine and use this aspect of your Energetic System.

**Your Potential** – Possibilities Verses Probabilities. We all have a very specific energetic configuration through which we operate. It is this configuration that will indicate our potential and our ability to navigate life's hurdles and resultant blocks and actually reach it. There are no weaknesses as such – more like inherent strengths that we can enhance to change what is *possible* for us into what is probable for us. In this module you will learn the identification of areas of power and where blockages are likely to come up and their individualised and compounding effects on being able to reach full potential.

**Energetic Consolidation** – This module contains techniques that aim to pull together the physical, our mental platform or emotional intelligence as well as our individual spiritual orientation so it functions as a coherent consolidated unit to give optimal stability and mental acuity in these challenging times.