

Class #	Level I	Level II	Level III*
1	TT / HT / CK – history Energy-body 3 models Be a hole – what is, journals Grnd legs, assessment, aura fluff, feet, disconnect. Practice family ***** Centering/2-pole meditation with hands, Energy Circuit	Centered Guidance theory 4 Etheric properties 4 Centered Guidance phases Psychic vs. spiritual approach Breath; “Presence” in center ***** Standing Posture 3 Tan Tien General Theory	Spinning dance Spinning chakras 1-7, sitting Spiral & webbing from TPP ***** Inner Smile, Pa Kua, Basic Microcosmic Orbit meditation
2	Chakra theory & opening Language of hands Practice on self ***** Rainbow meditation, front	Book: “The Power of Now” Centered Guidance demo Practice with partner Pendulum theory-ass. of chakras ***** Lower Tan Tien theory & practice with Standing Posture	Hopi back work introduction demonstration & practice (no check-in) ***** Inner smile (elements, sec. organ, color, emotion), Pa Kua, MCO
3	Atunement / harmonizing Simple polarity 1:1 Both class lists for practice Centering=Presence=Energy thro ***** Rainbow meditation, front & back	Crystal theory, crystal field Healing Touch & crystals ***** MTT theory Lower and Middle Tan Tien practice	Polarity of microcosmic orbit demonstration & treatment Drain & replace on back Hopi Neck treatment ***** Inner smile (element, temperature, quality, season) Pa Kua, MCO, spin at each point cw & ccw
4	5 Phases Therapeutic Touch Cotton—chimes Polarity 2:1 ***** Centering / 2-pole meditation to drum - lying	Medicine wheel: dents & poles 13 Holy Nights ***** Upper Tan Tien theory and Lower, Middle and Upper Tan Tien practice	Pendulum-assess. Of EEM,A,L Polarity of microcosmic orbit with Hopi demonstration & treatment (no check-in) ***** Inner smile, (organ/sense organ), Pa Kua, Microcosmic Orbit
5	Protection principles & “the egg” Mind clearance Intention vs. Expectation ***** Rainbow meditation w/ground to Earth & protective cocoon	Demo chakra spiral (& spread) Practice spiral (w/crystals & CG) Foreign Energy / Mike’s Net Tx ***** Three Tan Tien practice	Kundalini Signs & Symptoms Sacred geometry demonstration & treatment: Figure 8, Triangle ***** 3 Tan Tien sitting practice for concentration & relaxation/MCO
6	present self vs. permanent Self Circles to Center 3 Bodies Symp – emp – comp Entire HT procedure ***** 2-pole meditation standing, Figure 8, E/H Gathering Advent—CKHT Intro—HWR	Rocking touch, ultra-sound, Chi Kung finger needles, sealing scars, vibration, drain & replace Expand assess-field & nature Simple polarity – off body ***** Three Tan Tien practice	Personal Centered Guidance Ritual – window to inner work Solar Plexus Bowl demonstration & treatment ***** 3 Tan Tien lying practice to develop 3 etheric properties With SPB @ end

\* Prereq. to Level III: Chi Kung Inner Alchemy, Pa Kua, Microcosmic Orbit Practices 1-day class (with Damaris). Jan. 16, 2010 \$110

Class #	Level IV	Level V	Level VI
1	Week-end class schedule: Fri 3-12-10 (3 hr) 6-9 pm Sat 3-13-10 (8 hr) 9 am-6 pm Sun 3-14-10 (7 hr) 10 am-6 pm	EEM & chakras, Complete assess from front, EEM & Chakras-OB Treatment, charts Book <i>Impersonal Life</i> ***** Dancing Cloud Hands, Tai Chi – Chi Kung practice – break down	All methods are trap, craft to art Reference books / Metaphor Tx. of specific illnesses – whole system approach not S/S- BEPT-Assess field, chk, EEM CKHT-Add organs-FE-Sets of pts ***** CK energy shower, FT/BK/CT Ether & CK, E/H gathering, heel
2	Consistency of treatment History and take history <u>Fri p.m. 6-9</u>	Discussion of Energy-Body Healing with birth & death Elemental fields: 4 rules 5-pointed star – Protection  ***** 3 Tan Tien meditation & Dancing Cloud Hands	Demo & Tx. – Polarity on 3 levels, Chi Kung healing/principles, Mind leads chi – Chi leads mind  ***** Centering & 2-pole meditation
3	Explanation & demonstration of trauma release & questions <u>Sat. 9-12 am</u>	Outer world/inner world Double figure 8, elder circle Chi Kung finger drumming  ***** 3 Tan Tien standing postures with light balls & breath, DCH	Remote/Self info & assessment & tx. before and after practice ***** Inner Smile, Pa Kua, Microcosmic Orbit with Mini Microcosmic Orbit & Belt Channel.
4	Trauma release with partner <u>Sat 1-5 pm</u> ***** <u>5-6 pm</u> Post TR. Wrap-up Guided spiral meditation with Self – Be still – and know – I am	Shamanism-Scientism-Psychism 3-fold path of the soul Retrospective med.-Self analysis Mastery of thought / emotion (‘Ruchschau’) ***** Belt channel CK practice	Professional & business aspects Final questions  ***** Adv. rainbow meditation-Ea. out Earth, front, back, with “I AM”s & through dimensions out @ end
5	Ritual of EBH, 7 phases, calling in help, 4 qualities of E-B, Field theory follow-up <u>Sun 10 am – 1 pm</u> ***** Adv. 3 Tan Tien standing practice with <u>centering</u>	Anthroposophical chakra pairs Assessment & treatment-EEM CK with Belt Channel treatment (Whole Body) ***** Guided spiral with self, Hold paper clip, journey to drum	Discussion – the use of ritual With Energy-Body Healing <b>6-3-10 Thur. 11-2 class together</b>  ***** Adv. 3 TT standing practice with swallow golden ball
6	Post trauma release treatment Polarity microcosmic orbit with crystals – same partner <u>Sun. 2-5 pm</u> ***** Relaxation Chi Kung <u>5-6 pm</u>	Assessment & treatment, EEM Chi Kung w/Thrusting channel (“Bird-Tribe” Chi Kung) ***** 3 Tan Tien, Dancing Cloud Hands, MCO, meditation	Closing ritual with chants and drumming and group tx.  ***** Guided spiral, retrospective meditation backward through all 36 classes & journey

**3-Hour Class Structure:**

Stick, 1-2 min., Check-in – 20 min  
Lecture, discussion, questions – 1 hour  
Break – 10 min  
Meditation – 20-30 min  
Demo & exchange with partner – 1 hour

- \* Class apprentice will arrange and conduct all make-up classes, usually one hour prior to following class. Call them to schedule.
- \* We are in a new era with Annie Roberts as primary teacher, and Damaris assisting. Annie has completed the 4-year training, two 1-yr apprenticeships, 2-yrs as teacher, 1-yr as assistant, and has been in the post-grad cycle for 10 years, and in private practice for 14 years.