



SELF HEALING

PREMIUM COURSE

SELF - HEALING

Premium Course

Mission statement

Your mission – should you choose to accept it – is to learn the power of nature, the mechanism of healing and implement these tools into your everyday existence. Release the blockages formed by thoughts, food and illnesses and help heal organs suffering from dis-ease or became vulnerable by the pressure placed on them and regain the healing power, the privilege of every human being.

Use the 4 elements coded meditations, especially created to fit this specific purpose within 4 weeks or less.

Module 1

Introduction to healing

Lecture 1

Written exercises

Lecture 2

The meaning of healing

Lecture 3

The structure of healing

Lecture 4

The structure of the universe

Lecture 5

The energy centres

Lecture 6

The warning

Module 2

The functions of the energy centres

Lecture 1

Written exercises

Lecture 2

The base chakra

Lecture 3

The sex chakra

Lecture 4

The solar plexus

Lecture 5

The heart chakra

Lecture 6

The throat chakra

Lecture 7

The forehead chakra

Lecture 8

The crown chakra

Module 3

Healing with the meditations

Lecture 1

Written exercises

Lecture 2

Effects of the elements

Lecture 3

Earth element meditation

Lecture 4

Water element meditation

Lecture 5

Air element meditation

Lecture 6

Fire element meditation



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Premium Courses