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EMP 766: Creative Awareness & Self Healing II (3 credits)

Overview of Course: This course is an exploration of creative awareness and self-healing, principles and processes of self healing that develop creative awareness, and the health and healing of the physical, emotional, mental, and subtle bodies.

Course Topics: Creative awareness, self healing, familial and interpersonal energy fields, healing potential, nature, physical, mental, emotional, and subtle bodies, consciousness, the creative, and energy medicine

Learning Objectives: After completing this course participants will have gained an expanded understanding of creative awareness and self healing; they will have experienced creative awareness and self healing in new ways; and they will have developed and expanded their ability to work with creative awareness and self healing in their personal and professional lives.

Audience: Open to all students in the Doctoral program.

COURSE DESCRIPTION

This course is an exploration of creative awareness and self healing. The course explores fundamental principles and processes of self healing that support and develop creative awareness, facilitate the release of habitual patterns and chronic pain, balance familial and interpersonal energy fields, enliven healing potential, honor and support the wisdom of the body, mind, emotions, and spirit, and deepen awareness of the physical, mental, emotional, and subtle bodies, nature, and the consciousness of health. Explorations include research, practicum, written reflection, and dialogue.

NEED STATEMENT

Students will:

- 1) Develop and deepen their awareness of processes of creative awareness and self healing.
- 2) Be able to utilize the knowledge they have gained in creative awareness and self healing to extend their own research and therapeutic methods in a healing profession.
- 3) Develop skills needed to identify essential factors pertaining to facilitating creative awareness and self healing.
- 4) Be able to assist clients using the understanding of creative awareness and self-healing they have gained.
- 5) Develop the critical skills they need to apply creative awareness and self healing knowledgeably.

FACULTY-STUDENT COMMUNICATION

- Telephone Contacts

Students should arrange all telephone communications with the instructor by email beforehand. An initial phone contact to clarify course objectives and develop a schedule should be made prior to beginning the course. This contact should be scheduled within the first few weeks of commencement of the semester. After this, periodic telephone communication can be arranged with instructor. All telephone calls will be at student's expense.

- Communications

It is requested that students stay in weekly or every other week correspondence with the instructor using email. The student should also set up periodic telephone conversations, at their expense, to discuss problems, concerns, or determine the direction of their course work. Students are always encouraged to contact the instructor by email, fax, or telephone whenever a major concern may arise. It should be understood that as mature students, it is the responsibility of the students to stay in contact with their instructors. Students should check email frequently for professor and EMU messages.

Students will normally send communications via email and submit papers as MSWORD format files attached to email messages. Synchronous Internet sessions may be used for chat sessions using Yahoo Messenger Chat or the instructor may be able to set up one-on-one discussions with the student using Skype. Check with your instructor on the type of communications she uses.

- Internet Threaded Discussion: There is also an on-going Internet threaded discussion among the students and faculty for the entire semester which creates a larger feedback mechanism of communication. It may be accessed anytime. The thread page is located at: http://groups.yahoo.com/group/Energy_Medicine

COURSE DELIVERY STYLE

Distance Education - Coursework is completed at a location determined by the student utilizing a computer that has the ability to play audio and video clips, with Microsoft Office Word, Excel, PowerPoint, Adobe Reader, along with a current web browser, internet connection and email address. Contact and communication with distance students is typically conducted by telephone, Internet, Skype, text chat, and email. Students are also encouraged to contact

the University by facsimiles, and postal mail, and by personal visit to the University.

All lessons, coursework and papers must be copied to lessons@energymedicineuniversity.org from both the student and professor.

COURSE

1) Reading Assignments

Students will read the following text materials and complete the following course assignments. Alternate materials will be provided for texts that students are already familiar with.

Adyashanti. *True Meditation. Discover the Freedom of Pure Awareness.* Sounds True. Louisville, CO. 2006

Bach. Edward. M.D. and F.J. Wheeler. M.D. *The Bach Flower Remedies.* Keats Publishing. Inc. New Canaan, CT. 1931

Begley, Sharon. *Train Your Mind, Change Your Brain. How a New Science Reveals Our Extraordinary Potential to Transform Ourselves.* Ballantine Books. New York. 2007

Dale, Cyndi. *The Complete Book of Chakra Healing. Activate the Transformative Power of your Energy Centers.* Llewellyn Publications,. Woodbury, MN. 2009

Hellinger, Bert, with Gunthard Weber and Hunter Beaumont. *Love's Hidden Symmetry. What Makes Love Work in Relationships.* Zeig, Tucker. Phoenix, AZ. 1998

Lieberman. Jacob. *Take Off Your Glasses and See. A Mind/Body Approach to Expanding Your Eyesight and Insight.* Three Rivers Press. New York. 1995

Schneider, Meir. *Self Healing, My Life and Vision.* Penguin. New York. 1988

Villoldo, Alberto. *Shaman, Healer, Sage. How to Heal Yourself and Others with the Energy Medicine of the Americas.* Harmony Books. New York. 2000

Weiss, Brian L. *Same Soul, Many Bodies. Discover the Healing Power of Future Lives through Progression Therapy.* Free Press. New York. 2004

2) Course Paper/Project

Students will conduct research based on secondary and primary source materials and the required texts. From this research, students will write a paper on a specific topic (approved by the instructor). Students may also elect to do a graduate level project.

3) Course Review

Students are given a set of assignments, readings, and explorations in preparation for a Course Review. Before the deadline, students schedule with the instructor the time and date for the face-to-face, telephone or Yahoo Messenger Voice or Skype conference. During the review, the instructor will evaluate the knowledge and understanding the student has gained.

COURSE ASSIGNMENTS

Assignment 1. Self Healing

Participants will begin to research, explore, and reflect on self-healing. After completing the reading, they will share their reflections in writing and dialogue. Throughout the course, readings and assignments may be tailored to the participants.

Assignments 2. Creative Awareness and Self Healing

Participants will research, explore, and reflect on processes of creative awareness and self healing for the physical and subtle body, habitual behaviors, family fields, and past lives. After completing the reading and practicum, they will share their reflections in writing and dialogue.

Assignments 3. Self Healing and Nature

Participants will research, explore, and reflect on self healing, the healing power of nature, and the healing gifts of nature. After completing the reading and practicum, they will share their reflections in writing and dialogue.

Assignments 4. Creative Awareness, Self Healing, and Consciousness

Participants will research, explore, and reflect on creative awareness, self healing, and consciousness. After completing the reading and practicum, they will share their reflections in writing and dialogue.

Assignments 5. Creative Awareness and Self Healing Practicum

Participants will research, explore, and reflect on self healing through personal practicum. After completing the reading and practicum, they will share their reflections in writing and dialogue.

Assignment 6. Consciousness and the Creative

Participants will apply theory, research and experimentation to immersion in an aspect of the course topic, and Consciousness and the Creative, in consultation with the instructor.

Assignment 7. Final Project

Students have the option of designing a research project or preparing a scholarly paper of approximately 20 double-spaced typewritten pages using the appropriate style manual. Research projects and scholarly papers will focus upon a specific aspect of the course. Research projects will be evaluated based on content, originality, the use of source material, and documentation. Scholarly papers will be evaluated based on content, originality, source material, style, grammar, and spelling.

Assignment 8. Course Review

The Course Review will be given by telephone (or other means) and will cover the assignments. Students will negotiate the timing of the review.

INDIVIDUALIZATION OF STUDENT ASSIGNMENTS

Each research project will be chosen by the student to best support their individual professional goals, yet each student will also benefit from seeing the fruits of all fellow students' research and providing professional criticism of each others work.

Each student will be afforded the opportunity of writing on a subject that is related to his or her field of interest. This will assist the student in making each paper individualized. Also the student is encouraged to go outside the field and obtain research data from other interdisciplinary areas. Each student, based on his or her background, will be encouraged to transfer that theoretical information which the course provides into a practical format in the final paper or project.

COURSE EVALUATION

The course grade will be based upon student participation, the promptness of postings, the satisfactory completion of all coursework, the quality of the research paper or project, and the course review, in consultation with the instructor.

SPECIAL NOTES AND INSTRUCTIONS

All coursework must be completed in a timely fashion. Students are encouraged to phone or e-mail the instructor whenever they need advice, comments, or instruction.