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EMP 819: Bioenergy Economy (3 credits)

Overview of Course:

Students will be introduced to the basic principles and procedures of Bioenergy Economy (BEE) and learned how to perform the mindfulness and healing techniques for themselves and others.

Course Topics:

- Intro to an integral model for Energy-based therapies.
- Intro to Energy Medicine.
- Intro to vibrational anatomy.
- Tension release, Body awareness, Tensegrity Training.
- Virtual, real and economic cathexis.
- Bioenergy Economy in Biopsychosocial systems.
- A 15 minutes daily Intrapersonal Biofield Meditation.
- A 15 minutes daily Interpersonal Biofield Meditation.
- Case reporting of healing experiences.

Learning Objectives:

1- Promote Personal development via:
Extending body awareness, settling in the Center of gravity (being), developing biofield perception, Increasing biofield resonance, Releasing, Motivating, Reprocessing and
Opening the Bioenergy flow. Providing more reasonable and proactive cathexis.

2- Healing skills:

Begin to enhance healing servomechanisms for themselves and others via:

- Cognitive-Behavioral modulations
- Physical stimulators (movement & manipulation)
- Bioenergetic attunements

3- Training skills:

Begin to perform:

- Basic communication skills (verbal/nonverbal)
- Basic relaxation techniques (applied relaxation)
- Tensegrity training (posing the body in balance)
- Biofield Attunement:
 - *Hara* activating (intrapersonal biofield)
 - *Aura* activating (interpersonal biofield)
- Scientific Explanation of bioenergetic phenomena.

Audience:

Open to all applicants of BEE certificate program and all students in the Certificate, Master and Doctoral Program.

COURSE PREREQUISITES

The on-campus component of this course requires attending four 2-day workshops which includes: lecture group discussion reflecting team, biofield attunement and Mindfulness exercises and skills applications.

RESIDENTIAL PREREQUISITE:

Attendance at Bioenergy Economy workshops taught Dr.Goli and Dr.Farzanegan this elective workshop is taught at various residential locations in the USA, Canada, Germany, Iran and Turkey. Registration for the workshops requires additional fees beyond the EMU tuition for the course. Students must register for the workshops separately with the instructors through www.Bioee.org

Beyond the workshops, students must complete the assigned readings and submit papers and reports demonstrating their understanding of the course content.

COURSE DESCRIPTION

This course combines on-campus and off-campus components. In addition to reading and written assignments, students will be required to attend four 2-day courses, taught by the instructors, at a location of their choice. Registration for the workshops requires additional fees beyond the EMU tuition for the course. Students must register for the workshop separately with the instructor through www.bioee.org
BEE Healer/Trainership is a certificate course for non-degree and postgraduates especially for health professionals. The word of Economy etymologically indicates that we need to manage (nomy) our home (Eco) and find reasonable ways to connect resources to deficiency (D) and being (B) needs.

But where is the home? We live in our communicative network, in other words our bioenergy flows through a multilevel Intra/Inter/Transpersonal space, and the manner of our bioenergy flow determines our form of life; it constructs energetic architecture of our home.

This course is focused on the basic concepts and skills of Bioenergy Economy in the Intrapersonal and Interpersonal fields.

BEE courses are designed for our crucial need for motivating and releasing the healing power into our daily life and medical discourse.

Healing servomechanisms are the autopoietic and self-organizing pathways of our organism, which have been repressed because of individual and social abuses.

BEE is an active, autonomic and Consciousness-based health promotion program and passive healing is recommended only in formal clinical settings and for a limited period.

BRIEF NEED STATEMENT

Diversity of bioenergy-based therapies and controversial attitudes toward them have made people suspicious and confused. Thus for an effective approach to bioenergetic health we need an integrative model which can coordinate several bioenergy interventions and modalities and also integrate these methods into a healthy lifestyle.

FACULTY-STUDENT COMMUNICATION

- **Telephone Contact:** 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.
- **Email Contact:** Reflection on and questions about the coursework papers and field placement internship should be addressed via email monthly or as needed. Students are always encouraged to contact the instructor via email whenever a problem arises.

Communications It is requested that students stay in weekly or every other week correspondence with the instructor using e-mail. 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 e-mail, 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. The instructor may be able to set up one-on-one discussions with the student using Skype. Students should check e-mail 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 Skype. Check with your instructor on the type of communications s/he 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.

Length of Course:

Length of this Energy Medicine course is five (5) months or one (1) semester.

ON-CAMPUS COMPONENT

Students are required to attend four 2-day workshops in Bioenergy Economy (BEE), taught by Dr.Goli and Dr.Farzanegan to register go to www.Bioee.org skills application will be tracked and facilitated through practice sessions and documented in multimedia reports. The workshops which include: lecture, group discussion, reflecting team, biofield attunement and Mindfulness exercises and skills applications.

DISTANCE LEARNING COMPONENT

Required reading, Scholarly papers and Multimedia reports are designed to deepen students' understanding of the materials. Required practice sessions and experiential assignments will facilitate student's ability to use the BEE skills. The assignments are as follow:

1) Reading Assignments

Students will read the course assignments and text materials during the first two months.

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 four papers consisting of BEE specific topics (approved by the instructor) and provide a twenty-minute film of their training experiences. Students may also elect to do a graduate level project.

3) Final Interview (on skype)

Students are issued a set of topic assignments, readings and explorations, in preparation for final interview. Before the deadline, students schedule with the instructor the time and date for the face-to-face, telephone or Skype conference. During the examination, the instructor will make notations of the effectiveness, qualities, and weaknesses of the student's replies.

COURSE ASSIGNMENTS

On-Campus COMPONENT:

❖ Assignments #1-2 are associated with the Bioenergy Economy Workshops.

Assignments #1: Grade Count: 10% DUE: Prior to attending EMU course

Writing a Journal-Style Report:

- Including his or her biopsychosocial changing new, attitudes, and personal experiences due to BEE workshops.
- 3 to 10 pages scholarly paper.
- Submit it at www.Bioee.org before attending EMU course.

Assignments #2 Grade Count: 10% DUE: prior to attending EMU course

Writing a Journal-Style review:

- 3-10 pages scholarly paper (in one issue)
- Reviewing at least 2 relevant scientific paper on Energy Medicine.
- Submit it at www.Bioee.org before attending EMU course.

❖ Distance Learning Component: assignment #3-8 are associated with Bioenergy Economy Healer/Trainership course. Students should submit assigned papers and reports at www.Bioee.org.

Assignment #3 Grade Count: 20% DUE: During the first two months

Read: Chapter 1-3 of "Bioenergy Economy" and the other assigned texts. Write: 5-10 page scholarly paper (a personal review)

Assignment #4 Grade Count: 10% DUE: Before 3rd month of study

Research: at least 4 Bioenergy related articles.
Write: 5-10 page scholarly paper.

Assignment #5 Grade Count: 30% DUE: Before final interview

Perform: BEE sessions in the Intra/Interpersonal fields for themselves and others.
Summarized Write: at least ten (10) reports of BEE sessions spread out over the 16 weeks. Maximum of 3 sessions self-training.
Provide: a 20-30 minute film of performing the intrapersonal and interpersonal BEE training for others (individuals or groups). The film should represent the procedure of the BEE training and the feedbacks of their trainers or clients.

Assignment #6 Grade Count: 10%

Contact: by telephone or skype monthly and by email weekly with BEE instructors during the course, and a final interview on skype after the course.

Assignment #7 Grade Count: 10% DUE: Before final interview

Write: at least 2 case reports of biopsychosocial changings of BEE trainees after performing BEE trainings.

Assignment #8 Grade Count: 10%

Write: a 5-10 page final report including following items:

- 1- Describe their changings in their knowledge, attitude, practice (KAP).
- 2-Describe their goal setting and programs in relation with personal and professional application of BEE I methods for higher health and quality of life.

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 the quality of the research papers and reports, participation and promptness of postings, and the final interview.

COURSE GRADING DETERMINANTS

Grades are based on the mentioned elements of a student's participation and accomplishment. In determining a grade for this course, the following formula will be used:

92-100 points = A range

86-91 points = B range

80-85 points = C range

70-80 points = D range

Under 70 points = F

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.

TEXTS

- ❑ Goli, Farzad; *Bioenergy Economy: A Methodological Study on Bioenergy-Based Therapies*, USA: Xlibris, 2010.

Further Readings

- ❑ Oschman, James L; *Energy Medicine: The Scientific Basis*, New York: Churchill Livingstone, 2000.
- ❑ Reich, W; *The Function of the Orgasm: Discovery of the Orgone (Discovery of the Orgone, Vol1)*, Tr: Carfagno, V; Farrar, Straus and Giroux, 1986.
- ❑ Jung, C. G.; *On the Nature of the Psyche* , London: Ark Paperbacks, 1988.