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**EMP 745: Kundalini Energy: Experiential Methods  
in Transcendence Healing (3 Credits)**

**Overview of Course:**

In Intuition Medicine®, an Energy Medicine system, Dr. McCartney has researched and created Kundalini energy is approached from a Western body/mind model. In an effort to bring the information of this cell based energy into a practical meditation practice this researcher has studied Kundalini from an intuitive perspective. In working with thousands of people over three decades many commonalities have been observed, such as, Kundalini energy stimulates specific physical changes; awakens creativity and inspiration; and experiences of spirituality and unity. As well, consistent with most references to Kundalini, the meridian pathway which this energy follows is noted as upward through the spinal channel from the base of the spine and continuing to the top of the head.

**Course Topics:**

- Kundalini Energy as a catalyst for change.
- Kundalini anatomy system – concept and structure.
- How to use Kundalini to improve health.
- Spiritual and transcendent healing aspects of Kundalini.

**Learning Objectives:**

- Achieve health and functionality of Kundalini anatomy system.
- Effective ways to activate Kundalini energy.
- Recognize symptoms associated with activated Kundalini.
- Understand beneficial uses of this energy.
- How to modulate Kundalini and turn the energy off and on at will.

**Audience:**

- Open to all students in the Masters program.
- Prerequisite: completion of EMP 733: Intuition Medicine® Counseling: Energy Anatomy

## **COURSE DESCRIPTION**

This course is offered only in the Spring Semester – March to July. This gives the student an opportunity to participate in the Academy of Intuition Medicine California campus Kundalini Meditation course via live phone-in conference. This is a 5-week course held on either Tuesday or Thursday nights from 7:00 PM to 9:30 PM Pacific Standard Time during April to May. Participation in this classroom adds a rich human experience to this course as you will join 20 or more students in a live campus experience.

Exact dates will be provided at commencement of course. If the student cannot phone-in to the live classroom then alternatives will be discussed.

## **NEED STATEMENT**

A graduate student in a healing profession needs to understand the assumptions and values at the core of their knowledge – in order to fully communicate their own knowledge, critically assess the work of other professionals, and extend their own research and therapeutic methods....

- 1) Develop skills needed in identifying essential factors pertaining to the Kundalini Energy activation.
- 2) Be able to assist clients in identifying Kundalini triggers.
- 3) Develop a methodology to support the Kundalini experience as a process of healing and evolution.
- 4) Develop an energy medicine toolbox of effective meditation coaching skills.

## **FACULTY-STUDENT COMMUNICATION**

- Telephone Contacts

It is important that the students arrange by email beforehand for all telephone communications. Periodic telephone interaction, as required, at student's expense, can most easily be arranged through email contact.

- Communications

It is requested that students stay in correspondence with the instructor using email. If needed, the student should also set up 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. Check your email frequently for messages.

Students should send communications via email and submit papers and Journaling as MSWORD Format files attached to email messages.

## **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@energymedineuniversity.org from both the student and professor.

- 1) Reading Assignments: Students will read the course assignments and text materials as well as listen to instructional CDs. As this course is primarily experiential the pace of study is dependent on the student's integration of material.
- 2) Live Classroom Participation: Highly recommended! A deep learning experience is afforded the student who phones in to the live campus classroom. The instructor, Dr. McCartney is the primary teacher along with a group of experienced teaching assistants (TAs). If requested, the TAs will set-up class phone session appointments with student for personal questions and remote energy sessions.
- 3) Journal: It is expected that the student maintain an electronic journal of the learning and reflections of the experiential practice assignments. Journal excerpts should be periodically emailed to the instructor.

3) Course Paper/Project: Students will write a scholarly paper based on the required texts and the student's experiential practice. Using a combination of excerpts from the student journal and citing of required texts as well as any secondary reading of texts. From this research, students will write a paper consisting of a specific topic approved by the instructor. Students may also elect to do a graduate level project.

## **COURSE TEXTBOOKS/CDs**

### **TEXTBOOKS –Required**

- *Body of Health* F. McCartney
- *Intuition Medicine®:The Science of Energy* (Book+CD-set) F. McCartney
- *Kundalini: Psychosis or Transcendence* Lee Sanella
- *Stalking the Wild Pendulum* Itzhak Bentov

#### TEXTBOOKS –Suggested

- *A Brief Tour of Higher Consciousness* Itzhak Bentov
- *Energies of Transformation* Bonnie Greenwell
- *A Farther Shore* Yvonne Kason
- *Kundalini the Physical World* Mary Scott
- *Light: Medicine of the Future* Jacob Liberman

#### COURSE ASSIGNMENTS

**NOTE:** If you are participating in the Academy phone-in classroom ask the TA each week to give you the weekly practice work from the campus classes. This will be supplementary assignments to enhance your experiential work with Kundalini energy.

Assignment #1: Listen to the Grounding CD. Practice daily Grounding meditations during this entire course. Read *Body of Health* chapters 4 & 5. Do the assignments on pages 67 to 70 – Journaling, Post meditation questions, Daily Tips, Experiments and Affirmations.

Assignment #2: Continue with your Grounding practice. Read Chapter 5 in *Intuition Medicine®:The Science of Energy*. Read the List of Kundalini Symptoms on page 61 and in your journal note if you have experienced any of these symptoms. Email your journal notes on this assignment to instructor.

Assignment #3: Listen to the Kundalini Energy and Intuition Medicine CD: Track 1-Lecture and Track 2-Meditation: Your Kundalini information. Journal your reflections, questions and experiences. Email your personal questions plus excerpts from your Journal to your instructor.

Assignment #4: See chart “The Meridians of Kundalini Energy” page 62 in *Intuition Medicine®:The Science of Energy*. Listen to the Kundalini Energy and Intuition Medicine CD: Track 3- Meditation: Healing the Body.

Journal your reflections and experiences. Also, Journal from pages 64-65 in *Intuition Medicine®:The Science of Energy* your responses to the “Post-Meditation Questions and Exercises”. Email your personal questions plus excerpts from your Journal to your instructor.

Assignment #5: Read in *Intuition Medicine®:The Science of Energy* on pages 63-64 “Tools to Regulate the Flow of Kundalini Energy” before you listen to CD.

Listen to the Kundalini Energy and Intuition Medicine CD: Track 4- Meditation: Healing the Grounding, Aura & Chakras. Track 4-Meditation: How to Turn Off Kundalini Energy.

Journal your reflections and experiences. Also, Journal from pages 64-65 in *Intuition Medicine®:The Science of Energy* your responses to the “Post-Meditation Questions and Exercises”. Note that your experiences may change each time you practice with Kundalini energy, stay in present time perception when practicing with this energy. Email your questions plus excerpts from your Journal to your instructor.

Assignment #6: Do the “Daily Awareness Practice” on page 65 from *Intuition Medicine®:The Science of Energy*.

Assignment #7: Choose a book/s from the Suggested Textbooks list and begin to read. After completion write a synopsis with your analysis of the thesis that was presented within that book/s. Email to instructor.

Assignment #8: Final paper::

Prepare a scholarly paper of approximately 20 double spaced pages in 12 point Arial font. Paper will focus upon a specific aspect of Kundalini energy as approved by the instructor. Grades will be given on content, and use of source material, also grammar, spelling, and originality. Students should use the American Psychological Association Style Manual. Students may also have the option of designing a research project.

## COURSE COMPLETION TIMETABLE

- Week #1-- Assignment #1
- Week #2-- Assignment #2
- Week #3-- Assignment #3
- Week #4-6-- Assignment #4
- Week #5-14-- Assignment #5
- Week #15-19-- Assignment #6
- Week #16 - Assignment #7
- Week#17-19 – Writing of paper or completion of research project.
- Week#20 – All written work and projects delivered to instructor.

## INDIVIDUALIZATION OF STUDENT ASSIGNMENTS

Each research paper or project will be chosen by the student to best support their individual professional goals. Student will also benefit from reading the papers and comments of fellow students' which will be provided via email during the five months of the course.

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 GRADING DETERMINANTS

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

Reading required texts and listening to instructional CDs – 25%

Participation in the live classroom (or alternative) – 25%

Journaling Excerpts – 20%

Course paper or project – 30%

Using this technique, there will be 100 points assigned to the course. Final semester grades will be calculated as follows:

92-100 points = A range

86-91 points = B range

80-85 points = C range

70-80 points = D range

Under 70 points = F

## ADDITIONAL RECOMMENDED SOURCES

Websites:

Kundalini Research Network: <http://www.kundalininet.org/index2.html>

Conference: <http://www.conferencerecording.com/newevents/krn97.htm>