

CHRYSLIS COURSE INFORMATION

COST: Level I is \$250, paid 30 days in advance

Levels II through VI is a total of \$1000 (\$200 will be applied to each remaining level).

The \$1000 must be paid 30 days before the start of Level II, which is often 4-6 weeks after Level I.

Lunch will be provided.

Arrangements may be made (with Susan or Sharon) to pay for each class separately if your situation requires it. The class fee, paid separately in this manner, is \$250 each class and, again, payments must reach me 30 days in advance of each class. (If any of the above presents a hardship for you, please discuss your situation with Susan or Sharon and work something out. I would never want to leave someone behind over monetary concerns.)

These classes are meant to be taken in order. Skipping a class and then taking the following is not allowed. You may, if you must, join another group, at a later date—if there is space available. If a group falls below 6 scheduled attendees, the upcoming class(es) will be canceled and the group will be merged with another.

LEVEL I ENERGY, MUSCLE TESTING, EASTERN HEALING PHILOSOPHIES

These classes build on each other; it is required that you take them in order. It is also advised that you stay with your own group through each level, if at all possible. Becoming comfortable with, and close to, the people in your group really will make the classes better for you. You will learn more and everyone will get more accomplished.

INFORMATION COVERED: Basic kinesiology (muscle testing skills), introduction to eastern healing philosophies; checking and balancing meridians; energy permissions; basic accupressure points; balancing and repairing your energy system; simple techniques for removing or coping with the stress in your life; Tao accupressure techniques (useful for relief of aches, pains, and chronic conditions); working by issue categories; analyzing your work to find the various aspects and layers needing to be addressed.

RECOMMENDED SUPPLEMENTAL MATERIALS: There are no supplemental materials required for Level I, but you will be required to have a separate folder to build a “Work Book” in Level II. Look at mine so that you can make an informed decision about what you want to purchase. You will also need dividers and tabs. Here again, looking at what I use might be helpful to you.

LEVEL II ENERGY HEALING, HERBAL MEDICINE, HERBAL REMEDIES

INFORMATION COVERED—ENERGY SECTION: Energy lore and explanations of how the energy system works; working with magnets, electricity, the body, and energy; more balancing techniques (I can't think of a better, yet brief, way to describe what we will be doing); emotional issues; allergy and intolerance work.

INFORMATION COVERED—HERBAL SECTION: Vitamins, minerals, nutrition, and sub-clinical malnutrition; herbs as nutrition; basic herbal knowledge; various categories of herbs and how to use them appropriately and well; herbal preparations (tinctures, salves, etc.) and how to make them yourself; a lot of miscellaneous information I think you will find useful.

RECOMMENDED SUPPLEMENTAL MATERIALS: folder and tabs, as mentioned above in Level 1.

LEVEL III ENERGY HEALING, ESSENTIAL OILS

INFORMATION COVERED—ENERGY SECTION: Science and the energy system—new research; high-speed communication within living organisms (the matrix); degenerative diseases; cellular memory; visualizing, feeling, and “seeing” energy; techniques for improving energy flow and removing blockages; structures of the human energy body; more advanced techniques for physical and emotional issues; electricity, electromagnetism, and health, indexing (a particularly valuable muscles testing skill);

INFORMATION COVERED—ESSENTIAL OIL SECTION: Facts about, and benefits of, essential oils; methods of using essential oils; safety guidelines, various classifications of essential oils, carrier and base oils, tests and standards, recommended oils for emotions and for energy work; oils for pregnancy and childbirth; synergetic blended oils; essential oil singles

RECOMMENDED SUPPLEMENTAL MATERIALS: none, all materials provided

LEVEL IV ADVANCED ENERGY TECHNIQUES AND BASIC HOMEOPATHY

INFORMATION COVERED—ENERGY SECTION: The heart, the mind, and the hi-speed communication matrix; heart intelligence; the power of heart-felt emotions; the psychology of choice and perspective; the amygdala and perception; working with pain, scars, phantom sensations, and cell replacement; advanced techniques for directing energy within the body—my favorite and most used techniques; ear candling; thanksgiving and gratitude as healing techniques.

INFORMATION COVERED—HOMEOPATHY (BEGINNER'S LEVEL): Basic homeopathic philosophy; how, when, and which homeopathic remedies to use; classical and combination remedies discussed and compared.

ADDITIONAL INFORMATION: There will be an opportunity to make Blessed Waters (similar to homeopathics) for your own use from my “mother” bottles in both this class and the next. Cost to you will be \$1.00 each. (This cost will be the same whether you bring your own bottles or we provide them for you.) If you plan to get serious about using homeopathics, this offer could potentially save you hundreds of dollars.

A list that can be used to “cut and paste” to the bottles as labels will be provided, or you may obtain a copy of the list in Level III and use it to create your own labels. I strongly recommend that you make mostly Flower Essence and Cell Salt remedies at this stage and leave most of the rest for Level V when you will be a little more familiar with the remedies and better able to decide what you want and need.

SUPPLEMENTAL MATERIALS: We will be using *The Complete Guide to Homeopathy* by Miranda Castro and *The Flower Essence Repertory* published by the Flower Essence Society. I will have copies of both of these books available for your use and to purchase if you wish. Please bring containers of some kind (either boxes or plastic) to take the remedies you make home with you.

LEVEL V EFT (EMOTIONAL FREEDOM TECHNIQUE) AND ADVANCED HOMEOPATHY

INFORMATION COVERED—EFT SEGMENT: EFT is a fascinating, and deceptively simple, tapping modality that can be used in a variety of ways for a wide range of physical and emotional healing.

INFORMATION COVERED—ADVANCED HOMEOPATHY: Higher potency homeopathics can reach very deep levels of imbalances, both physically and emotionally. We will discuss common remedies in depth, and try to give you enough confidence and mastery of them to make you effective at using them. Really mastering homeopathics at this level will require some out-of-class effort and study on your part—but it will be well worth it to have these amazing healers in your arsenal. Muscle testing skills that you can trust will make this *much* simpler for you. (You should have well-developed skills by this level of class.)

SUPPLEMENTAL MATERIALS: A homeopathic Remedy Guide is *essential* to working with deep-level homeopathic remedies. It will be very helpful if you have purchased one in time to bring it to class with you. Homeopathic courses that I have taken in the past absolutely required the purchase of one (and, usually, several other expensive books besides) just to be able to attend the class.

I recommend Robin Murphy's version. Be sure to get the *Remedy Guide* not the *Repertory* (unless you want them both. The book is expensive, around \$89 usually).

LEVEL VI FINAL ENERGY AND “REFLECTIONS ON LIFE, LOVE, AND MIRACLES”

INFORMATION COVERED—FINAL ENERGY TECHNIQUES: Part of this class will be spent on techniques for working with learning and educational issues (ADHD, Dyslexia, and many others).

INFORMATION COVERED—REFLECTIONS: Reflections is an advanced energy modality and incorporates most every way I work with energy on a daily basis. We will discuss energy-mailing work to others (of we haven't already); generational clearing; chakra work; correcting for deep fears and phobias; working with past trauma and really deep emotional scarring. We will discuss our perceptions, the stories we tell ourselves, and what to do to keep misperceptions from messing up our relationships and our lives.

SUPPLEMENTAL MATERIALS: None, but be prepared for final hugs, tears, and farewells to your energy family.