

Course Read Me: Intermediate Chakra Healing and Energy Work

Course Title: Intermediate Chakra Healing and Energy Work

Instructor: Dr. Catherine W. Dunne

Affiliated Organizations:

- **Aumvedas Academy™ (2016-2025)**
 - **Holistic Health Care Wexford (HHCW)**
 - **Integrated Energy and Spiritual Learning Centre (IEaSLC)**
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Course Overview

Welcome to the **Intermediate Chakra Healing and Energy Work** course! This program deepens your understanding of the chakra system, explores advanced energy-balancing techniques, and cultivates personal healing practices. This course is suitable for learners who have completed a beginner-level chakra course or possess equivalent foundational knowledge.

By the end of this course, you will develop practical skills to assess, balance, and heal chakras while integrating these techniques into personal well-being and professional healing practices.

Course Objectives

Upon completion of the course, you will:

- Develop an in-depth understanding of the seven major chakras and their connection to the **endocrine system, emotions, and spiritual evolution**.
- Explore **advanced energy healing** methods (e.g., visualization, meditations, chakra affirmations and diet).
- Learn to identify and address **chakra imbalances** using targeted healing techniques.
- Gain hands-on experience with **chakra meditation** and energy flow regulation.
- Understand the relationship between **chakras, colours, and nutrition** for holistic healing.
- Work with **additional chakras** beyond the primary seven for deeper spiritual growth.
- Apply chakra healing techniques in daily life and professional wellness practices.

Course Structure

The course is divided into **seven sections**, each dedicated to one of the major chakras:

1. **Root Chakra (Muladhara)**: Grounding, safety, and stability.
 2. **Sacral Chakra (Svadhishthana)**: Emotions, creativity, and sensuality.
 3. **Solar Plexus Chakra (Manipura)**: Personal power, will, and self-confidence.
 4. **Heart Chakra (Anahata)**: Love, compassion, and emotional balance.
 5. **Throat Chakra (Vishuddha)**: Communication, truth, and self-expression.
 6. **Third Eye Chakra (Ajna)**: Intuition, perception, and insight.
 7. **Crown Chakra (Sahasrara)**: Spiritual connection and higher consciousness.
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Course Prerequisites

- Completion of a beginner-level chakra course (e.g., **Chakra 101**) or equivalent foundational knowledge of chakras.
 - An openness to **holistic healing** and **energy work** practices.
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Target Audience

This course is designed for:

- Holistic health practitioners seeking advanced chakra knowledge.
 - Individuals pursuing personal healing and spiritual development.
 - Yoga instructors, Reiki practitioners, and wellness coaches expanding their skill sets.
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Guidelines for Participation

1. **Respect Intellectual Property:**

This course manual is protected by copyright law. **Do not copy, distribute, or create derivative works** without written permission from the authors.

2. **Personal Use Only:**

The material is intended for **personal learning** and application. Sharing, modifying, or commercial use without permission is prohibited.

3. **Medical Disclaimer:**


Chakra healing is **not a substitute** for professional medical or psychological treatment. Always consult with a qualified healthcare provider for medical concerns.

4. **Engagement and Practice:**

Success in this course requires active participation. Engage with the **meditations, energy exercises, and practical applications.**

Contact Information

For questions or support, please contact:

 **Email:** aumvedasacademy1@gmail.com

Suggested Study Duration

- **10 Weeks Home Study or longer**
 - Introduction and Root Chakra Healing.
 - Sacral and Solar Plexus Chakra Exploration.
 - Heart and Throat Chakra Balancing.
 - Third Eye and Crown Chakra Mastery.
 - Integrating Chakra Healing into Daily Practice.
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Resources and Tools

- Chakra Yoga YouTube links
 - Chakra Affirmations
 - Suggested Reading: **Quantum Dynamics of Chakra Healing** by Dr. Catherine W. Dunne.
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Certification Requirements

To receive your **Certificate of Completion**, you must:

1. Complete the whole course.
2. Submit a final reflection on **personal transformation** through chakra healing.
3. ✉ **Email:** aumvedasacademy1@gmail.com for the Online Examination link
4. Excellent (Distinction): 63-70 points (90% - 100%)
5. Good (Merit): 56-62 points (80% - 89%)
6. Satisfactory (Pass): 42-55 points (60% - 79%)
7. Needs Improvement (Fail): Below 42 points (Below 60%)

Thank you for embarking on this transformative journey with us.

We wish you profound insights and healing as you explore the power of your chakras.

