

AUMVEDAS ACADEMY

Course Read Me: Intermediate Chakra Literacy and Energy Work

Course Title: Intermediate Chakra Literacy and Energy Work

Instructor: Dr. Catherine W. Dunne

Affiliated Organizations:

- **Aumvedas Academy™ (2016-2026)**
- **Holistic Health Care Wexford (HHCW) Ireland**

Course Overview

Welcome to the **Intermediate Chakra Literacy 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., visualisation, meditation, 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.

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A Quiet Self-Check Before You Begin

This course is designed for those who wish to understand the chakra system as it functions through the body, emotions, and lived experience — not as a set of techniques to activate or perform.

If you feel drawn to this work but are unsure whether this depth-based, educational approach aligns with where you are right now, you are invited to take a short self-check before continuing.

Take the Depth Check

(2 minutes · reflective · for your own clarity)

There are no right or wrong answers.

Simply notice which option feels most true **right now**.

1. When you experience strong sensations during energy work, your first instinct is to:

- A. Look for the next practice to deepen the experience
- B. Share the experience to validate it
- C. Pause and try to understand what shifted in your body
- D. Assume it means spiritual progress

2. Which statement feels closest to the truth for you?

- A. I want to activate my higher potential
- B. I want clearer intuition
- C. I want to understand how my body and energy interact
- D. I want to feel lighter and happier

3. How do you feel about not having immediate answers?

- A. Uncomfortable — I like clarity quickly
- B. Curious, but slightly frustrated
- C. At ease — understanding unfolds over time
- D. I usually look elsewhere for guidance

4. When learning about chakras, you are most interested in:

- A. Mantras, symbols, and activations
- B. Visualisations and meditations
- C. How chakras relate to organs, development, and health
- D. Colours, crystals, and affirmations

5. If a practice leads to emotional release, you believe it should:

- A. Be encouraged fully
- B. Be repeated until it clears
- C. Be understood and integrated slowly
- D. Be shared with others for reassurance

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6. Which sentence feels most like you?

- A. I want to awaken faster
- B. I want to feel more aligned
- C. I want to make sense of what I'm already experiencing
- D. I want reassurance I'm on the right path

7. How do you feel about structure and study?

- A. I prefer intuitive flow
- B. I struggle with structure
- C. I value solid foundations before advanced work
- D. I like variety more than depth

**8. Finish this sentence honestly:

"What I'm really looking for is..."**

- A. Transformation
- B. Validation
- C. Understanding
- D. Connection



Interpreting Your Reflection

(this can sit below the quiz or on the result page)

- If you found yourself mostly choosing **C**, you are likely seeking **coherence and understanding**, not stimulation. This course was written for people like you.
- If your answers were mixed, you may be in an exploratory phase. This course may feel slower than others — but it offers grounding and clarity over time.
- If very few **C** answers resonated, you may currently be drawn toward experiential or activation-based work. This course will remain here if and when understanding becomes your priority.

This is not a test, assessment, or requirement, this is simply a moment of personal discernment.

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

- A good basic understanding of Chakras.
- Already a practicing Therapist with basic knowledge of A&P

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.

Guidelines for Participation

1. Respect Intellectual Property:

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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

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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.

- **Resources and Tools**

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

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.