

# certificate in intuitive awareness

1 year program . intakes february + may 2017

## overview 2017

### What is intuitive awareness?

To be intuitive means being able to listen, see, hear or know in ways that complement one's ordinary state of awareness. It involves being receptive or sensitive to that which extends beyond our everyday senses. As a person progresses in her or his growth or development, intuitive ability often grows or develops naturally along with this if it is accepted and allowed.

The certificate in Intuitive Awareness offers a progression of learning opportunities and key concepts for encouraging, and safely supporting the further opening or expansion of your intuition and yourself. Its purpose is to build intuitive ability whilst simultaneously promoting healing, empowerment and the capacity to manifest and co-create your preferred future.

This exciting certificate is an experiential course for students wanting to take ownership of their lives and actively participate in their intuitive and spiritual growth and personal development.

Over the four terms of this course you will develop and discover your own unique understanding of the physical and psychological function of the chakras. Re-evaluation of the way you take care of yourself, and an understanding of the subtle energy fields that support us, will help you to create a state of wellbeing and calm.

This program provides a path of unfolding into your natural state of wholeness where your intuitive perceptual ability becomes a gift you can trust and further develop and attune to. Join with others who want to experience the enjoyment and wonder of the magic that is within and around us.

This course provides the foundation to move on to the professional training course in Energy Healing for those wishing to work in that field.

### Who is this course for?

This course offers intuitive learning for anyone open to accessing their natural gifts in this area. It also provides a pathway for becoming a professional energy healer as it is one of the streams within the

first year of the Diploma of Energy Healing. However, this Certificate training itself is open to everybody.

### What makes this course unique?

The program features a series of unique learning experiences that are enjoyable and creative in their ability to build insight into your own unique intuitive way and path. This promotes your own natural unfolding and development throughout the course. A highly experienced teacher, capable of providing more advanced understandings, skills and support, leads and has designed this program.

### Course structure

This is a one-year part time program across four terms. The first term consists of 8 weekly classes and a 1-day workshop. The following three terms involve three 1 day workshops each term.

*Intuitive Awareness 1 will be offered in term 1 and again in term 2. All other subjects in the Certificate can be taken in any order with Intuitive Awareness 1 as the only pre requisite.*

### Year 1 subjects

**Intuitive Awareness 1 – Intuition, Chakras & Energy**

**Fundamentals:** 8 x 2.5 hour weekly classes

**Subtle Energy Systems of the Body:** 1 day workshop

**Intuitive Awareness 2 – Connecting with Higher Guidance, Spirit & Soul:** 3 x 1 day workshops

**Intuitive Awareness 3 – Building Intuition, Channelling and Divination:** 3 x 1 day workshop

**Intuitive Awareness 4 – Life Purpose and Manifestation:** 2 x 1 day workshops

### Lecturers

Linda James, Heidi Drieschner, Rebecca Mayhew and Jody Haywood.

## Subject descriptions

### Intuitive Awareness 1 – Intuition, Chakras & Energy Fundamentals

(day and evening classes available in term 1 + term 2)

Subject 1 is about establishing a foundation, which is built on in the future terms. We all have natural intuitive abilities, but sometimes we become disconnected from them if they are not appreciated or acknowledged. This term enables the student to explore and development their intuitive awareness in a safe and supportive environment.

Students will also learn practical skills to enhance and maintain energy levels, create calming and sacred spaces and promote a feeling of peace and wellbeing. Working with the power of intention provides greater clarity, focus and direction. Weekly chakra exercises enable the release of energy, awakening greater awareness and insight.

There are 8 x 2.5 hour weekly classes. Topics include:

- Understanding intuitive awareness and its use in daily life
- The power of intention
- The body's subtle energy system that supports our intuition and wellbeing
- Relating to the 7 major chakras (weekly exercises)
- Grounding energy
- Energy leaks and enhancing energy levels
- Establishing a supportive environment
- Creating a sacred space
- Mind body connection
- Brain frequencies and intuitive senses
- Natural occurring altered states of consciousness

**Pre requisite:** none

### Subtle Energy Systems of the Body

(available in Summer School, term 1 and term 3)

This one day course provides an understanding of the Body's Subtle Energy System which includes the chakras, auric field and meridians. The chakras are viewed from a physical and a psychological perspective, with links to the auric field and

meridians outlined. The subtle energy system is explained in an easy to understand way, with opportunities to sense and feel the energy fields. This course is suitable for anyone who is interested in increasing their awareness and personal wellbeing, as well as natural therapy students or practitioners, health workers, energy healing and shamanic students.

**Pre requisites:** none

### Intuitive Awareness 2 – Connecting with Higher Guidance, Spirit & Soul

This workshop extends the application of building the foundation of intuitive awareness with a focus on opening to higher guidance (spirit guides and angels). This personal spiritual connection provides the springboard for deepening insight and wisdom. Exploration of concepts such as gratitude, the ego, synchronicity and duality provides insights into potential and opportunities, enabling individuals to take greater personal responsibility and control in life.

Consists of 3 x 1 day classes.

Topics include:

- The concept of duality v non-duality
- Understanding the ego, spirit and soul relationship
- Enhancing the Higher Self connection
- Empowerment of spirit/totem animals
- Synchronicity v co-incidence
- Understanding out of body experiences
- Attitude of gratitude
- Opening to higher guidance: spirit guides and angels

**Pre requisite:**

Intuitive Awareness 1

### Intuitive Awareness 3 – Building Intuition, Channelling & Divination

This term provides students with a more in depth look at the intuitive processes. Practical and fun intuitive exercises incorporating psychometry, telepathy, and stream of consciousness writing build on the skills developed so far. There is opportunity for the student to play with ideas and concepts that fit with their own unique intuitive ability. Work with the auric field strengthens the awareness of the subtle energy body.

## self awareness program

Topics include:

- Recognising your unique intuitive skills
- Allowing intuition to flow
- The three step process of intuitive awareness
- Using the five intuitive senses ie clairvoyance, clairsentience etc
- Current uses of oracles and sacred tools
- Building intuition with psychometry
- Exploring telepathy
- Development exercises to see and feel auras
- Insight into channelling and the use of stream of consciousness writing

**Pre requisite:** Intuitive Awareness 1

### **Intuitive Awareness 4 – Life Purpose and Manifestation**

In this term students will learn to apply the laws of attraction to co-create happiness and success in their lives. We will explore how to run a sacred circle to create a space for true sharing and expression. There is the opportunity to refine meaning associated with significant life events, open to life purpose and live an inspired life. The term completes with group participation in the joy of ceremony and celebration.

Topics include:

- Milestones in your journey and the lessons learnt
- Values
- Reviewing limiting beliefs
- Releasing non supportive energetic attachments
- Inspiration
- Awakening to life's purpose
- Working with the laws of attraction
- Co-creating our future
- Rite of passage, ceremony and celebration

**Pre requisite:** Intuitive Awareness 1

Mentoring and Energy Healing sessions are available for individual and personal support at the Awareness Clinic. Discounted fees are available for students enrolled in Certificate or Diploma programs.

### **Compulsory Text**

The required text for this program is *Judith. A, 'Wheels of Life'. A User's Guide to the Chakra System.* Available in The Awareness Shop and online via [www.awarenessinstitute.com.au](http://www.awarenessinstitute.com.au)

### **Recommended Reading**

The recommended text for this program is *Seachange @ Work: Discover what a difference an energised day makes!* by Linda James.

### **Mentoring and energy healing sessions**

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