

certificate in intuitive awareness

1 year program . intakes february + may 2018

overview 2018

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

Subject descriptions

Intuitive Awareness 1 – Intuition, Chakras & Energy Fundamentals

Intuitive Awareness 1 is about Establishing the Foundation, which is built on in terms, 2, 3 and 4. This subject provides insights and practical skills to enhance intuitive awareness and personal wellbeing through a personal reflection of your own chakra system. Learn about the use of intuition in your daily life and the value of working with the power of intention. During this course you

will explore one of our subtle energy systems (chakras) in detail, and be introduced to various practical activities to understand the physical and psychological function of the seven major chakras. This workshop provides a framework for developing an understanding & appreciation of the mind-body connection, the benefits of a supportive energetic environment and maintaining our personal energy & boundaries.

In the course you will learn valuable practical skills to enhance & maintain your own energy levels and wellbeing. Students will also have the opportunity for intuitive integration and experience natural occurring altered states of consciousness using sound and creative methods.

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 course further builds intuitive awareness with a focus on raising your vibrational frequency, to facilitate connection with higher forms of guidance (spirit guides, angels and archangels) and the Higher Self. It will expand students' understanding of Consciousness and the concept of altered states of consciousness, including Out of Body and Near Death Experiences, and clarify distinctions between ego, higher Self, soul and spirit.

Concepts of duality and One-ness; deep self-awareness and synchronicity are explored, as well as Gratitude consciousness and practices.

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 strengths the awareness of the subtle energy body.

Topics include:

self awareness program

- 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 course students will learn to live consciously in order to manifest the life you want to live.

At the heart of conscious manifestation lies the power of Belief, Love and forgiveness. You will have the opportunity to review and challenge beliefs and values that are limiting your soulful expression in this life.

You will learn the keys to Manifestation, including the Law of Attraction, karma, and Akashic records and how to use these to access abundant success, health, happiness and financial wellbeing. Through the use of ritual and sacred ceremony you will deepen your understanding of the power of intention and group connection, to honour and deepen the meaning of significant life events and rites of passage.

Pre requisite: Intuitive Awareness 1

Mentoring and energy healing sessions

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

Recommended Reading

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

Additional suggested readings discussed in class.