

Kauai Curriculum

Energy Medicine and Ecopsychology

Program Overview

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and Taught by Candace Agustin and Carol Hart

*The following is a brief outline of Program content and subjects.

Level I: **THEME: THE GROUND OF BEING AND BECOMING**

- **Element of the Earth** is explored and our relationship to Her including our relationship with Trust; Childhood; Grounding and Love
- **Journey and Dream work:** creative exploration of images and beliefs that you are currently living
- **Spiritual Practices:** Connecting with the heart-beat of the Earth, finding your Song and Direction, Chants for strengthening the Energy Field
- **The Human Energy Field,** The anatomy of Energy; working with the human energy field; developing the senses to interpret the energy field; developing a relationship your third Chakra—the home of intuition.
- **The Wheel of Life** [also known as The Medicine Wheel] as a model for exploring phases of life and for healing: The 5 R's Lecture and experiential exercises
- **Exercises** in sensing and tracking energy, integrating meaning, and introduction to laying-on-of-hands including the Analytical Journey, Power Line Healing, Extraction Technique Healing
- **Ecopsychology:** The Focusing Exercises: Witness, Asker, Experiencer Model. **Personal dynamics:** family and cultural history, behavioral patterns developed early in life are explored

Level II: **THEME: THE MASK AND THE MIRROR**

- **Element of Water**, the emotional body, and shadow material such as behaviors that we enact in a non-positive manner. The power of our shadow self is invited forward
- **Ecopsychology: Masks and Mirrors:** The lessons instructing our life -purpose and growth are explored through Mask Gazing and Mask Work; Beliefs and Images are explored as defenses; The Sock-Puppet exercises; Taming the Mind. Personal dynamics, defenses, behavioral patterns and self-reflective tools for “being present”; transformational changes are introduced; The Witness, Asker, Experiencer Model is further developed The power of defensive behavior through intellectual armoring, willfulness, and reactive emotions in the energy field is experienced. Ways of responding vs. reacting; experiential exercises.

Meditations: The Indigenous Mind Meditation— bringing together all aspects of the thinking, feeling, intuitive mind, and ancestral wisdom mind.

- **Healing Techniques:** TonGlen breath-work, Emotional Energy Body Clearing, Soul Loss and Recovery, Integration and Embodiment work, The Wave and the Spiral of energetic healing, and Breath Work
- **The Blue House Lodge Ceremony**

Level III: **THEME: INTENTIONAL LIVING**

- **The element of Air** and the Mind are worked with; continuation of exercises to Tame the Mind
- **Ecopsychology:** Strengthening self-awareness, being in right relationships, and right livelihood; Self-Responsibility, lasting behavioral change, Re-membering your True Self. The Egoic Mind vs. the True Mind and the Power of Now; Mind-shifting and Re-Patterning Techniques.

- Deepening meditation and spiritual practices
- **Dream Work** as a means of Listening to the Wisdom of the Soul. Dream collages
- **Healing Practices:** Psychopomp Healing: The Hollow Bone Ceremony and The Passing Through Ceremony
- Death and Dying: The Journey of Transformation
- **Human Energy Field Healings:** The Tree of Life Healing; Spine Clearing; The Line of the Soul: Integrative Healing

Level IV: **THEME: CREATIVITY, PASSION AND**

MANIFESTATION

- **The element of Fire** is explored as fuel and vision for manifestation and action. Passion, creativity and developing a healing practice
- **Dream and Journey Work:** Visioning the future, dream journey work continues
- **Healing Practices:** Relational Cords and Cord Clearing
- Energetic attachments; possession and spirit intrusions are explored, along with the indigenous view to all basic forms of healing. The Soul Line Healing and Restructuring Chakras are two hands-on techniques taught.
- The power of **Ceremony and Meditations** for Healing
- Treatment Plans and Supervision, setting up a Healing Practice
- Protocols for working with healings are discussed
- **Ecopsychology:** Wheel of Life insight work continues with specific practices and teachings. On Becoming Human: Manifesting creativity in your chosen field of work in the world. Eco-psychological Profiles are taught

Book Lists and Required Readings are provided for each Level of the Program.© Jane Ely, 2012