



Inner Journey Events presents TUNING IN - Psychic Development, Level One

This course is offered both as a two-day weekend course or as a weekly series, and is typically offered once each fall, winter and spring and can be scheduled with as little as six participants. Each module will feature an introduction to the topics, interactive practice and guided meditations. The course is highly adaptable and - depending on the interests and experience of the participants – other tools and techniques may be explored.

Module One

Introduction

- Overview of program / Q & A
- Ethics

What is intuition?

- Your sacred contract with Self
- Starting the inner journey

Minding the Gap (Grounding, Attunement, Protection)

- Introduction to energetic boundaries / protection, using techniques such as shawls, colours, images, stones, prayer/intention
- Safe practices / unsafe practices / shadow side / Ouija

Guided Meditations

- Introduction to guided meditation

Module Two

Energy / Chakras

- Intro to chakras, using various techniques (colour swatches, stones, candles, pendulums)
- Chakras – overview of the chakra system, how to identify imbalances, understanding what that means and how to balance
- Auras – how to identify and read, association with chakras

Module Three

Introduction to Divination, “the Clairs”, Healing

- Your divination toolbox (e.g. cards, wands, stones, psychometry, scrying)
- Different forms of sensing / divination such as clairvoyance, clairaudience, clairsentience, clairgustience, clairaroma/clairalience

Module Four

Introduction to Mediumship and Channeling

- Creating intention in readings
- What to do, what *not* to do

Practice

Module Five

Spirit Guides

- Finding your spirit guide , creating relationship with your guide(s)
- Introduction to shamanic journeys

Spirit Art

- Creative channeling

Continued Practice

- Mediumship, Divination Tools, participant’s choice

Module Six

Spirituality

- Past lives, past-life journeys
- Fears / phobias / karmic patterns
- World spirituality – gurus, priests, shamans
- Calling on your guides, wisdom council
- Using your intuition

Module Seven

Continuation of Practice

Q&A / Review

Reading list

What happens now? What happens next?

- Daily practice recommendations such as journaling, meditation, etc

For more information, contact:

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Regular rate \$225 + HST

Member rate \$200 + HST

Not a member? Save \$25 by bringing a friend!

Graduates can audit for \$25 + HST – a great way to refresh your skills!

View our calendar on-line at

<http://www.meetup.com/innerjourneyevents/events/calendar/>