

Esoteric Healing  
Part 2

**INTEGRATION**

Schedule

DAY 1

Welcome and Introductions  
Opening Meditation  
Review: Constitution of Human Being  
    Sensing Energy  
Basic Center  
Sacral Center  
Kundalini Energy  
Closing Meditation

DAY 2

Opening Meditation  
The Science of Meditation  
Alta Major  
Ajna  
Solar Plexus  
Gastrointestinal System  
Initiations  
Closing Meditation

DAY 3

Opening Meditation  
The Rays  
Heart Center  
Immune System  
Throat Center  
Closing Meditation

DAY 4

Opening Meditation  
Breath  
Throat Center (cont'd)  
Basic Tenets of Esoteric Thinking  
Treatments: Putting it All Together (30 mins. per person)  
Closing Meditation