

# SCHEDULE

## Esoteric Healing - Part 1

### **Day 1**

General Introductions  
Meditation  
The Human Energy Field  
The Constitution of the Human Being  
Sensing Energy (Practical Exercises)  
Alignment and Attunement  
The Solar Plexus Center  
Closing Meditation

### **Day 2**

Meditation  
Meditation and Healing  
Solar Plexus Practice  
The Basic Center and Spine  
The Subtle Bodies: The Aura  
The Sacral Center  
Closing Meditation

### **Day 3**

Meditation  
Soul: True Healer of the Form  
The Heart Center  
Throat Center  
Lymphatic System  
Review Practice for Day 4  
Closing Meditation

### **Day 4**

Meditation  
The Inner Teacher  
Minors  
Causes of Disease  
Bringing it Altogether  
Practice: Self-Healing, Group Healing, Absent Healing  
Summary  
Closing Meditation

Based on the original syllabus by Brenda Johnston