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*Light Spirit Medicine*

# Becoming a Wounded Healer

1. **Week 1 Learning about energy and vibrations, along with the Law of Attraction.**
  - a. Lesson 1 Learning about the energetic field.
  - b. Lesson 2 Learning to about their own vibration level.
  - c. Lesson 3 Learning about the Law of Attraction.
    - i. Bonus of Learning a manifestation meditation.
  - d. Energy work to be done on individual basis on a Zoom Call.
2. **Week 2 Working with your own energetic field and raising its level.**
  - a. Lesson 1 Feeling the energy of each individual chakra and how to increase that field.
  - b. Lesson 2 Learning how to cleanse the energy vortex associated with each chakra.
  - c. Lesson 3 Learning about the different layers of the energy field which the chakras connect.
  - d. Book individual call for help in raising your own vibration level.
3. **Week 3 Learning about Reiki.**
  - a. Lesson 1 Learning about the basics and self-healing Level 1 Usui Reiki.
  - b. Lesson 2 Learning how to heal others and remote healing Level 2 Usui Reiki.
  - c. Lesson 3 Learning how to send healing into the future and out to the past and learning how to become a teacher of Reiki Level 3 Usui Reiki.
  - d. Schedule Reiki Attunement for week 4
4. **Week 4 Learning about the Angels, and Spirit Guides**
  - a. Lesson 1 Learning how to make contact with them in different forms.
  - b. Lesson 2 Learning the art dowsing through the use of a pendulum.
  - c. Lesson 1 Learning how to open Sacred Space and journey to the lower world in a safe environment.
  - d. Lesson 2 Learning to get to the upper world and the many facets of the upper world.
  - e. Energy work on individual basis
5. **Week 5 Learning about Shamanic Journeying.**
  - a. Lesson 1 Learning how to open Sacred Space and journey to the lower world in a safe environment.
  - b. Lesson 2 Learning to get to the upper world and the many facets of the upper world.
6. **Week 6 Learning the practice of Astral Projection/Out of Body Experiences.**
  - a. Lesson 1 Learning different ways to actually leave the body.
  - b. Lesson 2 Further practical guidance in AP/OBE.
7. **Week 7 Learning the Art of Dreaming.**
  - a. Lesson 1 Learning the art of active dreaming.
  - b. Lesson 2 Learning to journey to a dream that has already happened.
8. **Week 8 Learning the Art of Soul Retrieval.**

Outcome is to actually retrieve the parts of the soul that they had lost during their early childhood trauma or from any trauma that has happened at any time in their lives.  
Benefit is receiving that lost part of themselves back into their energetic field making them whole and complete once again.

  - a. Lesson 1 Mapping the Soul and learning the Four Chambers of the Lower World pertaining to the soul.
  - b. Lesson 2 Journey to the Chamber of Wounds.



- c. Lesson 3 Journey to the Chamber of Contracts.
- d. Lesson 4 Journey to the Chamber of Innocence/Grace.
- e. Lesson 5 Journey to the Chamber of gifts and Treasures.

**9. End of Program (Move on to Dreaming a New World)**

- a. This is ongoing support to those who want to participate where we will discuss our dreams and journeys. With the possibilities of even co-creating shared dreams and journeys along our spiritual path. This is a place where we can all learn and help each other along our paths.
- b. Where as this is a very full course and each week just skims the surface of each one of the topics in a given week there are full courses available for each of the topics covered in each week, and you will be eligible to take anyone of those courses, depending upon what serves you!!!

