

Akamai University: School of Complementary and Alternative Medicine

Michelle Greenwell, and Natascha Polomski

Designed November 2021

Email Michelle Greenwell: info@dancedebut.com. Email Natascha Polomski: turnupthefrequency@gmail.com

CAM 588: Raising BioEnergetic Awareness (RBEA) – Exploring Energy (3 credits)

Awareness of our wellbeing and our initial feelings in a situation are key to understanding the energetic shifts that can happen to bring imbalance and blocked flow to living. When we raise our awareness of what the senses are providing us moment by moment, in situations and experiences, we can begin to understand how our feelings, emotions, physical reactions and connections with others can be transformed. In this exploratory course we will be identifying our ways of knowing, the pattern of belief and thoughts that shift our focus away from wellbeing and how to engage in an energetic and intentional way. Each experiential exercise will explore a concept and create an opportunity for journaling for further insight. Concepts include brain and body connections, the power of compassion, the use of the breath within exercises, centering and grounding, reflective journaling, the connection of spine and emotions, and perceptions.

Learning Objectives: Participants will be able to:

1. Explore your awareness through the 5 senses and other ways of knowing and identify how this knowledge enhances all aspects of life, especially your disciplines and work.
2. Describe the key concepts, principles, theory, interventions, assessment and clinical evaluations of RBEA in your discipline.
3. Demonstrate competency in the application of RBEA in your personal and professional life in regards to self, others and situations.

Course Topics:

- Sensing Energy
- Centering
- Reflective Journaling
- Grounding
- Intention
- Exploring the Impact of Emotions
 - The Lens that Shapes Experiences
 - Changing Perception
 - Healing Potential

- Offering vs. Giving
- Letting go of Outcome
- Releasing Doubt and Judgement
- Self-Responsibility
- Sensing with all Possibilities
- Bringing Awareness to the Healing Process
- Living Consciously
- Importance of Rest after a Session

Assignments & Evaluation

1. Attend RBEA class virtually. Record your course observations in detail in the provided journal and describe where in your life or professional work you apply the concepts of RBEA and the results experienced (25% class participation).
2. Describe in depth the practicality of the theory and practice of RBEA as well as discuss these aspects in relation to the research explored in Lynne McTaggart's book "The Field". (Paper of 7 – 10 pages, 25%).
3. Create short videos to explain 5 aspects of RBEA to an audience that fits your professional orientation (nursing, medicine, psychology, counseling, education, lay person, criminal justice, elders, children) to document your ideas that cover the key points that should be shared with your population regarding RBEA. Maximum length of each video: 5 min. (5 Videos 25%).
4. Create a Self-Care handout providing friends, clients or colleagues tips applying 3 aspects of RBEA. Write up your observations of 5 friends, clients or colleagues applying your tips. (25 %).

Required Materials:

- Michelle Greenwell and Natascha Polomski, Raising BioEnergetic Awareness: Module A Exploring Energy and Journal, 2020. <https://rbeawareness.square.site>
- Lynne McTaggart, The Field Updated Ed: The Quest for the Secret Force of the Universe, Harper Perennial, 2008

Recommended Materials:

- Christina Ross, Etiology: How to Detect Disease in Your Energy Field Before It Manifests in Your Body,
- Deepak Chopra, <http://www.chopra.com/articles/5-steps-to-setting-powerful-intentions>
- James Oschman, Energy Medicine: The Scientific Basis, Elsevier 2000, p.226 – 227

- Lynne McTaggart, Blog <https://lynnemctaggart.com/>
- Cyndi Dale, *The Subtle Energy Body: An Encyclopedia of your Energy Body*, 2009
- Dr. June Wieder, *Song of the Spine: Sound Healing and Vibrational Therapy*, 2004
- Richard Gerber, *Vibrational Medicine*, Bear and Company, USA, 2001,
- Dr. Beverly. Rubik, *The Biological Field*,
https://www.youtube.com/watch?v=fnrF_MKQwKg
- Lissa Rankin, *Mind over Medicine*, Hayhouse Publishing, USA, 2013