



*Foundational VortexHealing®: A Training for Spiritual Development &
Deep Physical Healing
with Lorraine Goldbloom*

SCHEDULE:

Day 1:

- Discussion about the nature of healing
- Discussion about the nature of awakening and what it means to be an awakening lineage
- Discussion about the nature of karma and karmic issues
- Discussion the history of VortexHealing®
- Reestablish the grounding cord
- Meditation about the vital web

Day 2

- Discussion about the philosophy and goals of VortexHealing®
- Review Code of Ethics and discuss practitioner/client relationships, including issues of permission and picking up other people's stuff
- Introduction to the VortexHealing® website, student area, closed chat rooms. How to find materials for other classes and meet the community
- Description of Vortex wheel and tools
- Begin to do self-healing work

Day 3

- Detailed description of 49+ energies
- Using the tools to explore and work with the chakra system
- Using the tools to explore and work with the energetic bodies
- Using the tools to explore and work with the meridian and other energetic pathways
- Full length self-healing (emotional issue)

Day 4

- Practice getting Divine Guidance
- Discussion about different Realms
- Full length self-healing on a karmic issue
- Full length self-partner healing on a physical issue
- Discussion/practice working at a distance

Day 5

- Discussion about viruses and Infection Protocol
- Clearing spaces, food, jewelry, etc.
- Full-length partner healing
- Discussion about other classes within VortexHealing®
- Final healing/Integrating meditation to bring in a quality (for example: compassion, inner freedom, transformation, etc.)

**Schedule Note: Loraine will give periodic breaks during class and will be available for private meetings. Lunch will be 1 pm – 2:30 pm each day.*