



## **Foundational VortexHealing®: Training for Spiritual Development**

*\*\*Note: There is an energetic/consciousness transmission that runs throughout the 5-day class. This transmission is what enables students to receive the 'Vortex Wheel' use the numerous energetic and consciousness tools as well as creating a 'light acceleration' that evolves the energy system.*

**Sessions are 9:30 AM – 5:30 PM with lunch break 12:00 PM – 1:30 PM each day.**

### **Day 1: Friday, March 25, 2022**

- Discussion about the nature of healing: We discuss how the human body/energy system holds and experiences its issues, and how these issues condition the physical body, energy system and consciousness. We also talk about karma and karmic conditioning -what that means, what it looks like in the system and how we can be free from it.
- History of VortexHealing® as a lineage that dates back to India 5600 years ago and the nature of and why and how it functions as a powerful healing modality. We offer a perspective on Merlin as an expression of Divinity and a title that has been used throughout history. We discuss the true nature of true magic verses 'magical thinking' and fantasy.
- Discussion about VortexHealing® as an awakening lineage: What does it really mean to awaken and what does that mean in the context of healing? By describing the 'Vital Web' and what that looks like from the point of view of creation we discover how "It's All One" is not a simply a nice idea or story, but rather the structure of creation.

- Healing Mediations and Grounding Cord: We take time to tune into the transmission that is continuously running during the class and re-establish the Grounding Cord. The Grounding Cord is a part of the energy system that supports and nurtures more deeply than any grounding technique one can learn.

### **Day 2: Saturday, March 26, 2022**

- Philosophy and Goals: We discuss how our issues manifest as a result of losing sight of the truth of who and what we are, and the relationship between healing on a practical level and the deeper significance of awakening. Healing and awakening are both ultimately about a return to wholeness and realizing the freedom and Oneness that is our true nature.
- Review of the VortexHealing® Code of Ethics and discussion about practitioner/client relationships including issues of permission and picking up other people's 'stuff'.
- Introduction to the VortexHealing® website, student area and closed chat rooms How to find materials for other class, take advantage of the resources we offer and meet the international community.
- Description of the Vortex Wheel and tools, including 49+ different types of energy, a consciousness tool called Merlin's Healing Essence, and the ability to run 'Divine Lines', energizing the system on a very deep level.
- We begin using the tools for Self-Healing on various parts of the system.

### **Day 3: Sunday, March 27, 2022**

- Extensive Self-healing and Exploration of the Energetic Anatomy – We use the Vortex Wheel to work with the chakra system, energetic bodies and meridian pathways. An overview is provided for the structure of these different systems and students learn how to work with them directly using the VortexHealing® tools.
- Students are guided through a full-length self-healing on an emotional issue.

### **Day 4: Monday, March 28, 2022**

- We discuss and practice receiving Divine Guidance with exercises inspired by pendulum work.

- More discussion about different parts of the energy system and an exploration of the other realms of creation.
- Students will practice a full-length healing on a karmic issue.
- Students will have an opportunity to work with a partner using the tools.
- We will discuss and practice using VortexHealing® at a distance.

**Day 5: Tuesday, March 29, 2022**

- Infection Protocol: There will be a specific discussion and protocol for infections: including viral, bacterial, fungal and parasite infections. Students receive a special tool called 'Immune Boost' to help strengthen the system.
- We will practice some of the more magical aspects of the lineage and students will practice clearing spaces, clearing food, jewelry, etc.
- Students will be guided through a full-length partner healing.
- There will be a discussion about other VortexHealing® classes and community resources.
- A final mediation/healing that will help integrate the tools and the movement generated by the class.