

Indigenous Wisdom Teachings Program

Inner Journey 2013 - 2014



Enrich **Your** Life **With** Timeless **Teachings**

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At its core, healing is a spiritual process. Deepen your understanding of the interconnectedness between healing and energy, and enrich your life with timeless teachings. Integrate ancient wisdom with modern science to envision and create the world you wish to live in.

This program is designed for those who want to take their professional healing practice to the next level or begin a path of personal development. Explore the nature of consciousness, quantum mechanics and reality to remember your energetic essence and connect with your heart path. The knowledge you gain will support spiritual growth and empower you to make a difference in your world. Unlock the secrets to living an inspired and fulfilled life, and utilize your understanding to bring health and harmony to yourself and loved ones.

PROGRAM, COURSES & HOURS (8 HRs/CEUs per course)

Audience: Classes are open to the general public as well as health care professionals. CEUs are awarded to naturopaths, massage therapists, nurses and mental health counselors licensed in WA State.

The Indigenous Wisdom Teachings program is taught over three quarters. There are a total of nine courses, three "foundation" courses (F) and six "elective" courses (E). At the conclusion of each course you will earn a Certificate of Completion (eight hours each). Those who complete all three foundation courses plus at least three elective courses will earn a Certificate of Competency (minimum of 48 hours).

Each foundation course is held on three Wednesday evenings (6-9p.m.), and each elective course is held on a Sunday (9a.m. - 6p.m.). You can start the program at any time, and take the classes in any order. (One exception: before taking "Creating Flow - Engaging the Sacred Archetypes" you will need to take "Walking the Inner Landscape: Sourcing from Within".)



FALL '13

Walking the Inner Landscape: Sourcing from Within (F) - Oct 9, 16, 23
Sacred Signs: Speaking the Language of Spirit (E) - Oct 27
Creating Flow: Engaging the Sacred Archetypes (E) - Nov 10



WINTER '14

Energetic Armour: Protecting & Strengthening Your Energy Body (F)
Jan 22, 29, Feb 5
Tracking Energy: Awakening the Seer & Healer Within (E) - Feb 9
Art of Creation: Dancing in the Space between the Spaces (E) - March 2



SPRING '14

Elemental Healing: Moving Energy & Restoring Wholeness (F) - April 16, 23, 30
Earth Wisdom: Whisperings of the Stone People (E) - May 4
Botanical Blessings: Healing with the Spirits of Nature (E) - May 18

Fees - per 8-hr class

You "pay as you go" by registering for each class separately. Register by the "early bird" registration date and receive a discount. The early bird deadline is typically two weeks prior to class start (see our website for specific dates).

	Early Bird	Regular
Professional & General Public	\$175	\$205
Bastyr Alumni	\$155	\$175
Full-time Student	\$125	NA

To earn a Certificate of Competency you need to take a minimum of six courses, a total investment of \$1,050 (at the prof/public "early bird" rate).

PROGRAM INFO SESSIONS – Free

Learn more about this and our other non-credit weekend programs at one of our free Info Sessions: 7/24, 9/10, 1/8 or 4/9. Meet the instructors. Attend two free mini-workshops. Pre-registration required: www.Bastyr.edu/Continuing-Education

LAUREN NALDER, BSc

Lauren's philosophy is to live intentionally and love unconditionally. Conscious of the human condition and human potential, she inspires and invigorates people to open their minds and hearts, and achieve their highest expression.



Over the course of 30 years, Lauren has traveled the globe visiting sacred sites and gaining knowledge from cultures steeped in tradition. She has studied world mythology, Toltec wisdom and the spiritual practices of the Amazon and Andes. Lauren blends Inca shamanism, Western consciousness work and primordial energy medicine to provide tools and techniques to shift one's thinking into a positive personal philosophy. Lauren has earned a notable reputation as a wisdom teacher by assisting students through a path of personal development while inspiring and propelling them to realize their own magnificence as influential healers.

Founding director of The Center for Elemental Healing and Wisdom, Lauren offers workshops, retreats, and certification programs. She enjoys connecting people to their vision so they may discover a pathway of purpose that can elevate, energize and enable them to create an extraordinary life.

Lauren created LOVE Natural Elements, creating a unique line of element-inspired wellness products designed to evoke the senses and support the individual healing process. To learn more about this instructor visit www.elementalhealingandwisdom.com

CANCELLATION, TRANSFER & REFUND POLICY

Please submit your request in writing (email or fax). Unless otherwise specified in the individual course descriptions, cancellations or transfers made up to 14 calendar days before the first day of the course will result in a full refund, less a \$35 processing fee or 20% of tuition, whichever is less. No refunds are granted for cancellations made with less than the 14-day notice. Returned checks will be assessed a \$28 fee. Students registered for the full course will not be refunded for any missed sessions and may not receive certificates of completion for partial completion of a seminar. Bastyr University reserves the right to cancel courses with insufficient enrollment, in which case a full refund will be granted to those registered.

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REGISTRATION: Visit www.Bastyr.edu/Continuing-Education
call (425) 602-3152, or at our campus office **Room 441.**

Indigenous Wisdom Teachings Program - Inner Journey

Course Descriptions

FALL 2013

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Walking the Inner Landscape: Sourcing from Within • Foundation Class

Have you ever found yourself tapping the compass of life and just not knowing which way to go? Does listening to the advice of friends and family leave you feeling tired, confused and all alone? Then it is time for you to realize your ability to establish unique spiritual connections which will provide you with reliable and trustworthy sources of clarity, courage and strength.

Your inner landscape is a vast world accessible through the simple act of journeying. Learn how to journey to your Sacred Garden - a place of personal safety, comfort, and joy. Meet your Power Animal, a constant companion and source of personal strength and wisdom. With the assistance of your Power Animal, meet your compassionate, nonjudgmental Spirit Guide who will assist you in navigating the currents of your life. You are never alone, and assistance is just a journey away.

Creating Flow: Engaging the Sacred Archetypes • Elective Class

Prerequisite: Walking the Inner Landscape

Can't seem to get it together, or get it right? Do you tend to misplace everyday things, causing frustration and inconvenience? Learn how Archetypes dwell within us all and inform our lives at every moment. Discover how these universal energies are entwined with your being and understand why coming into right relationship with these powerful forces facilitates harmony, flow, and empowerment in your daily life.

Discover how to bring the Archetypes into consciousness and communicate with them. With the assistance of your Spirit Guide, you will meet and establish relationships with these influential beings. Discover how they live within you and express themselves through your being. Discover what each of you needs from the other in order to come into balance. We will then take it to the next level by improving relations amongst the Archetypes themselves. By the end of the day you will have the tools to see and honor what needs to be heard. Learn how to work with the Archetypes to heighten your awareness, increase your energy, and create a harmonic flow within your life.

Sacred Signs: Speaking the Language of Spirit • Elective Class

Ever wonder why you are here and what you are supposed to be doing? Or, perhaps you need help making an important decision and are waiting for a sign from above that never seems to come? Redirect your attention and discover the wisdom and wonder in the messages that are spoken to you from the natural world.

Nature's energies and spiritual forces guide and assist us in varying ways. They empower those who are aware to discover new meaning, shift perception and move in a new direction. Learn to recognize and interpret messages sent to you from Spirit. Gain insight and understanding into your life as you learn the wisdom teachings of animals, plants and stones. Discover how the cycles of the seasons parallel your own natural rhythms, and how this influences you in your journey through life. Activate your inner knowing and awaken your innate ability to heal as you realize and strengthen your spiritual connections. Learn to speak the language of Spirit, and begin experiencing the world through new eyes.

WINTER 2014

Energetic Armour: Protecting & Strengthening Your Energy Body • Foundation Class

In a world where we encounter negativity, toxicity and the misuse of power, we must be attentive to protecting ourselves and our environment from intrusive energies. Whether you are on a path of personal development or in practice as a professional healer, in this course you will attain ancient knowledge shared by the medicine men and women of the Americas which will support you in your personal life or enhance your professional repertoire.

Become empowered with skills and tools which will assist you in your interactions with challenging people, toxic relationships or uncomfortable environments. Distinguish the differences between various forms of energy, and recognize the power of intent and conscious ethical thought. Once you've learned to recognize and differentiate between these energies you can establish energetic boundaries to prevent energy depletion and discover new ways to strengthen your energetic architecture. We will also explore how to identify, track and clear negative energies – whether they are transferred to you by others, manifest from within you, or they are present in your environment.

Tracking Energy: Awakening the Seer & Healer Within • Elective Class

Ever wonder whether or not to stay in a relationship? What your next career move should be? Or what direction is in your best and highest interest? Discover how to energetically track a situation in order to bring clarity and focus into your world. Enrich your orientation to life by facilitating personal healing and growth. In this seminar you will bring valuable information into consciousness that opens the way for shifts to occur. Engage the four archetypal animal energies of Amazonia Cosmology as you access and explore your energetic terrain, and reveal soul stories that seek to be heard and healed.

You will learn indigenous methods of tracking energy which will enable you to truthfully evaluate where you are in your life currently, and where you would rather be instead. Discover how to live a life of congruency where your external reality is in alignment with your internal dreams and desires. Heighten your perception and activate your innate ability to heal. By the end of the day you will reconnect with your path of purpose and reignite your passion for life.

Indigenous Wisdom Teachings Program - Inner Journey

Course Descriptions

WINTER 2014 (Continued)

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Art of Creation: Dancing in the Space between the Spaces • Elective Class

Do you feel like you never have enough time? Or, perhaps too much time on your hands? How will you spend the time you have left in this life? We will explore the nature of time, our physical link to it, and discover how we can experience a healthier relationship with time itself. We will work in the place that exists outside of time to learn the art of stillness, and plant seeds to create the life you yearn to live.

Step into infinity and discover how to shift your world with the energy and intention of your mind. When you can sculpt your thoughts you tap into your creativity, enabling you to sail in whichever direction you wish. Connect with the living energy of the Universe to feed your soul and shape the time to come. Experience inner peace and achieve new levels of awareness as you journey through the stars and unlock the secret to creating unlimited possibility and living your dreams.

SPRING 2014

Elemental Healing: Moving Energy & Restoring Wholeness • Foundation Class

Deepen your understanding of the interconnectedness between energy and healing. Engage the four levels of your being and experience flow as you fuel your body and feed your soul with the Elemental Healing™ Method. Our energy body codes our experiences in its energetic architecture where there is a complete record of all our past experiences and emotional wounds. Healing those wounds is one of the primary rewards of one's Inner Journey.

In this seminar you will evaluate the condition of the energy body and learn to move energy through it in order to create space for healing to occur. Learn to remove dense energy and replace it with a quantum of clean energy to begin the healing process. We will discuss how experiences are processed in your energetic architecture and learn methods for releasing burdens and restoring wholeness. Dialogue with the Elements and discover how each lives within you - reconnecting and rebuilding relationships where needed. Expand your knowledge of mind-body-spirit synergy and enrich your life with timeless teachings.

Earth Wisdom: Whisperings of the Stone People • Elective Class

Mayan medicine men and women speak of the powerful healing that is available to us from the Stone World. The collective consciousness of the Stone People holds ancient knowledge and ancestral wisdom that can inform and guide us. In this seminar you will work with stones to connect to and communicate with these beings, and discover the messages they have to share. You will also learn to work with stones as a method of healing - tracking and clearing toxic emotional debris.

Born of the stars, the stones of our planet are Spirit beings existing through millions of years of development. These blossoms of the Earth hold the wisdom of the ages, emitting a powerful vibratory current of consciousness with which we can form a sacred relationship. You will meet your stones at the soul level and discover the unmistakable presence that accompanies each one, as well as the teachings and gifts they offer. These living beings have much information to share, far beyond what you may imagine. Harvest the healing benefits and experience the wonder as you learn to work alongside your brilliant gems.

Botanical Blessings: Healing with the Spirits of Nature • Elective Class

Discover a doorway to the Divine and develop methods to deliver delicious healing in your life. Infuse yourself with the wisdom and wonder of nature, and establish new patterns of relationship and possibility in your world. You will connect with the larger rhythms and energies of life - calling forth balance and wholeness within yourself, with one another, and with the world.

Our energetic and bio-physiological system is intricately and intimately intertwined with the natural world and the living energy of the Universe. Discover the healing wisdom of nature as you engage the essential energies of land and plants. In this seminar you will learn to work closely with the botanical world to recognize and interpret the tangible messages that Spirit offers to guide, protect and inspire. You will learn to build a nature mandala, a powerful tool of the tribal sage which answers questions and shifts energy. Feel the heartbeat of the Mother and become one with the woods as you bask in the healing energy of earth while forest bathing in St Edwards Park. Summon forth balance and healing, and listen to the language of love while receiving guidance from Spirit.