

Indigenous Wisdom & Healing Program

2014 - 2015



Engage With Energy and Nature to Create Health

Energy medicine is one of the top healing professions of the future and is becoming rapidly accepted in mainstream medicine. Used alone or in conjunction with allopathic treatments and other complimentary health practices, energy medicine is an effective and efficient healing modality that provides a holistic pathway to health and higher consciousness.

The body has the innate capacity to create, heal and regenerate itself. In this program you will connect with the vital life force energy that infuses all things and interact with the power that permeates the natural world to accelerate healing, boost vitality and discover the secret to longevity.

Learn the ancient healing practices of Peruvian shaman. Explore universal energy, as well as the nature of consciousness and reality to gain the skills and tools which facilitate healing for self and others. You will learn methods to achieve vibrant physical, emotional and spiritual health; self-care practices to maintain vital energy and establish healthy boundaries; and connect with your life purpose. This program is ideal for those who already have an established health care practice, pursuing a new career path, or seeking personal growth.

AUDIENCE: Classes are open to the general public as well as health care professionals. CEUs/CMEs available to naturopaths, massage therapists, nurses and mental health counselors licensed in Washington State.

PROGRAM OPEN HOUSE – Free

Learn more about this and our other non-credit weekend programs at one of our free **Open House** events: Sept 9, Jan 6 or March 24. Meet the instructors. Attend two free mini-workshops. Pre-registration required www.Bastyr.edu/Continuing-Education

PROGRAM COURSES

(see a brief description of each course on reverse side)

You can elect to take each class independently or complete all four courses to earn a Certificate of Competency. All four courses are offered Fall, Winter and Spring Quarters. So if you miss one you can take it in the next quarter.

	FALL '14	WINTER '15	SPRING '15
Tracking & Clearing 14 HRs/CEUs (Sat & Sun)	Sept 27-28	Jan 10-11	April 18-19
Walking the Inner Landscape 7 HRs/CEUs (Wed evening)	Oct 8, 15, 22	Jan 14, 21, 28	April 15, 22, 29
Tracking & Clearing – Practicum 14 HRs/CEUs (self-study plus Thurs evening)	Oct 23	Feb 19	May 14
Illumination & Protection 14 HRs/CEUs (Sat & Sun)	Oct 25-26	Feb 21-22	May 16-17

FEES:

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

		Early Bird/Regular
Walking the Inner Landscape	Professional/Public	\$155/\$185
	Bastyr Alumni	\$135/\$165
	Full-time Student	\$115/NA
Tracking & Clearing	Professional/Public	\$295/\$355
	Bastyr Alumni	\$265/\$315
	Full-time Student	\$215/NA
Tracking & Clearing - Practicum 14 HRs/CEUs	Professional/Public	\$95/\$115
	Bastyr Alumni	\$85/\$105
	Full-time Student	\$65
Illumination & Protection 14 HRs/CEUs	Professional/Public	\$295/\$355
	Bastyr Alumni	\$265/\$315
	Full-time Student	\$215

To earn a Certificate of Competency you must complete all four classes, a total investment of approximately \$840 (at the professional/public "early bird" rate).

LAUREN NALDER, BSc

Lauren's philosophy is to live intentionally and love unconditionally. Conscious of the human condition and human potential, she enables students to expand their minds and hearts and awaken their vision and voice by engaging them with the energy of the Universe and the healing wisdom of the natural world.



Over the course of 30 years, Lauren has traveled the globe visiting sacred sites and gathering knowledge from cultures steeped in tradition. She has studied world mythology, Toltec wisdom, and the spiritual and healing practices of the Amazon and Andes. Lauren blends Inca shamanism, primordial energy medicine, Eastern philosophy and Western consciousness work to offer students tools and techniques which facilitate the healing process for self and others - enabling one to enjoy exceptional states of well-being.

Founder of The Center for Elemental Healing and Wisdom, Lauren offers workshops, retreats, on-line learning and certification programs in mind-body-spirit medicine. Lauren provides group facilitation and private sessions for clients worldwide. She has worked with individuals and organizations alike - corporations, government officials, law enforcement agencies, athletes and those in the entertainment industry. A graduate of the University of Utah, Lauren earned a Bachelor of Science in Exercise Physiology & Sport Science. 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.

Edited 10/28/14

BASTYR
UNIVERSITY

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


Indigenous Wisdom & Healing Program



Walking the Inner Landscape

Are you tapping the compass, unable to locate true North and just not knowing which direction to take? Do you have a track record of self-doubt, indecision or poor judgment? Searching for clarity and courage? Then now is the time to shift your orientation to life by developing trust in your intuition and living in a way that authentically nourishes you. Discover how to source from within to achieve the connection and comfort you crave, enjoy self-discovery and experience body-mind-soul healing benefits through spiritually fulfilling explorations.

Your inner landscape is a vast world accessible through the simple act of journeying. Step through a door and onto your pathway to higher consciousness to discover your Sacred Garden - a place of personal safety, nurturing and bliss - where creativity is cultivated and vital energy is restored. Connect with your Power Animal, a constant companion and source of strength, wisdom and protection. With the assistance of your animal, meet your compassionate and nonjudgmental Guide who will give unconditional love while assisting you in navigating the currents of your life. You are never alone, and support is just a journey away.



Tracking & Clearing

Are you ready to receive the knowledge you seek for physical, emotional and spiritual health? Direct the power of your mind to bring valuable information into consciousness as you explore energetic terrain and connect with your client's inner health. Learn to reveal patterns of injury and unresolved issues that keep one bound in a state of "dis-ease." Discover how to release traumatic imprints, boost vitality, and activate your client's innate ability to heal.

Our overall health and well-being is intricately tied to the state of our physical, emotional and spiritual self. Energy organizes all matter, including our bodies, and every aspect of our lives. All imbalances originate at the energetic level. Our energy body codes within it a complete record of all our past experiences and present beliefs - it's these beliefs and experiences which color our perception of our environment. The energy body directly influences our gene expression, which in turn affects our biology and behavior. Learn to read and interact with your client's energy body and assist them in releasing negative imprints - opening the way for the creation of positive new patterns of thought, as well as the healing and restoration of their entire being. Employ the ancient wisdom and healing practices of the indigenous peoples of the Americas while embracing the latest advancements of epigenetics and neuroplasticity to bring the body and brain back to a state of vibrant health.



Tracking & Clearing - Practicum

Prerequisite: Completion of Indigenous Wisdom & Healing: Tracking & Clearing

This course is for those who have completed the Indigenous Wisdom & Healing: Tracking & Clearing course and want to fine-tune their skills. Deepen your knowledge and develop your skills as you work with the healing power of shamanic energy medicine. The course consists of completing and documenting six shamanic energy medicine healing sessions on six different clients, and attending the single evening class session.

Upon registering for the course Lauren will email you a sample case report, blank case report form, and instructions for completion and submission of the six case reports. Each client session should take approximately an hour, with an additional hour dedicated to writing the case report. Approximately 10 days prior to the evening session you will electronically submit the six completed case reports to Lauren, and she will provide written feedback via email. Additionally, you will select one of your case reports and present a seven to ten minute oral review to your classmates during the evening class.

Students in the Indigenous Wisdom & Healing Program, whose goal is to earn a Certificate of Competency in the program, are required to complete the practicum course.



Illumination & Protection

The hardware of your physical body is a mirror reflection of the health of your energetic body which stores within its software a complete record of everything you have ever experienced. Discover how to improve the quality of your energy body so the genes for health and longevity can be expressed. Your thoughts and perceptions inform your genetic code. It is through the language of your thoughts that you create the story of your life. Rewrite the program for dis-ease and dysfunction by sourcing from a place of health and harmony.

Consciously inform your subconscious mind and sculpt your thoughts to shift your world. Achieve movement, and discover new pathways of purpose as you reawaken and reconnect with your energetic essence. Explore the ancient practices of the Peruvian shaman and the modern principles of neuroscience. Rejuvenate your system and redefine your energetic boundaries as you discover methods to manage your energy body and use self-care practices. Learn to harness Universal energy to enhance and protect the quality of your energy body and attain knowledge that supports health and wholeness for self as well as client.