

Education – Training

- Holistic Energetic Practitioner –
- Diploma in Human Energetics –

Holistic Health is a life approach that considers multidimensional aspects of well-being. It encourages individuals to recognize the whole person: physically, mentally, emotionally, socially, intellectually, and spiritually. The individual becomes an active participant in their health decisions and healing processes, including nutrition, exercise, and meditation. Holistic health combines well-being for the mind, body, and soul to promote healing, overall wellness, and prevention.

Curriculum for Holistic Energetic Practitioner Training - Diploma in Human Energetics
Content:

Chakra-Aura Studies, Color Theory, Essential Oils, Healing Crystals, Spiritual Skills, Anatomy, Meridians, Matrix Wave and Matrix Reading, Healing Numbers and Symbols, Numerology, Meridian Balancing, Tuning Forks, Pendulum and Tensor, Herbalism and Medicinal Mushrooms, Meditation, Breathing Techniques and Voice Training, Mindfulness and Visualization, Polarity, Accounting, Branding and Website, Professional Rights, and Informed Consent Form. Practical Exercises, Case Studies, and Mentoring.

Module 1: Introduction to Holistic Energetic Health Practice and Chakra Studies

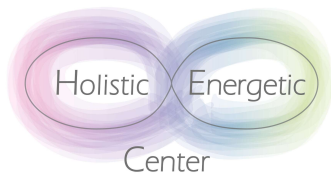
- Introduction to the fundamentals of energy work and holistic health
- Basics of chakra studies, aura, and their significance for health
- Ethics and professional rights for Holistic Energetic Practitioners - Diploma in Human Energetics

Module 2: Aura, Color Theory, Energetic Cleansing, Polarity

- Colors and their application in energy work
- Energetic cleansing and balancing of chakras and aura
- Polarity – Technique

Module 3: Essential Oils and Healing Crystals / Herbalism and Medicinal Mushrooms

- Effects and application of essential oils
- Selection and application of healing crystals for various purposes
- Creating energetic blends using essential oils and healing crystals
- Integration of herbalism and medicinal mushrooms into energetic work



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Module 4: Anatomy and Meridians

- Basics of human anatomy and physiology - Organ clock
- Understanding meridians and their role in energy flow - Emotions
- Introduction to the importance of micro and macronutrients in the human body.

Module 5: Matrix Wave and Matrix Reading / Spiritual Abilities and Intuition

- Introduction to the Matrix Wave technique for removing blockages
- Matrix Reading for identifying and resolving energetic disharmonies
- Practical exercises and application of techniques
- Development of spiritual abilities and intuitive skills
- Working with the Higher Self and spiritual guides

Module 6: Healing Numbers, Symbols, and Numerology

- Using healing numbers to harmonize energy
- Meaning and application of energetic symbols
- Numerology: Basics, interpretation of numbers, number symbolism

Module 7: Meridian Balancing

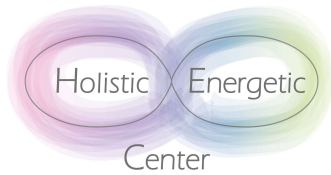
- Meridian balancing techniques for energy flow equilibrium and energetic spinal alignment

Module 8: Pendulum, Tensor, and Tuning Forks

- Application and effects of tuning forks. Explanation of vibration, sounds, and their impact on human cells, tissues, and energy centers.
- Pendulum and tensors in energy work.
- Compatibility testing and alternative diagnostics

Module 9: Guided Meditation and Breathing Techniques

- Basics of meditation, meditation styles, and techniques
- Mindfulness exercises, visualization practices
- Breathing techniques and voice training
- Instruction and creation of meditation scripts for specific themes such as stress reduction, releasing blockages, etc. Crafting individual client-oriented meditation scripts.



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Module 10: *Professional Rights, Legal Aspects, Accounting, and Business Practices*

- Fundamentals of accounting and financial management for private practice
- Marketing strategies, branding, and website design
- Building and maintaining client relationships, appointment management
- Professional regulations and legal framework for the profession
- Liability issues and insurance for Holistic Energetic Practitioners - Diploma in Human Energetics
- Creating and updating informed consent forms and obtaining consent

Module 11: *Practical Exercises, Case Studies, Mentoring, Exam Preparation*

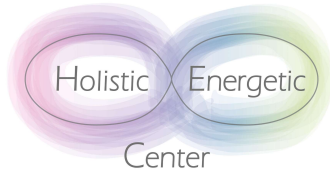
- Conducting practical exercises to apply learned techniques
- Analysis of case studies and discussions to deepen knowledge
- Mentoring and individual support by experienced practitioners
- Reflection and support to promote personal growth and professional development
- Individual review of participants' documentation of 200 hours of practice

Module 12: *Diploma Examination*

- Theory and practical examination
- Project presentation

11 modules of approximately 16 hours each	= 176 teaching units (TUs)
1 practical exercise unit of 8 hours	= 8 TUs
5 practical exercise units of 4 hours each	= 20 TUs
1 individual setting per instructor of 4 hours each	= 20 TUs
Diploma weekend of 16 hours	= 16 TUs
Total	= 240 Tus

After modules 2 to 9, documentation for at least 2 subjects is required. These will be credited as practical hours for the final examination. This practical proof is a crucial element to ensure



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participants not only acquire theoretical knowledge but also can apply techniques in practice. It also supports the quality standard of the education and provides graduates with additional credibility and confidence in their skills. The number of hours of practical experience will be indicated on the diploma.