

MODULE III

SPIRITUAL HARMONY: UNIFYING MIND/BODY/SPIRIT

I INTRODUCTION

By Learning and understanding the “secrets” of how to unify Mind Body and Spirit you will experience:

- A. The Joy of Menopause. How you can achieve and integrate the three facets of your being. Your soul will be nourished. It will show in your face and body and in fact every aspect of your life.
- B. Ageless Beauty and Health. Yes, you can live a stress-free life and a meaningful and purposeful life.
- C. You will not only have your body and mind power but also your soul power – Tao of youth helps you pursue a spiritual path of joy, insight and freedom towards good health.
- D. You will know how to create an environment through the study of Feng Shui to create the right kind of frequency so you live your life of love and abundance.
- E. You can use self healing technique to create even better harmony in your body and all aspect of your life.

II. GOALS OF THE COURSE

- A. The ability to create better frequency in your environment so you can live a more harmonious life.
- B. Create Alpha state mind so you can :
 - Relieve stress and anxiety
 - Optimize your ability to learn and concentrate.
 - Improve your memory and expand your creativity.
 - Promote better chi in your internal organs
 - Contribute to your overall mental, spirit and physical health i

III. SPECIFIC OBJECTIVES Strategy and tools to help unify your mind body and spirit

- A. What is an Alpha state mind vs other state of mind. Why we want to have this state.
- B. What tool we use to accomplish Alpha state mind.
- C. How to integrate Hormone balance and cell health and sound vibration – together to achieve the result.
- D. Why energy is so important to create the best Chi or Qi in our body
- E. Understanding the power of Qi-gong. How you can improve your Chi in your body by this practice.
- F. Self healing :The four modalities of healing body power, mind power, sound power and soul power.
- G. The five energy center in your body according to Chinese energy center theory.
 - The upper Dan Tien and Soa Zhou center
 - The middle Dan Tien
 - The lower Dan Tien and Snow Mountain center
- H. How to increase the energy frequency in those energy center mentioned above so the body will circulate good chi and improve your self healing power.
- I. Galvanic skin resistance –improve your skin absorption of cream.
- J. Simple ABC of Feng Shui
- K. The nine flying stars of Feng Shui, how to optimize the energy vibration to optimize your own home’s frequency so you can have the best chi in your house so you can have the most productive life.
- L. Using crystals and other tools to optimize frequency in your home.
- M. Spiritual life that lead to satisfying and purposeful life. Learn how to tap into the universal life field so you will be experience the law of attraction and live the life you intend with love and abundance.

IV HOW TO GET STARTED

- A Start by listening the sonic vibrational music
- B Exercise that helps increase Chi in your body

- C Healing exercises for body, mind and spirit
- D Feng Shui –nine star formation –Learn the chart

V RESOURCES AND REFERNCES

- A, Hand outs of some of the topics and special reports.
- B, Lists of resources (books, articles, websites, tec.)
- C, Nine flying star chart.
- D, Demonstrations