

CONTENT - What I add in to the courses I teach

(After doing 6 in 9 months).

1 - Setting the scene - all are doused with whatever Aura Soma I feel to use all through as the copal and lustre bowls are not able to cover what these do.

Antakarana - get all to connect with their Soul Star and Earth Star and activate their silver cord, so that they are anchored, and then cleared all through the process - so is NOT a mental one stuck in emotionality.

Beings of Light on P/P to explain what is being activated.

Agreements - and the three circles . .

The three circles - (inclusion/exclusion).

The line of duality to help make different sense of this

2 - Lineage and introduction

Colonization - mud map of the world as we know it, and how people have moved around the world, and taken their beliefs (middle circle with them). Hence all is word medicine and all is about everyone and what they will fight (even themselves) to stay comfy with.

"Old wives' tales" and elder's knowings

Don EJ and the fridge problem (after 1950's - never seen before).

'Mother 's Torah' and Julies' additions.

How all humans do violence to others who are not in their tribe

Sastoon - and then as are doing AV (after tea break) the Great Sperm Race and differentiation into male of female - and how we are all the same and this is *peoples' not women's medicine* - all through the weekend is hammered - all the same bits - different sizes and locations.

Bai Mai - how we nourish ourselves and the connection being severed = what does this mean?

Circumcision is a case in point (setting up for later ED and heart severance all of life and Reichian bands again). A great example of the bottom circle being at the whim of the middle one, and how all are in judgment through their beliefs. Also all birth trauma and how we have creating Birthing Into Violence and the disconnection all through life.

Not how the elders would have had it in any culture.

3 - Systems of flow

(Qi) - Yang and Yin Qi functions

The introduction to the pelvis and the uterine sizes and ligaments holding her there. Handing around charts from Netter's of the different pelvis and differentiation.

4 – Intro to belly care

My 'Go around's'.

Vaginal /perineal clenching first to feel what you have initially and to gauge what this is doing all the way through.

Explain why and that the sheet /notes start half way through – no foreplay.

Need to get a feel for touching self, land marks and the flow of lymph – as important clinically I have found to the ligaments and their influence – and need the Qi to flow to get the Blood to be formed through calming the nervous tension /Stuck Liver Qi/whatever is stuck in the diaphragm – Reich again).

Feeling for uterus position (and get them to feel mine so they can feel nothing there and then do their own).

This first introduction to self care – I do now without oil – is easier and often not enough time as it takes too long to oil up and to be heating their hands and the oil in winter. Also is night and they may get a chill. May go around and take their hands to show how to – or do on them myself after demonstrating on my belly first.

Suggest that they do this before sleep

Start of next day . .

Use the cards to get a feel for their contribution

(Also if you finish early after meditation and there is time up sleeve – use again.)

Scope of Practice and all forms done here

(After they have felt the difference in just doing the round and round).

Also what comes up – as tuff will have already and from discussions evening before. Is SELF care

5) - Digestion

Go over cold again – and the wastage of Yang Qi and what Liver Qi in health does.

Inner Alchemy chart.

What Liver Qi does in health and when it gets blocked - flows do not flow.

Liver Qi governs Blood and hence all women' lives and of course it nourishes muscles and ligaments. . . pissed off?

Can't have the ligaments nourished. . segues into Reich and armour bands here.
Also chakras – which is the presentation of the Beings of Light.

Castor oil packs

6) - Reich and armour bands here.

7) -5 'T's'

Causes of Disease.

(What causes health as well)

Also *the 4 Categories - Tibetan* – hence brings in the spiritual issues – esp of possession and then diversion into the **Spiritual Bathing** and lustre bowls/
prelude to steaming.

For all systems – and usually a large section on *toxins*.

Hot Blood – all levels of

Need for appropriate hydration.

Bring in the *safe intimate care products* at this point, hormonal disruption, all nutrients blocked with passage /inheritance of the Body Burden – and speak of this at length – and again – 'genes' and why is all epigenetic – and thus we can lift this off through taking back the ways of the elders. Graceful acceptance of slow healing in time and letting go 'busy'.

Steaming

8) – Lower belly massage in gratitude

Bottom bit after exploring gaps and relate back to cold and Yang Qi and Spleen Qi
(Holding in place function and also what happens when the Liver Qi invades laterally . . and how this goes back to Reichian armour bands).

Uterine meditation

After lunch . .

Depends . .

Could be . .

May in fact be large incursion – at any stage – into the spiritual bathing and what happens when people die and the repeating of the 5 elements and the concordances that 'Wind in the Blood' and all Tibetan inspired medicines will cover – the not physical.

9) - Ligaments and the displaced womb etc

How and what goes wrong

(No need to belabour this point for 1½ hours as expected to). Also what happens 'wrong' in the physical and how it works in the physical is available anywhere and all are in the presence of what was not needed to be known to sign up for this class)

Faja in here

10) – Reproduction

Men and their toxic load, gut unhappiness, cultural mismanagement as no accounting for how it feels (as this course is not either). BBTs of both and what that means. Toxins in all of life and the different aspects of – Hot Blood and how we get it covered again.

11) – Men's health concerns

(Especially lack of maleness as all in The Silent Spring and Body Burden . .) Also back to toxins and my weight loss issues uncovering the hormonal and the damp. The non expression of the dihydrotestosterone. Is all in the general sections – esp of the 5T's . – so they are not covered separately. Unless I have a man in the class and then we will go into male held traumas more.

12 – Back to the belly

Finishing up the bell massage . .
Blue Door meditation

13) – Where to next?

Group photo
And final copal/ceremony
Handing out certificates and goodbye