

Akamai University: School of Complementary and Alternative Medicine

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CAM 589: Raising BioEnergetic Awareness (RBEA) – Energetic Self Care (3 credits)

Energetic Self Care extends past initial awareness and engagement of the senses. With explorations in biofeedback through muscle monitoring we begin to listen to the needs of the body for optimum balance and flow. The experiential work with intention, sound, color and movement in combination with biofeedback will open the awareness to a better understanding of energetic influences. Vision mapping, tea with intention, and infusing objects with energy are special activities to provide living examples of how this approach can be used for a fuller, more optimized level of self-care.

Learning Objectives: Participants will be able to:

1. Explore beyond mindfulness through biofeedback tools how their enhanced awareness will change their self-care, wellbeing and every day interactions and activities.
2. Describe the key concepts, principles, theory, interventions, assessment and clinical evaluations of RBEA in your discipline.
3. Demonstrate competency in the application of RBEA in your personal and professional life in regards to self, others and situations.

Course Topics:

- Make energy shifts visible
- Infusing objects with energy
- The importance of intention
 - Tea with Intention
 - Vision Mapping
- The influence of color
- The influence of sound
- Movement with group dynamics
- Figure eight for self-care
- Reflective Journaling

Assignments & Evaluation

1. Attend RBEA class virtually. Record your course observations in detail in the provided journal and describe where in your life or professional work you apply the concepts of RBEA and the results experienced (25% class participation)
2. Write an exploratory essay of 1000-1500 words that investigates Dan Siegel's Wheel of Awareness as per the required materials given. How do the exercises in RBEA Self Care change your experience of the Wheel of Awareness? Do you believe the Wheel of Awareness is complete? How can your experiences in RBEA Self Care assist others in shifting awareness and self-empowerment? (Paper of 7 – 10 pages 25%)
3. In Lissa Rankin's book she explores awareness and listening to the body. Using Diagnostic Exercise #3: Make the Diagnosis for Yourself starting on page 194, create an RBEA version of this exercise. Prepare a presentation to guide a client through the exercise choosing a medium that fits your professional orientation (nursing, medicine, psychology, counseling, education, lay person, criminal justice, elders, children). (Presentation to instructor 25%)
4. Create a personal Self-Care plan applying 3 aspects of RBEA. Write up your observations of following this plan for one week. (25 %)

Required Materials:

- Michelle Greenwell and Natascha Polomski, Raising BioEnergetic Awareness: Module B Energetic Self Care, 2020,
- Dan Siegel and Awareness:
 - Interview: <https://www.youtube.com/watch?v=Vpwyo-M1eIQ>
 - Video The Science Behind Aware: <https://youtu.be/bYyycix5LGg>
 - Full-Length Wheel of Awareness Practice (30 minutes): <https://drdansiegel.com/wheel-of-awareness/>
- Lissa Rankin, Mind over Medicine, Hayhouse Publishing, USA, 2013

Recommended Materials:

- Michelle B Greenwell and Natascha Polomski, Tea with Intention: Choosing your Tea to optimize Tea and Vitality, Waines Publishing, Mabou, 2018
- Christina Ross, Etiology: How to Detect Disease in Your Energy Field Before It Manifests in Your Body, Xlibris Press, USA, 2013
- Deepak Chopra, <http://www.chopra.com/articles/5-steps-to-setting-powerful-intentions>
- James Oschman, Energy Medicine: The Scientific Basis, Elsevier 2000
- Lynne McTaggart, Blog <https://lynnemctaggart.com>

- Cyndi Dale, The Subtle Energy Body: An Encyclopedia of your Energy Body, Sounds True, CO, USA, 2009
- Dr. June Wieder, Song of the Spine: Sound Healing and Vibrational Therapy, Booksurge Publishing, SC, USA, 2004
- Richard Gerber, Vibrational Medicine, Bear and Company, USA, 2001
- Dr. Beverly. Rubik, The Biological Field,
https://www.youtube.com/watch?v=fnrF_MKQwKg
- Lynne McTaggart, The Field Updated Ed: The Quest for the Secret Force of the Universe, Harper Perennial, 2008