



## **Course Overview**

NeuroCohesion™ is a state of being in resonance with our true self and in balance with the cycles and connection of the energy around us. Based in neuroscience, energy medicine, and the Classical Chinese 5 Elements, NeuroCohesion™ seeks to understand imbalances at the spiritual, mental, emotional, and physical levels and restore homeostasis so that the body can heal itself.

Understanding what energy is, how it moves and how it interacts is the underlying science of vibrational medicine. For thousands of years, ancient traditions like Chinese Medicine and Ayurveda, have been observing patterns in the universe and the similarities between the cosmos and the infinitesimal. In our modern world, we now have the science that explains these patterns and interactions. In this course, we will look at the foundations of energy medicine and the science that explains it. We will look at how this energy interacts and how by understanding this interaction we can use energy tools to create the space for healing.

In the ancient Taoist traditions, humans were perceived as a microcosm of the macrocosm of the universe and that understanding ourselves as a part of the whole structure would help us to understand how we related to ourselves, to others, and to the world around us. In this holistic view, our physical bodies are not separate from our spiritual bodies, and our whole self is not separate from the universe. Through this understanding, the patterns of the 5 Elements arose. In this course, we will look at each element, its spiritual aspect, and the archetypes and perceptions that then become the filter through which we collapse the thoughts, emotions, feelings, and physical body.

## **Itinerary**

### **Module 1**

1. Quantum Physics Easily Explained
2. The 5 Bodies of Consciousness
3. Understanding Energy part 1 The Energy Fields
4. Understanding Energy part 2 The Energy Channels (meridians)
5. Understanding Energy part 3 The Energy Centers (chakras)
6. Toolbox: Balancing the Energetic Structures

### **Module 2**

1. The Placebo Effect
2. The Holographic Universe
3. The Power of Intention
4. Beginning Brain Anatomy and Physiology
5. Molecules of Emotion
6. Introduction to the Chinese 5 Elements
7. The Stress Cycle
8. Creating the Container
9. Toolbox: Balancing the Amygdala with Self-hypnosis and Energy Holds

### **Module 3**

1. The Five Spirits
2. Shen and the Fire Element
3. The Archetype of Fire
4. Let's go Mental
  - a. Neurology of Classic ADD
  - b. Vagus Nerve
  - c. Autonomic Nervous System
5. Vital and Physical Bodies of Fire
  - a. Emotions of Fire
  - b. Physical symptoms of imbalance
  - c. The Microbiome

### **Module 4**

Earth Element; Stomach/Spleen

1. Yi Spirit of Earth Element
2. The Archetypes of Earth
3. Mental Patterns of the Earth Element
  - a. Care and Bonding
  - b. Anterior Cingulate Gyrus
  - c. Overfocused ADD

- d. Temporal Lobe ADD
- 4. The Vital and Physical Bodies of Earth
  - a. Emotions of Spleen/Stomach
  - b. Physical Imbalances

## **Module 5**

Metal Element: Lung/LI

- 1. The Spirit of Po
- 2. The Archetypes of Metal
- 3. The Mental Body of Metal
  - a. Panic system
  - b. Neurology of the Deep Limbic System
  - c. Limbic ADD
  - d. Guilt and Gui
- 4. The Vital and Physical Bodies of Metal
  - a. Emotions of Lung/Large Intestine
  - b. Imbalances
  - c. Solar Plexus Chakra

## **Module 6**

Water Element: Kidney/Bladder

- 1. The Spirit of Zhi
- 2. The Archetypes of Water
- 3. The Mental Body of Water
  - a. Fear system
    - i. Instinctual fear
    - ii. Conditioned fear
  - b. Anxious ADD
  - c. Depression
  - d. Memory and Conditioned Fear
- 4. The Vital and Physical Bodies of Water
  - a. Emotions of Kidney/Bladder
  - b. Imbalances
  - c. Sacral Chakra
- 5. Toolbox: EFT

## **Module 7**

Wood Element: Liver/Gall Bladder

- 1. The Spirit of Hun
- 2. The Archetypes of Wood
- 3. The Mental Body of Wood
  - a. Anger pathway

- b. Motivation and Drive
  - c. Vision
- 4. The Vital and Physical Bodies of the Wood Element
  - a. Emotions of Kidney/Bladder
  - b. Imbalances
  - c. Heart Chakra
- 5. Toolbox: Meditation/Muse

## **Module 8**

- 1. Assessing
- 2. Finding the Patterns