

Anoka-Ramsey Community College

IHH 1102: Energy Healing

A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Recommended Skills, Abilities, or Coursework: IHH 1100

This course is an introduction to concepts and theories of energy, energy structures, meridians and chakras, the human bio-field, and the life force. It utilizes the concept of the energy field and structure to explain the energetic connection among individuals and the environment and examine the effect of energetic interactions and energy transfer on healing. Specific energy healing therapies and systems such as Healing Touch, Reiki, Qigong, and Feng Shui will be discussed.

B. COURSE EFFECTIVE DATES: 08/22/2005 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Concepts and theories of energy, energetic assessment and healing tools, and the art and science of healing through the energy system
2. Energy structures (meridians and chakras), the human bio-field (aura), and the life force (chi)
3. Various energy healing therapies and techniques such as Healing Touch, Reiki, Qigong, other forms of energy therapies
4. Effect of beliefs stored in the energy field and the impact on a person's life and healing
5. Energy concepts in relation to personal choices in day-to-day living
6. The dynamics of interrelationships with the environment from an energetic perspective using basic Feng Shui Principles and Optimal Healing Environments concepts
7. The ability to sense and feel the subtle energies of the human energy field and how to transform energy blockages
8. The concepts of the local and non-local energy fields to explain the energetic connection among individuals, the environment, and the spiritual world
9. Cultural and global perspectives of energy healing
10. Scientific research evaluating energy healing and its use to influence health
11. The concept of healing presence
12. Self-care and awareness of the professional role of the healer

D. LEARNING OUTCOMES (General)

1. Demonstrate an understanding of concepts and theories of energy, energetic assessment and healing tools, and the art and science of healing through the energy system
2. Explain energy structures (meridians and chakras), the human bio-field (aura), and the life force (chi)
3. Demonstrate an understanding of various energy healing techniques and have the opportunity to practice and receive these therapies such as Healing Touch, Reiki, Qigong, and other forms of energy therapies
4. Explain how beliefs are stored in the energy field and structures and the effect on a person's life and healing
5. Assess how energy concepts relate to personal choices in day-to-day living
6. Demonstrate an understanding of the dynamics of interrelationships with the environment from an energetic perspective using basic Feng Shui Principles and Optimal Healing Environments concepts
7. Develop and refine the basic innate ability to sense and feel the subtle energies of the human energy field, and how to transform energy blockages
8. Utilize the concepts of the local and non-local energy fields to explain the energetic connection among individuals, and the environment
9. Examine cultural and global perspectives of energy healing
10. Review scientific research to evaluate energy healing and its use to influence health
11. Examine the concept of healing presence
12. Develop a personal plan of self-care and expand awareness of the professional role of the healer

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted