

# Minnesota State College Southeast

## THPY 1406: Energy Bridge

### A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: 1

Lab Hours/Week: 2

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course will go into detail on the concepts of energy systems. Focus will be on aura, chakra, and energy healing. This course will review techniques from the 1 credit energy modalities course and expand. (2 credits: 1 lecture/1 lab)

**B. COURSE EFFECTIVE DATES:** 10/16/2008 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

### D. LEARNING OUTCOMES (General)

1. List the function of the seven main chakras
2. Describe aura layers
3. Analyze energy of a client
4. Perform a hands-on healing session
5. Perform a hands-off healing session
6. Reiterate the benefits of energy work
7. Describe how energy affects people
8. Use energy to affect another person positively
9. Discuss the process of emotional release
10. Reiterate history of energy work
11. Discuss the science behind energy work
12. Explore energy patterns in oneself
13. Describe procedures for energetically releasing headaches
14. Complete a mind-clearing session
15. Balance one's own chakra system
16. Balance another person's chakra system
17. Discuss the interaction between meridians, auras, and chakras
18. Complete a complete energetic assessment
19. Use energy in a massage session
20. Create a massage flow using chakra techniques
21. Describe various energy modalities from different countries
22. Discuss the use of energy work in current cultures
23. Explain energy work to clients
24. Explore personal beliefs about energy

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

None

**F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted