

RELEASING YOUR INNER ... CLASSES

INSTRUCTOR BIO – Colleen Rose has been learning and teaching all of the classes below, most since the early 90's

- Doing energetics at the age of 5
- Professional astrologer in '85 (Western), Vedic came later
- First astrologer in Houston, TX to utilize Astro*Carto*Graphy in her practice
- Has taught massage therapists (and others) energetics
- Promoting the idea that remembering what you have known in the past, is so much more important than you think – all of these classes are designed with that in mind.

INSTRUCTOR STYLE – interactive style, each class is a safe place where no question is too silly or outrageous, and we will have fun while learning the info. All classes are a combo of meditation, instruction, discussion, and one on one. Some classes have handouts. All classes have recommended reading lists.

All classes are designed to release your inner knowing. Because we are all connected all the time, we have access to all info...these classes will teach you how to use that connection.

NOTES: (Astrology courses)

- Astrology courses require advance sign up so that instructor can prepare charts ahead of class time – walk ins *are* welcome, but charts will *not* be ready.
- Astrological courses require date of birth, time of birth, and place of birth (name of hospital is even better than city – but do list both). We also require knowing where the info comes from; memory, birth certificate, relative's memory, 'mom said early morning', etc.
- All astrology covered in these courses will be soul-centered, this will not be the usual western personality based, 'individual only' astrology. We will be looking at karma, and the ties between people and their situations. You will learn that there are no 'good' or 'bad' signs, and that every combination of charts works, no matter how strangely – for a reason.
- We will discuss Vedic astrology lightly, with an eye to integrating the spirit of Vedic with Western astrology.

LEVEL	CLASS	DESCRIPTION	TIME (HRS)
101	<i>Releasing your inner</i> Aromatherapist	The first look. Theory / practice. Aromatherapy deals with the sensory world (nose) tied to memory. <u>Example:</u> When one person smells lavender it brings back spring evenings in the family garden – a lovely memory; another person associates lavender with a parent that beat them – same aroma, different sense memories. We will explore the possibilities, the law of attraction, and have a variety of oils available in class.	2
201	<i>Releasing your inner</i> Aromatherapist	The next level. We will go further in this class and each participant will make and take home their own individual aroma therapeutic blend. We will explore the more individual sensitivities in choosing singles and blends.	2
101	<i>Releasing your inner</i> Astrologer	The first look. Why astrology is a science married to an art form. We will explore <ul style="list-style-type: none"> • the big four basics; planets, signs, houses, and angles • the most notable points, nodes • overview of western vs vedic • rulerships 	2
<u>NOTE</u>			
201	<i>Releasing your inner</i> Astrologer	The next level. Comparison charts (friends and lovers), the power of eclipses, above/below the horizon, houses of attraction, 8 th & 12 th houses in depth, angles in depth, nodes, Arabic parts, rectification (simplistic)	3
<u>NOTE</u>			

RELEASING YOUR INNER ...

301	<i>Releasing your inner Astrologer</i>	The next level. Seeing connections between 2 or more charts; <ul style="list-style-type: none"> • Natal vs solar return, other returns • Natal vs events, eclipses, 9/11, US chart, etc. • Whole family, extended family (family dynamics) • Past lives • Twins • Eclipses 	6
<u>NOTE</u>			
305	<i>Releasing your inner Astro*Carto* Grapher</i>	Astro*Carto*Graphy was developed by Jim Lewis and presented to the public in the late 70's. This –in short– is your astrological info related directly to locations on the earth (often called locational astrology). Where the energy of your different planets fall for you, will be different than for anyone else. A fascinating look at why you adore London, but hate New York...drawn to Africa but can't stand your own back yard, and other geographical oddities.	<i>By Request only</i>
307	<i>Releasing your inner Past Lives - Astrologically</i>	Astrologically, past lives can be seen in the chart. This class is part astrology and part intuition.	<i>By Request only</i>
101	Chakras	The first look. Theory / practice. Chakras are something we all hear about and many want to learn more for their own reasons. This will be a primer course for most people covering; <ul style="list-style-type: none"> • the basic chakras, color, shape, location (where they are relative to the physical body) • some less recognized chakras, especially the thymus • some simple tools for working with the chakras 	2
201	Chakras	The next level. How to clear, recognize the signs of a "blown" chakra, heal the breach, exercises to clear and cleanse chakras, different etheric levels beyond the physical bodies, etc.	3
101	<i>Releasing your inner Energetics</i>	The first look. Theory / practice. We hear so much about energy work, you may ask yourself 'am I doing energy work?', 'would I know it if I was doing it?' These questions and more will be answered as we explore simple (and effective!) shielding techniques, working with intention, and energy balls.	2
201	<i>Releasing your inner Energetics</i>	The next level. Energetics from the previous course will be covered in more depth and we will move to additional areas such as CAT Scans, colors, shapes / symbols, implants, the quantum physics of energy. Bringing in energy, sending energy out, healing from a distance, etc.	4
101	<i>Releasing your inner Flower Essences</i>	If you are interested in flower essences this is for you. We will be working with multiple flower essence lines (see list in 201 level) as we explore the theory / practice, some kinesiology.	2
201	<i>Releasing your inner Flower Essences</i>	The next level. Will be working with Bach, Star, Australian Bush, Alaskan, Ancient Forest, Aloha, FES, Fox Mountain, Perelandra, etc., theory / practice. Each person will leave with their own flower essence. Some kinesiology.	3
101	<i>Change Your Mind, Change Your Life</i> Subliminals / Self talk	We have all heard of subliminals and how they can be used to help us. Did you know that there are –normally– only two voices that work when using subliminals? You will find this info and more through the class.	2
201	<i>Change Your Mind, Change Your Life</i> Subliminals /	The next level. We will work on the subject areas to be explored and used for your tape / CD. The second class will be used for refining those subjects.	3

RELEASING YOUR INNER ...

	Self talk		
301	<i>Change Your Mind, Change Your Life</i> Subliminals / Self talk	The final level. You will meet with the instructor personally and make your own tape / CD / MP3 or MP4. Choose your own overlay from a huge library of music, while your subliminal is underneath it.	<i>By Request only</i>
101	<i>Releasing your inner Kinesiologist</i>	The basics. Kinesiology is also known as muscle testing. Kinesiology is a simple and powerful method of using the 'innate intelligence' of the body to answer truthfully and meaningfully questions that the conscious mind may not know, or that the thinking mind may "interpret" (i.e. lie).	2
101	<i>Releasing your inner Numerologist</i>	Numerology, like astrology is handy to have as a tool in one's toolkit. Anyone can add, and learn some of the simple connections between the numbers and their corresponding meanings. ½ hr meditation and download of info, 1 ½ hr discussion of numerology – both Pythagorean & Chaldean, why two systems?	2
101	<i>Releasing your inner Dream Interpreter</i>	Have you always wanted to know what that weird recurring dream means? The strange dream you had about paying for a lunch with a hatchet? This is the class for you. You will learn about the symbolism in dreams, culture, consciousness, color, no color, where / when of dreams, and more. Bring your dream journal and we will interpret in class and enjoy!	2
101	Past life Investigations	A "how to" on connecting with your past lives. Instructor takes you through different times, places, clues to your past identities. Instructor may even pick up one or more of your past lives during class. We will have some one on one with instructor in addition to class time.	2
101	<i>Releasing your inner Psychic</i>	So, you want to learn how to be psychic and don't know where to go? You're in the right place. We will get you started on learning how to "clue into" that little voice. You will learn the "bodybuilding using that psychic muscle".	2
101	<i>Releasing your inner Stone worker</i>	Crystals, gemstones, standing people, etc. How they are used in ritual, healing, 'feeling the stones', communicating with them, stones that make babies, etc.	3
101	Intent and Ritual	The first look. Theory / practice. How to bring the practice of The Secret into your understanding and your life. How to make your own ritual(s). Truth. The five elements necessary. NOTE: This class is important to workers of all paths due to its' path neutral basis.	2
101	Weather 'Magic'	How to work with the earth to bring forth beneficial changes in weather and minimize "non-beneficial" weather.	<i>By Request only</i>
Talk	Metaphysics and the internet	Strangely enough, high tech and the "realm of the intangible" have a lot in common, as does quantum physics. How they interconnect.	2
Talk	Life, the Universe, & Everything	Will explore all of the above + frequency, light grid, other games, Planetary origin of souls, Lemuria, DNA, other times, winged beings, time bending, past lives, and more.	2