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I. Rationale:

This is a high intensity two day programme for already qualified Vitali-Chi Level 1 practitioners and explores in depth a unique and advanced method of healing. It teaches how to use in practice a non-mechanical energy and wellbeing system that increases the potency of natural vibrations that are safely delivered through the body's energy system. It assists healing symptoms of the mind, body, soul and spirit.

Students receive a fully comprehensive PDF manual and are assessed for competence throughout the course. They will need to provide five case studies with three testimonials. A certificate is issued to students after they have successfully completed multiple choice questions, ensuring competence, complete study and comprehension of the extensive manual. Every participant will have earned 16 CPD (Continuing Professional Development) points.

II. Course Aims and Outcomes:

The course brings together a range of key complementary aspects to aid the complementary therapist to focus and clear the central cause to ill health, obstacles to healing, fundamental dietary and lifestyle factors and a deeper appreciation of the modern day science of regulating the body's energy system and vibrational healing.

Specific Learning Outcomes

By the end of the course the student will:

- Appreciate how disease is created
- Understand the process of cell degeneration to regeneration
- Have a deeper understanding of how to release and heal cellular memory
- Understand the significance of, Bio Photons, brain waves, square and sine waves, sources of toxic disturbance, hormones, epigenetics, food allergy, intolerance and sensitivity
- Understand the mind and emotions, unmet needs, stress, diet, water, exercise, breathing, ions and sleep in relation to healing
- Appreciate the importance of vibrational healing with the use of vibrational frequencies
- Appreciate the body's energy system and how it works
- Appreciate the systems of the body and how they work
- Have an understanding of the direction of cure and emotional detoxification
- Understand the science behind Vitali-Chi
- Understand how to use Vitali-Chi in clinical practice
- Be able to use Vitali-Chi and vibrational frequencies on family and friends
- Be able to use Vitali-Chi and vibrational frequencies on clients, subject to obtaining Level 2 Certification and Practitioner Insurance (after completion of case studies, testimonials and multiple choice questions).

III. Format and Procedures

The course is a full two days with assessment and monitoring by the tutor for competence throughout that time. Respectful discussion is encouraged. 100% attendance and practical demonstration is required to attain certification.

Vitali-Chi Course Content

The following will be taught over the two days:

1 Ice Breaker and Introductions

2 How Disease Is Made

- 2.1 How Disease is Made
- 2.2 Brain Waves
- 2.3 Photons and Vitali-Chi
- 2.4 The Process of Vitali-Chi
- 2.7 Sensory experiences with Vitali-Chi
- 2.8 Cellular Memory

3 Degeneration & Toxicity & Disease

- 3.1 The Mind
- 3.2 The Conscious, Subconscious and Superconscious Mind
- 3.3 The Nervous System
- 3.4 Stress, Fear and Anxiety
- 3.5 Hormones Produced by the Adrenal Glands
- 3.6 The Stress Cycle and Stages of the Stress Response
- 3.7 Negative and Positive Emotional States
- 3.8 The Five Element Chart of Emotions
- 3.9 Psychoneuroimmunology - The Mind-Body Connection
- 3.10 Body Maps
- 3.11 Suppressed Emotions
- 3.12 Grief, Regret and Depression
- 3.13 Adjusting to Chronic Illness
- 3.14 Sources of Toxic Disturbance and Bio-energetic Toxicology
- 3.15 The Seven Stages of Disease
- 3.15 Epigenetics
- 3.16 Calcification
- 3.17 Acidosis Cycle
- 3.18 Acid/Alkaline Balance
- 3.19 The Inflammatory Response
- 3.20 A Healthy Immune System
- 3.21 Food Allergy, Intolerance & Sensitivity

4 Detoxification

- 4.1 Maslow's Hierarchy of Needs
- 4.2 Inner Child

- 4.3 Unmet Needs
- 4.4 Emotional Detox – Letting Go
- 4.5 What is a Healing Crisis?
- 4.6 Detoxification & Organs of Elimination & Fasting
- 4.7 Detox Programme
- 4.8 Juices & Smoothies
- 4.9 Skin Brushing, Castor Oil Packs, Enemas & Colonics

5 Understanding the Healing Process

- 5.1 Understanding the Healing Process, Pain & Conflict Resolution
- 5.2 Changing the Beliefs that Create Patterns of Behaviour
- 5.3 Re-programming your Mind by Changing Your Belief System
- 5.4 Affirmations
- 5.5 Emotional Intelligence
- 5.6 Transformation of the Self
- 5.7 Raising Consciousness
- 5.8 Taking Action

6 Regeneration

- 6.1 How the Body Heals Itself
- 6.2 Regeneration
- 6.3 The Importance of Enzymes
- 6.4 Beneficial Bacteria
- 6.5 Acid and Alkaline Foods
- 6.6 Glycaemic Index Food List
- 6.7 Biogenic Food Model
- 6.8 Anti-Inflammatory Diet
- 6.9 Paleo Diet
- 6.10 60 Foods For Your Shopping List & Food Choices
- 6.11 Water
- 6.12 Ions
- 6.13 Breathing
- 6.14 Oxygen Levels
- 6.15 Exercise
- 6.16 Sleep

7 Administration in your Vitali-Chi Practice

- 7.1 Coupons & Affiliate Codes
- 7.2 Advertising Therapy Leaflets and Incentive Vouchers
- 7.3 Facebook & Instagram
- 7.4 Forwarding Online Ad's
- 7.4 Designing an Advert in Stages
- 7.5 Certificate of Insurance
- 7.6 Disclaimer & Consent Form

8 Using Vitali-Chi in your Practice

- 8.1 Vitali-Chi Frequencies, Patches & Products
- 8.2 Vitali-Chi Frequency A-Z Index
- 8.3 Choosing Frequencies
- 8.4 Client Wellbeing Questionnaires
 - Diagram, Email, General, Wellbeing & Personal Development
- 8.5 How to use the Client Wellbeing Questionnaires
- 8.6 Client Record & Order Form
- 8.7 After Care Leaflet
- 8.8 How to use Vitali-Chi in your Practice
- 8.9 Health & Safety Procedures

9 Vitali-Chi Boost Owner

- 9.1 Vitali-Chi Boost New Owner's Email
- 9.2 Email Frequency Review

10 Summary

- 10.1 Summary & Order of Emotional Detox & Degeneration to Regeneration of the Cells
- 10.2 Feedback Questionnaire
- 10.3 Group Photo
- 10.4 Close

Further Studies

Level 3 Certificate

This certification is available to the qualified Vitali-Chi Energy & Wellbeing Practitioner Level 2. They will also need to provide five case studies with three testimonials and successfully complete multiple choice questions, ensuring competence, complete study and comprehension of the extensive manual.