

Academy of Intuition Medicine®

Melissa Patterson, MIM, ND
Instructor: ANATOMY & HEALING

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Dear Students,

Greetings, I am looking forward to our time together as we explore the fascinating energetic aspects of anatomy and physiology. This class is an eight-week course, see website Calendar page for current dates.

I would like to take this opportunity to share a little about myself and the class.

I am a naturopathic doctor and have a small intuitive medicine practice. I have been in a full practice in the past, but currently am the director and core faculty of a program through New College of California, entitled Consciousness, Healing and Ecology; and senior faculty at the Academy. I firmly believe in the fact that our energetic system, as well as, what we think and feel effects our health. I see it in the lives of my patients and in my own life. Therefore, this class will focus on the interconnectedness of our totality in a way that I hope can help you in your own life, as well as the lives of others. On the other hand, I am also a doctor and have been to medical school. Therefore, I bring to class a great deal of detail oriented information on the workings of our body. I strive to introduce the material in a way that is easily understandable and not overwhelming to non-scientific ears.

The class is based on the chakra system and how it interrelates to our physical body. I have found this to be a great framework in which to work in. Since you all have been introduced to the chakra system, working in this format helps to give clear correlations to the mind/body/energetic connections within our bodies. You have two books that are required reading they are: *The Human Body*, by Charles Clayman and *Anatomy of the Spirit*, by Caroline Myss. The first is a great reference for basic anatomy and physiology. It also gives basic information on illnesses (which we won't be covering in class in great detail, but will be a great future reference for you.) For the first class please read the chapter on the cell. The second book, *Anatomy of the Spirit* gives great detail on the correlations of mind, body, and energy which are invaluable in understanding how all of these aspects of ourselves are connected. Before the first class please read the Chapter I of part II, on the 1st chakra.

I look forward to meeting you all and working with you. Below is the syllabus for the course.

Blessings,

Melissa Patterson

Anatomy and Energy

Prerequisite: Intuition Medicine: Healing I or Meditation 1

Instructor: Melissa Patterson, MIM, ND

In this course basic anatomy of the human body will be explored in context with the energy systems of the body. Basic physiological concepts will also be discussed with reference to anatomy. The class will focus on an intellectual and energetic understanding of these systems. The students will be encouraged to understand and "see" these systems from their own individual perceptions.

Course Textbooks:

- *The Human Body*, Charles Clayman
- *Anatomy of the Spirit*, Caroline Myss

Session #1: Introduction to Anatomy and Energy

§ Intention Meditation

§ Introductions

§ How to use this information in the practice of intuition medicine

§ Discuss creating intuitive understanding of healthy vs. unhealthy organ systems

§ Introduction to basic anatomical systems and how they relate to the energy anatomy of the body

Session #2: Introduction to Anatomy and Energy and Anatomy/Organ Systems of 1st Chakra

§ Introduction of anatomy and physiology of 1st chakra: the cell, base of spine, legs-bones, feet, lower gastrointestinal system

§ Perception meditation with 1st chakra anatomy/physiology

§ Lab: review intuitive understanding of information with partner

Session # 3: Organ Systems of the 2nd Chakra

§ Homework discussion

§ Intention Meditation

§ Introduction of anatomy and physiology of 2nd chakra: reproductive system, large intestine/small intestine, kidney/bladder, and lower vertebrae

§ Perception meditation with 2nd chakra and organ systems discussed

§ Lab: review intuitive understanding of information with partner

Session #4: The Organ Systems of the 3rd Chakra

§ Homework discussion

§ Intention Meditation

§ Introduction of anatomy and physiology of the 3rd chakra: upper gastrointestinal tract: stomach, pancreas, liver, spleen, adrenals, and middle spine

§ Perception meditation with 3rd chakra and organ systems discussed

§ Lab: review intuitive understanding of information with partner

Session # 5: The Organ Systems of the 4th Chakra

§ Homework discussion

§ Intention Meditation

§ Introduction of anatomy and physiology of the 4th chakra: cardiovascular system, respiratory system, ribs/breasts, diaphragm, thymus/immune system

§ Perception meditation with 4th chakra and organ systems discussed

§ Lab: review intuitive understanding of information with partner

Session # 6: The Organ Systems of the 5th Chakra

§ Homework discussion

§ Intention Meditation

§ Introduction of anatomy and physiology of the 5th chakra: throat, thyroid/parathyroid, trachea, neck vertebrae, mouth/teeth and gums, esophagus, shoulders/arms

§ Perception meditation with 5th chakra organ systems discussed

§ Lab: review intuitive understanding of information with partner

Session #7: The Organ Systems of the 6th Chakra

· Homework Discussion

· Intention Meditation

· Introduction of anatomy and physiology of the 6th chakra: Brain, nervous system, nose, eyes, ears, pineal/pituitary/hypothalamic glands

· Perception meditation with 6th chakra organ systems discussed

· Lab: review intuitive understanding of information with partner

Session #8: Overview and review of material and incorporation of 7th chakra into energetic understanding of anatomy

§ Homework discussion

§ Intention Meditation

§ Introduction of anatomy and physiology of the 7th chakra: top and back of head, generalized muscular and skeletal systems

§ Perception meditation with 7th chakra and review of organ systems discussed from an intuitive/energetic perspective

§ Review how to use this information in the practice of intuition medicine

§ Lab: review intuitive understanding of information with partner

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