

# Class Outline

## **1. Section One: Introduction**

- 1.0 Take attendance as people arrive and give out handouts and books
- 1.1 Welcome attendees
- 1.2 Class Goals
- 1.3 Beginning the path
  - Allow yourself to be a beginner, open and full of future potential
    - Benefits: newness
    - Frustrations: not being an expert, accept this especially in lieu in diagnosis

## **Section 2: EM Level 1 Review**

- 2.0 EM Level 1 Review
  - Universal Qi and EM Events
  - Send EM Treatment
  - Don't abandon this treatment
- 2.1 Building one level on top of another
- 2.2 Differences Between EM Level 1 and EM Level 2
  - One flexible treatment versus 60 specific ones
  - Breadth over power
  - No diagnosis versus diagnosis
  - Very little theory vs a small incline in theory
- 2.3 Any EM Level 1 Questions Lingering Before Jumping Forward
  - Language
- 2.4 Emphasizing The Ongoing Value Of The Send EM Tool

## **Section 3: Scope Of Practice**

- 3.0 Getting The Hard Stuff Out Of The Way First
- 3.1 EM Ethics
- 3.2 Scope of Practice
  - Not licensed
  - Not doctors
  - Recommending foods/herbs/supplements
- 3.3 Liability
- 3.4 Questions About Scope

## **Section 4: EM Diagnosis**

- 4.0 What is the purpose of diagnosis: story telling
- 4.1 Different kinds of diagnosis available in EM: visual, auditory, kinesthetic, and pulse
- 4.2 EM Kinesthetic Diagnosis
  - What Does Kinesthetic Mean?
  - The Structure Of EM Kinesthetic Diagnosis
  - The Challenge Of Kinesthetic Diagnosis
- 4.3 Review of consent and confidentiality

- 4.4 The Baseline
  - What is it?
  - Why is it so important?
  - Taking The Baseline
- 4.5 Practice Meditation Session (catch and release thoughts like fishing)
- 4.6 Learning Self-Hypnosis Script
- 4.7 EM Diagnosis
  - The basic request design
  - Your first diagnosis – feeling your internal organs: heart, spleen, kidneys
- 4.8 Partnering Up
  - Granting Consent
  - Diagnosing issues in the body
  - Fungus
  - Mercury
  - Bone chips
  - EM Tighten Tissues
  - Fissures
  - Strep
- 4.9 Questions

## **Lunch Break**

### **Section 5: Essential Concepts In EM**

- 5.0 What is balance
- 5.1 Microbiome
  - What it is
  - Why it is important
  - How we can support it
  - In EM Level 3 we learn ways to “weed it”
  - With partners look for pathogens in microbiome for EM balance H/M/E
  - Questions about the microbiome
- 5.2 Hysto Quisquiliae
  - What it is
  - Why it is important
  - Where it gathers
  - When it is most symptomatic – at new exposures or excretions
  - How it affects hormones especially
  - Hysto we treat in EM Level 2
  - Hysto we treat in EM Level 3 and 4
  - Practice looking for hysto
    - stress hormone hysto
    - reproductive hormone array hysto
    - reverse T3 hysto
    - Questions about hysto
- 5.3 Arrays

- The definition of an array
- Why we use them
- Handout – types of diagnostic arrays
- Example of diagnosing with an array
- Example of treating with an array
- Practice diagnosing and treating with arrays with partners
- pathogens in the Reproductive Array
- EM Wounds in the Infection Zone Array
- fissures in the Sinus Array
- Questions About Arrays

## **Section 6: EM Level 2 Treatment Tools**

- 6.0 Treatment Tool Handout
  - Going over the handout
  - Reading The Categories
  - Reading The Individual Treatments
- 6.1 EM Treatments as collections/groups of EM Treatments
- 6.2 EM Treatment Strategy of how one discovery leads to a set of common txs
- 6.3 Differences Between Send EM Treatment and Level 2 Treatments
  - Send EM is singular and comprehensive vs. Level 2 concatenations of TxS
  - Send EM has diagnosis embedded vs Level 2 has it embedded, but can be focused
- 6.4 Most Integral Treatments
  - Treating Pain
    - EM Inflammation Treatment
    - EM Swelling Treatment
    - EM Edema Treatment
    - EM Pain Treatment
  - Treating Pathogens and Their Toxins
    - EM Pathogens Treatment
    - EM Pathogen Toxins Treatment
    - EM Common Colds Treatment
    - EM Flu Treatment
  - Treating Emotions
    - EM Reset Emotions Treatment
    - EM Depressed Treatment
  - Treating Energy
    - EM Balance Heaven Man And Earth
    - EM Balance Yin and Yang
    - EM Balance Meridians
    - EM Energy Treatment
  - Detoxing
    - EM Mercury/Arsenic/Chromium 6/Dioxin/Complete Detox Treatment
  - Treating Tissues
    - EM Tissue Treatment
  - Other Helpful Treatments

- EM Allergy Treatment
- EM Complete Detox Treatment
- EM Restore Me Array Treatment
- 6.5 How to tie diagnosis together with treatment
  - Example with EM Candida Treatment

### **Section 7: EM Level 2 Resources**

- 7.0 Resources
  - Website
  - Curriculum
  - Forums
  - Video
  - Baseline improvement tools
  - Each other – community
  - Grow our community by teaching EM

### **Section 8: Leveling Up To EM Level 3**

- 8.0 Level Up any time
- 8.1 EM Level 3 books
- 8.2 Online content for EM Level 3
- 8.3 Rewards for EM Level 3 and 4

Approximate Time: 6 hours