

How To Teach EM Level 1

Teach The Teacher Booklet

by Ethan Borg, M.A.OM, L.Ac.

If you really want to learn something, teach it.

Table of Contents

Congratulations!.....	3
My Objective In Teaching You To Teach EM.....	4
Your Objective As An EM Educator.....	5
Who Is Your Market.....	6
How Can You Find Your Students.....	7
Can I Earn Money Teaching EM.....	8
EM Level 1 Core Theory.....	9
Additional EM Level 1 Theory To Include Time Permitting.....	14
Techniques For Consolidating Knowledge.....	18
40 Random Ideas For Problems To Treat.....	20
The Don't Forget Checklist.....	22
Ideas For Class Handouts.....	23
Online Resources For Your Students.....	24
The Spiritual Side To Marketing.....	25
Creating Fliers & Brochures.....	27
Future Considerations: Teaching EM Level 2.....	28

Congratulations!

As an EM Level 2 practitioner you are now eligible to teach other people how to practice EM Level 1. EM Level 1 is incredibly easy to learn and therefore it is a cinch to teach. And there are plenty of reasons you might want to do so:

- First and foremost, teaching EM is a way for you to consolidate your knowledge. You never really know a subject until you teach it
- Bringing EM to your community makes it a happier and healthier community
- Teaching your friends instantly builds your study group for the more complicated EM Levels coming up
- You can prepare for one day teaching EM Levels 2, 3, and 4 and start building your student base today
- Teaching EM may one day prove to be an additional revenue source for you

It is my goal to help you shine as an EM educator and to provide you with all of the resources you need to enjoy teaching this subject. To that end, I have put together this Teach The Teacher booklet. This booklet is a good starting point but there is more yet to add. I hope to offer you more helpful tools as feedback comes in from you and other EM educators about the additional resources you want and need.

You are welcome to teach EM Level 1 to anyone you want. I only ask that you please maintain all copyrights on official EM documents produced by my company (Ethan Borg LLC) and that you help support me in supporting you by encouraging that your students purchase the official EM curriculum and, when they are ready, to Level Up to the next EM Levels. I am planning on creating an affiliate network that will allow us to share the revenues when your students Level Up. But that is getting a bit

ahead of ourselves.

More important than talking about money, teaching EM Level 1 is invaluable to your community. Since EM Level 1 helps ameliorate many physical and emotional complaints very effectively, quickly, and for free, the more EM Level 1 utilized in your community, the healthier and happier your friends and neighbors will be, the less pharmaceutical medications will be processed by your trash collectors and water treatment facilities, and the more people in your community who can enjoy life rather than suffer.

My Objective In Teaching You To Teach EM

As the founder of EM, I am excited to have you spread the word about this amazing, innovative and deeply enriching energy medicine. My goal is to spread EM so fast that it becomes an unstoppable force in our future healthcare worldwide. In order to do this, I rely entirely on you reaching out to your community. I have reached the limit of my social networks and financial resources in spreading the word about this revolutionary healthcare model. I need your help from this point on. Only a community can build something that lasts. To that end, I will do what I can to support your teaching because I believe amazing things can happen when grassroots communities nurture and share what they love.

In time, it is likely that EM will have its share of enemies and detractors. There are always skeptics and this is especially true for energy medicine that does not fit into the reductionist (only what can be measured is true) model of scientific thinking. And some people are fearful of anything new and different from what they already know and trust. I hope that we can spread EM like wildfire around the world before these forces can undo our great intentions. For that, I definitely need your help. And thank you.

Your Objective As An EM Educator

Your objective as an EM Level 1 educator is straight forward – you need to teach people the Send EM Treatment and provide some details of how it works so that people can appreciate the basic principles behind its actions and methods. You also need to teach people when not to use it so that all people can enjoy the benefits of EM when it is a safe time for them to do so.

On top of that, I am going to provide some common sense ideas on how you might attract people to your classes and how to grow your future class list.

You may be interested in teaching EM Levels 2, 3, and 4 down the road, so an additional objective of mine is to help you build a base of potential students for your next classes in EM.

Who Is Your Market

The first question to ask yourself is: what attracted me to EM? Would my friends also be interested? How would I describe myself? Because if you were interested in EM, other people like you will also be interested in learning it.

The people most attracted to EM are usually the health care providers of a household. Often, but not always, this includes college educated women who have been making decisions about supplements, herbs, and homeopathic medicines for their spouse and children. Of course, men are also interested in EM and make up almost 50% of our student population. But women do predominate. You are likely to find health care decision makers at your local health food store. These stores often allow community members to post class announcements and fliers around topics that matter to their customers.

Additionally, you will find people who have already experienced Reiki and especially practitioners of Reiki interested in furthering their exploration of Universal Qi. Therapeutic touch practitioners may also be interested in learning EM. Many communities have stores that sell New Age products. You may find a receptive audience for your classes in patrons of these stores. Acupuncture, homeopathic, and chiropractic patients of professionals in these respective fields are also potential students.

Finally, the best audience is your personal network of people who love and trust you. These people know you love EM and will want to learn what's so special about it. You know your friends and their health complaints. Time to empower them to heal all on their own!

How Can You Find Your Students

First and foremost, call your friends and see if they want to have a Tea or Wine and EM party. Invite them over to drink their favorite refreshments and offer them a short course on EM.

Consider posting fliers at the local health food store. Often health food stores offer classes to their customers which means they often can provide the physical space to hold your class as well. If you teach a class at their location, health food stores often advertise classes held on-site entirely for free in their newsletters.

Many communities also offer neighborhood adult learning classes. When I lived in Boston, they had an amazing adult education system where I was able to teach a class to people who signed up via a adult learning newsletter. The newsletter is widely circulated which means they are appealing already to a group of people interested in “self-help” and personal improvement.

Can I Earn Money Teaching EM

EM Level 1 is free to learn and it says this everywhere on our website. There is nothing wrong in asking to have people reimburse you for your expenses and to chip in for food. But the EM Level 1 curriculum itself should remain free. There is no such restrictions on EM Levels 2, 3, and 4. People pay to take classes all the time to build skills and competencies, so charging for one's expertise is expected by students.

I decided to offer EM Level 1 for free because I followed the Google model: offer something of true value for free (for Google this is their search engine) and more people will be interested. Free is an incredibly powerful motivator. I am finding a large number of EM Level 1 students are interested in learning EM Level 2. So, this has proven to be a successful way to increase interest in EM.

Please help me create a groundswell of support for this radical new healing method by making the cost of entry incredibly low.

EM Level 1 Core Theory

The following subjects must be covered when you teach EM Level :

- What Is Universal Qi
- What Are EM Levels
- What Are EM Treatment Rights
- Contraindications With EM
- Side Effects of EM
- Consent
- The Send EM Treatment
- The EM Level 1 Agreement

Universal Qi

The teacher's goal in discussing Universal Qi is to explain how EM is capable of modifying a patient's energy over any distance simply by the practitioner saying or thinking a few specific words. EM runs inside of Universal Qi, identifies changes in Universal Qi and when the right phrases enter Universal Qi, EM Events fire that stimulates Universal Qi to modify a patient's energy to bring him/her back to balance. Universal Qi is a theory found in Chinese medicine that has been around for thousands of years.

The core components here are the fact that Universal Qi contains information about all things. That it is built upon Wu Qi that connects all energy together. That EM accesses the information in Universal Qi to identify when the practitioner initiates EM Events.

Core theory about Universal Qi and EM include the following:

- Energy expands out of a person like layers of an onion. There are hundreds of these layers and each layer is geometrically larger and more diffuse than the next one.
- The energy in each layer is fractal and acts and behaves similar to layers above and beneath it.
- The base layer is called Wu Qi, as in “empty” Qi, which is a tapestry of energy that connects all things together
- We call all energy in all layers “Universal Qi”
- Instead of energy, think of Universal Qi as all information about all things
- A modern analogy for this information is a database of information
- EM is akin to programming that is constantly running in Universal Qi analyzing changes in it
- When certain words in a specific order are added to Universal Qi, EM Events fire
- EM Events identify the following: a person to treat and the problem to treat in that person. EM Events stimulate Universal Qi to change the indicated person's energy according to energy treatments programmed in EM to treat the problem that is indicated

EM Levels

The goal for the teacher is to help his/her students understand the four EM Levels and how they differ from each other.

EM Level 1 is very simple and is the tip of the iceberg

EM Level 2 introduces a diagnostic method that can diagnose any problem over any distance. It offers a modest increase in theory plus 60 EM Treatments.

EM Level 3 focuses on treatment strategies for dealing with the wide array of problems we can face as part of the human condition

EM Level 4 focuses on energy, energy cycles, constitution, and

how to create new EM treatments

The first two EM Levels are “Lay Levels” and the last two are called “Professional Levels”.

EM Treatment Rights

The goal for the teacher is to explain that EM offers hundreds of energy treatments but that one must rise in EM Level to gain increasing access to them. EM Level 1 only has one very flexible treatment that can treat many different kinds of problems. Upon completing all modules of EM Level 3, one is rewarded with access to the full database of EM Treatments.

Contraindications

The goal of the teacher is to protect EM from practitioner negligence and to protect practitioners from being blamed for problems that might develop circumstantially but which can appear the fault of EM.

The most important contraindications in EM are:

- never treat pregnant women
- never treat babies in utero
- and wait until after Western medical care is organized before using EM during an emergency

Side Effects

The goal of the teacher is to help the practitioner educate his or her patients about possible shifts in their health status after EM. Certain shifts can be misconstrued as negative when they are actually positive signs. It can be helpful to frame a person's subjective experiences so that they interpret them correctly. Otherwise, a patient might consider the practitioner poor at what he or she does that EM is not for them.

The four types of side effects possible with EM:

- Pain that shifts from one joint to another. This is most often a situation where the deeper imbalance reveals itself when the superficial symptom is resolved.
- Herxheimer reactions occur when huge amounts of infectious organisms die in the body and the white blood cells congregate to that area to clean up the debris. This can cause fatigue, foggy head, irritability, and achiness. You can avoid or reduce a Herxheimer reaction by significantly increasing plain water consumption for three days following an EM Treatment focused on treating infections
- Western pharmaceutical medication does not automatically adjust its own dosaging which can result in a person healing with EM and suddenly over-medicating with the dose that was previously helpful. It is important that when you treat a problem with EM that is also being treated with Western medication that the patient is extremely vigilant about any changes in his/her health status. It is also important to note that the patient should never change medicine dosaging without the prescribing doctor's knowledge and input for his/her safety.
- Tissues of the body can be over-stimulated with EM treatments if there is insufficient time given between treatments to allow the energy to integrate. This can lead to temporary pain or fatigue. This is not a sign that EM is unhelpful or dangerous to the patient, only that the process needs to be slowed down.

Consent

Consent is a necessity in EM. As a result, the goal here for the teacher is to make sure people use EM correctly – which is to say that all practitioners need to receive consent from their patients before sending treatments. Consent is required for treating patients with EM. The teacher should discuss closed consent that limits the practitioner (ie. “Can I treat your cough with EM?” limits consent to treating a cough) versus open consent that provides the practitioner freedom to treat any problem at any time (ie. “Can I treat you with EM?”).

The Send EM Treatment

This is the most important section of the EM Level 1 class. Here we are teaching students the one EM Treatment to which they have Treatment Rights at this level: the Send EM Treatment. Core parts of teaching this treatment includes:

- breaking down the elements of the treatment
- describing how patients need to be identified by their association with the practitioner
- describing the necessary elements that must be in every Send EM Treatment for it to work correctly.

The Send EM Treatment has the following elements:

1. “Please send EM”
2. “To” followed by the name of the patient and their relationship to the practitioner
3. “To treat” followed by the problem to treat
4. “Authenticated”

It is necessary to indicate the relationship of the patient to the practitioner so that Universal Qi can identify the specific individual to treat out of all potential possibilities. “Relationship to the practitioner” can also be indicating a specific person at a

specific place at a specific time, such as “the woman named Sally in my living room right now”.

The word EM and the word Authenticated are necessary components of the Send EM Treatment. For an EM Event to launch Authenticated must be the last word, but all other words can be in any order.

The Send EM Treatment can be sent in any formal language so long as the terms EM and Authenticated are still utilized.

EM Level 1 Agreement

Each EM Level includes an agreement where the practitioner agrees not to intentionally cause harm with EM. It is your responsibility as the instructor to make sure everyone who practices EM agrees to this Agreement.

Additional EM Level 1 Theory To Include Time Permitting

Outside of the core theory that is essential for every EM Level 1 class, there is additional theory you can add that will add context and help the learner make more sense of EM.

- The Three Pillars: Chinese medicine, Feng Shui, and Modern Anatomy/Physiology
- EM as a programming language
- What Makes EM Special
- The Five Day Window
- What You Might Feel
- Treatments You Can't Send

The Three Pillars

The goal of this section is to illustrate that EM uniquely bridges the divide between Eastern theory that spans thousands of years with Western sciences which very accurately describe how the body functions in a “reductionist”, scientific language.

EM was created by Ethan Borg, M.A.OM, L.Ac, an acupuncturist and Chinese herbalist in the United States who utilized it privately in his clinic before bringing it public in November 2013.

EM combines classical Chinese theory (that predates the more modern Traditional Chinese Medicine), with the Early Heaven and Later Heaven Baguas of Feng Shui, along with modern ideas of anatomy and physiology. Classic Chinese theory focuses on the concepts of Qi, Yin/Yang, Heaven Man and Earth and the Five Elements and looks at health and disease as a factor of energy balance in order to facilitate healing.

In 2007, Ethan Borg published *Fu Xi Wen: The Official*

Introduction To Open Source Medicine where he introduced the concepts of Tissue-Angles, energy angles that can be found in every possible angle in three-dimensional space around the body. Each unique Tissue-Angle resonates with a specific tissue inside the body. EM utilizes this theory to bring tissues of the body back to balance from the vantage points of Yin/Yang, Heaven Man And Earth, and the Five Elements.

EM As A Programming Language

The goal for the teacher in this section is to help students communicate with their patients about how EM works and to bring the methods of EM into a more modern context

The analogy we often utilize in EM about Universal Qi is that it is akin to a computer database that contains all information about all things. The information in databases are accessible if you know the right way to communicate with them. EM is therefore very similar to software programming that accesses this database. Much like software (called a “service”) that is constantly running in the background of a computer waiting for a person to perform a specific action, the same is true with EM. It constantly runs inside Universal Qi waiting for the criteria for a EM Event to launch to be added to the database. When that happens, it stimulates Universal Qi to change the energy in the specified patient according to the rules for that treatment programmed into EM.

Each EM Treatment is different. Each one is programmed to move energy in an unique way in a patient to bring a patient's energy back to balance and facilitate healing for a wide array of possible problems.

What Makes EM Special

The goal of this section is to differentiate the benefits of EM over other healing methods and to show how EM

tremendously adds value as a new healing method in many different ways.

The Wow Factor

- EM is the iPad of alternative medicine – it has been designed with the easiest “user interface” of any medicine every created. Even young children can learn EM.
- EM can identify when to launch an EM Event when you speak EM associated phrases or if you think them. What you say and what you think is information added to the database of Universal Qi.
- Starting with EM Level 2 you can diagnose anything in a person over any distance
- EM is a powerful treatment method for all kinds of infections. We call infectious organisms “pathogens”. EM can attack “superbug” infections just as easily as “regular” infectious organisms. EM has already translated which Eastern defined pathogens relate to specific Western defined infectious organisms so that you can treat infectious organisms using Western language (for instance, you can say “Streptococcus” and EM automatically translates this to the appropriate species of “Fire Metal Pathogens”)

Deep Impact Theory

- EM treats up to 18 energy layers deep. It treats the imbalance at the layer the imbalance resides. It also sends balanced energy behind and in front of the imbalanced layer to facilitate deeper and more complete healing
- Each EM Treatment arrives with a “packet” of energy that gets distributed according to the rules of the treatment. The more you focus the treatment, the more powerful EM becomes because the packet of energy sent with EM is distributed to a smaller set of tissues. The smaller this subset of tissues the stronger the

treatment impact on those tissues.

- EM directly heals the body but it also stimulates the body to heal itself by increasing vitality, stimulating the immune system, and improving tissue function. The goal is not to rely on EM for all healing for all occasions, but to raise vitality to such a degree that EM is not even necessary.

EM versus Western Medicine

- EM can perform as fast or at times faster than Western medicine but sometimes it performs much slower. Up to five days are needed to assess the full impact of an EM Treatment. The deeper the energy layer where the imbalance exists, the longer it takes for changes in the condition to be obvious. When EM treats imbalances on the first energy layer, the physical layer, it can be almost instantaneous at times.
- Universal Qi assess the safety of an EM Treatment before it is delivered. If a treatment will cause terminal harm to a patient it does not download into the patient. Safety is built into the design of EM on a foundational level.
- EM is living medicine that will continue to grow as we discover more about the human body. With EM, we can take new discoveries in anatomy and physiology and within minutes put them into functional use. The same process takes years for Western medicine which relies on pharmaceutical medications to address most molecular issues.
- EM is very limited in the side effects it can cause. It does not have to trade treatment power for safety.

The Five Day Window

The goal of the teacher is to help future patients make proper attributions as to the efficacy of EM since it can take several days for the energy to move through the energy layers being treated and for the full impact of an EM to be clear. Energy

layers as deep as 18 take a very long time for their energy to move all the way to the 1st energy layer, the physical. It is important for the students to understand that this can lead to mis-attribution, where other healing methods receive the credit for EM's successes. Despite this, practitioners should never ask patients to stop Western medications to assess the benefits of EM.

What You May Feel

The goal of the teacher is to help future patients realize that feeling nothing after an EM Treatment is not an indicator that the treatment failed to be sent. What a patient feels has no impact on the efficacy of the treatment itself.

It is important to instruct students that EM is subtle since it utilizes energy to heal. Most people feel nothing at all. For those who do feel the energy flow, it is likely to be felt as: subtle wind movements, hot/cold shifts, and trickling/bubbling sensations.

“Send EM” You Can't Send

The goal here is to describe limitations built into EM so that practitioners cannot manipulate people. The following cannot be sent with the Send EM treatment:

- You cannot send sexual experiences with EM without explicit consent by the patient to receive sexual-related treatments with EM
- You cannot send harm to a person
- You cannot mimic the impacts of recreational drugs with EM

Techniques For Consolidating Student Knowledge

I am a clinician and not a professional educator so this section is where I hope others will take a tremendous amount of initiative. It is my belief that practice makes perfect and that the more a person practices EM, the more it becomes second nature. I believe students who do not practice enough are likely to give up on EM prematurely, before they realize the true benefit it offers them. In my classes, I have students treat themselves, a partner in the same room, and a patient miles away. This is a good way to illustrate how to utilize EM. My handouts are available in the EM Level 1 section at EM School.

That said, you might consider creating additional in-class activities as well as homework sheets for your students that continue this learning process days and weeks after your class is complete.

Practice Together

Have your students start off by saying the Send EM Treatment with you.

Practice On Oneself

Encourage your students to treat themselves with EM as much as possible. There is no contraindication to treating oneself with EM.

Practice On A Partner

Have the class divide into partners and have each partner treat the other and discuss their experiences as this occurs in real time.

Practice Long Distance

Have your students treat someone far away to illustrate how EM can be used for long distance care of their patients.

40 Random Ideas For Problems To Treat

Here is a list of possible problems to treat with the Send EM Treatment to consider for your classes or homework sheets:

- Fungus in the bones
- Improve circulation
- Increase energy
- Relax the body
- Increase a sense of peacefulness
- Attack Streptococcus
- Attack Staphylococcus
- Treat any bone chips in the body
- Balance hormones throughout the body
- Balance glands throughout the body
- Improve one's cardiac health
- Tighten overstretched connective tissues
- Tighten collagen in the face
- Treat all inflammation in the body
- Treat all swelling in the body
- Treat all prolapsed blood vessels in the body
- Help reduce plaque from the blood vessels
- Improve circulation to the skin
- Treat any edema in the body
- Treat aches and pains
- Improve circulation to all the organs
- Improve circulation to all the sensory organs
- Improve hearing
- Sharpen vision
- Increase energy
- Treat emotional burn out
- Reset one's emotions

- Open the sinuses
- Treat anything infecting the sinuses
- Cool the bones
- Tighten soft tissues along the spine
- Increase circulation to the bone marrow
- Balance the meridians
- Increase feelings of happiness
- Lubricate the joints
- Treat soft tissue adhesions
- Reduce stress hormones
- Reduce appetite
- Lighten freckles
- Clear a foggy head

This list is hardly comprehensive. Feel free to come up with others as the list of possibilities is effectively limitless.

The Don't Forget Checklist

- Don't forget to make sure people receive consent to treat each other
- Don't forget to talk about contraindications and side effects so people know what they are getting into before they start
- Don't forget to collect everyone's name and contact information so that you can follow up when it is time to teach EM Level 2
- Print your handouts in advance of class
- If you record your class make sure your voice can be clearly captured and that you have enough battery power in your video/audio device as well as enough digital memory available for the length of your lecture.
- Don't forget to print copies of the EM Level 1 Agreement and make sure each person agrees to it before they practice EM

Ideas For Class Handouts

You can make copies of any of the handouts on the EM Level 1 page at EM School. Please also help me construct a repository of handouts for homework to share with other teachers. A great place to communicate is at the Forums section of the EM website: <http://forums.qiinfusions.com>

Online Resources For Your Students

EM School offers your students some helpful resources that facilitate their learning: audio clips of EM Level 1 treatments, the EM Level 1 official curriculum, a video of our very first EM Level 1 class, and online forums to ask each other questions. You should also feel free to create your own class websites to help facilitate your teaching of EM. You can create your own Facebook Fan page, Twitter account, and construct web pages with a calendar of classes.

You might consider posting videos of core concepts in EM on a video blog of your own or on Youtube (or other video posting websites) and add these elements as resources for your students so that they can review key concepts outside of the classroom.

The Spiritual Side To Marketing

In 2009, I published *The Spiritual Side To Building Your Business* (available at lulu.com) where I discussed a spiritual perspective on many business related activities such as marketing and sales. In essence, I discussed how you can utilize Universal Qi to assist you in building your business when possible. The basic principles of spiritual oriented marketing can be boiled down to a couple of quick concepts:

1. Plant Seeds
2. Ask Universal Qi to help the right people find your material at the right moment in time, which is the ultimate key to sales

Planting Seeds

It is hard to attract anyone to your classes if you don't advertise it. Advertising in this case can mean any of the following:

- List your class in a health food store newsletter
- Post your class in a public bulletin board
- List your class in an adult learning center newsletter
- Post your class at Meetup.com
- Personally tell people about it
- Post it on Facebook

Asking Universal Qi To Help

There is a time proven method to ask Universal Qi to facilitate helping you find the people to fill your classes: say what you want as if it is currently happening. For instance, “My EM Classes are so full we have to put people on waiting lists.” Imagine how it would feel to be that successful in your marketing

and then release the thought and feeling and move on without dwelling on it any further. It has been recorded as a request in Universal Qi. If you repeat this once a week, often this results in positive movement with your classes.

Planting Seeds: Fliers & Brochures

As part of planting seeds about your classes you might consider creating a flier or a brochure and leaving them in health food stores and new age bookstores. There are some excellent templates for fliers and brochures available for most word processing software programs. There are also many websites that offer free or very low cost images that you can add to your documents to make them eye catching.

Future Considerations: Teaching Future Levels Of EM

Teaching EM Level 1 offers a few benefits to you:

1. As I mentioned before, it helps you consolidate your learning. If you really want to learn something, teach it.
2. It also allows you to test the waters to see if you enjoy teaching EM. If you do, you may soon be able to teach EM Level 2. I will create a similar document to help EM Level 3 practitioners learn how to teach EM Level 2.
3. If you do end up teaching EM Level 1, you already know people who may be interested in learning EM Level 2. Which is to say, you are already building your future student base.

My goal is to help you shine as an EM Instructor. Together we can create a grassroots movement that will change, has changed, and is changing the world. I can't wait to collaborating on this project together!