

# Self-Healing Empowerment

Meru University Symposium 2022-1

## Syllabus

Instructor: Nancy Lach, DC

Ascended Master Sponsors: Lord Maitreya, Omraam Mikhael Aivanhov

Purpose:

The purpose of this course is to explore the spiritual, mental, emotional and physical keys to health and how we may be empowered in our daily lives to live fully with greater opportunity to fulfill our mission.

Course Outline

- **Spiritual Healing**
  - Watch Video Trailer “Way of Miracles”
  - Discuss Lord Maitreya’s HeartStream from May 6, 2018
  - Unlock the spiritual keys for health and wholeness
  - Learn “Physician Heal Thyself” principles
  - Explore Buddhist healing and compassion
  
- **Mental and Emotional Health**
  - Hear teachings of Omraam Mikhaël Aïvanhov
  - Explore Harmony and Health
  - Practice Positive Thought process
  - Happiness and Love
  
- **Physical Health**
  - View Sunrise Meditation
  - Learn about Respiration
  - Practice breathing exercises
  - Explore Exercise Ideas
  - Discuss Healthy Food Choices
  - Questions and Comments

Participation is encouraged throughout the course via the chat feature.