

2017 Online Emotional Healing Training

This syllabus outlines the schedule for the 2017 Online Emotional Healing Training. It includes dates and descriptions for all the lessons, as well the coaching and Q&A webinars with Steven Horne.

Course One: *An Introduction to Emotional Healing*



In this course we show how all of the “negative” emotions we experience can have a positive benefit in our lives if we learn how to utilize them in a positive way. We’ll discuss the two dysfunctional ways we cope with our emotions— suppressing and denying them and blaming them on others and venting them. You’ll learn why both of these strategies are equally dysfunctional and be introduced to a new way of thinking about all of your emotions, that will empower you to use them to better your life.

You’ll understand how to deal constructively with emotions like anger, depression, fear, anxiety, grief and more, plus how to use these emotions to guide you back to joy, love, inner peace and happiness.

Here are the eight lessons in this course and the dates we’ll be covering these topics.

The Lingering Effects of Trauma and Abuse

Steven will explain how unresolved trauma and abuse create “trauma vortexes” that can cause people to become irrational and highly emotional when “triggered” by certain sounds, words, phrases, sights, smells or other experiences. He’ll also explain the natural process of how the body heals from trauma and escapes the trauma vortex. By allowing this natural process to occur, instead of blocking it through our thinking and “self-control,” we can defuse these trauma vortexes and permanently eliminate these triggers. Once a person has gone through this process, they can stay emotionally calm and centered and think rationally about things that used to trigger them to emotionally lose control.



**Coaching
Reminder
March 5**

Coaching Session 1

You can schedule your first coaching session with your coach starting on March 5. Instructions will be provided online.



**Lesson 1.2
Mar 6-12**

Cooling the Fires of Anger

Steven will help you understand what is probably one of the most primitive and potentially harmful of all our emotions—anger. He’ll talk about the various forms of anger—from irritability to rage—and what anger is trying to teach us. He’ll discuss the problem of venting anger and ways to help yourself and others to utilize the energy of anger constructively through understanding personal boundaries. He also discusses the principles of non-violent communication as a way to communicate angry feelings in a way that will help bring

constructive, rather than destructive, change to relationships.



Lesson 1.3
Mar 13-19

Creating Healthy Boundaries

While some people vent their anger, other people completely suppress it, which is the focus of this lesson. Suppressing anger leads to feelings of helplessness, discouragement, jealousy and depression. People who tend to suppress anger can become enablers, people-pleasers and doormats. This can lead to smoldering resentment that eats the person alive, and leads to disorders of the immune system (such as autoimmune diseases and cancer). In this session, Steven discusses the problems that develop from an authoritarian model of rewards and punishments to control people's behavior and the value of natural and logical consequences as an alternative. This leads into a discussion of the steps required to actually establish healthy personal boundaries. He also gives you exercises for releasing blocked or suppressed anger safely to reclaim one's personal power and control over one's own life.



Lesson 1.4
Mar 20-26

Overcoming Grief with Gratitude

We all experience loss in our life, but the grief and sadness experienced with that loss doesn't need to plague us for the rest of our lives. It's possible to heal completely from ANY loss, no matter how tragic. This healing can only happen, however, when we embrace, rather than run away from the grieving process. When grief is experienced, rather than denied or projected in blame, it teaches the great lesson of gratitude. And gratitude will allow us to rise above our losses and transform them into positive growth and ultimately, a deeper happiness and joy with life.

Steven discusses the process of grieving in this lesson, as well as the process of cultivating a gratitude attitude in life. Also covered in this lesson are the physiological effects of the feelings of desire, attachment and being "in love," as well as the effects of shock and emotional pain associated with loss. Tools for grieving, including breathing exercises and grieving rituals, are discussed. The negative effects of sympathy (as opposed to empathy) are also covered.



Q&A Webinar
March 26
6:30 PM MT

First Q&A and Coaching Webinar with Steven

This will be your first opportunity to ask questions and get assistance directly from Steven Horne. He will also be expanding on lessons 1-4 of the first course.



Lesson 1.5
Mar 27-Apr 2

Softening the Hardened Heart

When people experience loss and emotional pain they often chose to harden their hearts and try to protect themselves from future pain by creating protective barriers against the experience of love. Unfortunately, this strategy doesn't promote healing, and it does not protect the person from future pain. In fact, it increases their level of emotional pain by causing them to become isolated and cut off from others.

In this lesson, Steven will talk about how and why this happens and how to heal from the loss of pain by softening, rather than hardening, one's heart. He will cover how "hardness of heart" is related to heart disease and the process

of empathy or compassion as the heart-to-heart connection we experience in relationships. The value of the heart as a moral compass and the concepts of trespass, equity and in-equity are explained. This lesson also covers the process of forgiveness and why it is so important to emotional health, along with practical steps for helping someone forgive.



**Coaching
Reminder
April 3**

Coaching Session 2

You can schedule your second coaching session with your coach this week. Instructions will be provided online.



**Lesson 1.6
Apr 3-9**

Developing the Courage to Face One's Fears

Fear is a natural protective mechanism that helps us to avoid danger. However, this protective mechanism often backfires when we become afraid of things that are not actual dangers. These unproductive fears can paralyze us and keep us from enjoying life and growing. Courage is the antidote to fear and the more we utilize courage to overcome fear the more self-confident we become and the more freedom, joy and prosperity we experience in life.

In this lesson, Steven discusses the relationship between fear, stress and anxiety and how to utilize courage to get “unstuck” so we are not controlled by unreasonable fears. He also explains how fear is used as a tool to control us and the difference between influence and control. An important principle in this lesson is that “mistakes are good,” when viewed in the correct light. You’ll also learn why spontaneous trembling can be a healthy discharge of energy that results in healing from past fears that caused us to become “frozen” in our lives.



**Lesson 1.7
Apr 10-16**

Overcoming Addiction and Compulsion

Suppressing fear leads to anxiety and we tend to cope with anxiety by developing compulsive behaviors, obsessive thoughts and even addictions. In this session, Steven will discuss anxiety and anxiety disorders and how this relates to addictions and compulsions. He will talk about why addiction is not based in the pursuit of pleasure, but rather the attempt to “run away from” pain. He outlines steps to escape from addictions, with emphasis on the process of becoming self-aware and discovering the genuine self within.

This lesson talks about the problem of mental chatter and worry, and how to begin developing inner, scared silence as a way to reconnect with inner peace and happiness. The importance of sensory awareness is also discussed as a tool for moving into the present moment instead of being stuck in the past or the future. The lesson ends with a discussion of the power of self-observation as a means to cultivating wisdom.



**Lesson 1.8
Apr 17-23**

Cultivating Awareness and Becoming Centered

Ultimately, awareness is the healing balm for all of our emotional dysfunction. Becoming self-aware sounds easy, but it takes time and effort to learn to quiet the constant mental chatter that prevents us from just being able to experience life and flow with it. The rewards of doing this, however, are many. When we are able to do this, we become more calm, more centered and more loving. We also experience greater joy, happiness and inner peace.

In this final lesson Steven talks about labels and language as a “trap” that keeps us from seeing things as they really are. He explains how our minds become prejudiced through our beliefs and how those beliefs filter our awareness. He talks about brainwashing and the “story” we tell ourselves and how these things become habits that allow us to “sleepwalk” through life.

The lesson discusses the value of rewriting our story and concludes with an explanation of one of the most important tools Steven uses in emotional healing—the question-affirmation technique. He explains how this tool helps a person see through the filter of their self-limiting beliefs and instantly change what is happening within them. This material lays the foundation for the next course in the series, which relies extensively on the idea of reforming our beliefs to change our life.



Q&A Webinar

May 1
6:30 PM MT

Second Q&A and Coaching Webinar with Steven

This will be your first opportunity to ask questions and get assistance directly from Steven Horne. He will also be expanding on lessons 5-8 of the first course.



Coaching
Reminder
May 1

Coaching Session 3

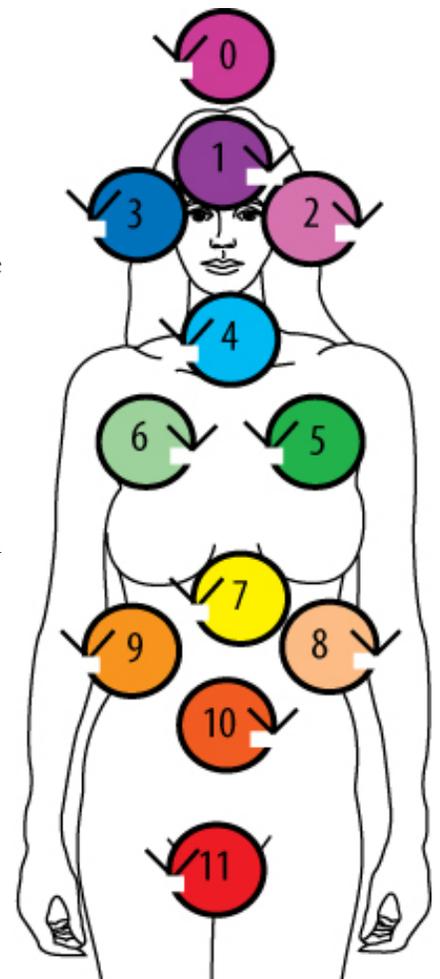
You can schedule your third coaching session with your coach this week. Instructions will be provided online.

Course Two. Emotional Anatomy

In this course, you will discover a powerful model that interweaves body, mind and spirit (emotions) into a genuinely holographic pattern of holistic healing. This model is based on the Tree of Life which was rediscovered by Steven’s friend, Roylon Mortensen. It comes from the Hebrew (Jewish) culture, the same culture that produced the Bible, and references to it can be found throughout the Judeo-Christian scriptures. It is the Hebrew equivalent to the Western four-element model or the Chinese five-element model.

This model can enable a person to rapidly identify and uncover unresolved emotional conflicts in a matter of minutes. It will enable you to bypass hours of “talk” and get right to the root of a person’s emotional conflicts and self-limiting beliefs. Steven has years of experience with this model and will share his many insights into our nature using this pattern. Get ready to see yourself and others in a whole new light with this powerful course.

The specific lessons in this class are described starting on the next page.





Lesson 2.1

Apr 24-30

Overview of Emotional Anatomy

This lesson introduces the energetic models that form the basis of emotional anatomy. In it, Steven the body, mind, spirit model of holistic health, which leads to a discussion of the axis of the body (front/back and right/left) and what they mean. It introduces the three worlds of our being (head, heart and guts) and how they relate to our body, mind and spirit. These models are also linked to the face and the sensory systems, as well as a discussion of the three types of learners.

Next, you'll get an overview of the 12-element model known as the Tree of Life. Steven will discuss the idea that the universe is made of energy and that energy follows certain patterns of 7 and 12 called octaves, which can be seen in color, music and even the periodic table of elements. He then relates this to the pattern of the tree and takes you on an overview tour of the 12 energy centers you'll be learning about in this course. He explains the concepts and number associated with each of the 12 centers and how they overlay on the body. He then provides a brief explanation of what each energy center means.

Finally, he introduces the various tools one can use to help heal unresolved "wounds" (i.e. self-limiting beliefs) in each of these emotional energy centers. These include: question-affirmations, flower essences, essential oils, colors, music and nutritional supplements. The reading material for this class includes links to a free webinar Steven did on Emotional Anatomy and the Tree of Life and some material Roylon wrote about the model.

Roots and Foundations

These first two energy centers (root and navel) in the emotional anatomy model relate to our earliest childhood experiences with masculine or father energy (protection) and feminine or mother energy (nurturing). Steven will explain how early childhood experiences related to father (or father figures) program our "root" energy, while experiences with mother (or mother figures) program our "navel" energy.

The root energy affects our sense of safety and security, and the ability to make connections with a sexual partner. It also enables us to have a sense of home or belonging, to put down roots in our life. The navel energy affects our sense of worthiness and nurturing, the ability to feel that we will be taken care of in life, that we are worthy of the food, money and love that we need to survive.

The lesson begins with a discussion of the polarities of male and female energy as they relate to reproduction and children. Biological differences between men and women are discussed and this is related to how these energies program our early childhood sense of self. This information is then related to the concept of family tree and family emotional issues, and how emotional issues can be passed from generation to generation until they are healed.

The different experiences that create emotional issues or wounds in the root and navel energy centers are discussed. Steven also covers physical health problems that can arise from blocked energy in these centers. He relates specific case histories where he has worked with people with these issues, and shares various tools that can help to heal each of these centers.



Lesson 2.2

May 1-7



Lesson 2.3

May 8-14

Pleasure and Pain

The next two energy centers (liver and pancreas) deal with the dichotomy of pain and pleasure and being able to determine what is good for us and what causes us harm. Unresolved wounds in these energy centers can cause us to tolerate abuse and neglect and/or avoid pleasure and happiness. Healing these wounds allows us to connect with our playful inner child as well as our inner warrior and correctly discern when it is appropriate to work or relax, fight or play. Wounds in here typically occur in childhood and the early teens.

In this lesson Steven discusses the stages of life, levels of emotional growth and the polarities or dualities that we have to transcend in our growth (this being the first). He elaborates on how we are hard-wired to be good and how pain and pleasure serve as teachers in our lives. He explains the difference between positive and negative beliefs and how the negative or false beliefs act as “dragons” in our lives. He reviews the question-affirmation technique introduced in the previous course as a tool for seeing through false beliefs and acquiring clarity that restructures our inner belief systems.

He then discusses the nature of the emotional wounds in the liver and pancreatic energy centers and the emotional and physical health issues these can cause. He also explains the various tools that can be used to heal these wounds, again illustrating this with stories of actual people’s healing journeys. The class ends with a discussion of the nature of happiness and how to cultivate it.

2-4. Relationships and Communication (May 15-21)

These two energy centers (throat and navel) are the balance points for our entire being. They enable us to find inner peace and balance and also to orient ourselves and open communion with our environment and other people (inner and outer balance). When we have unresolved conflicts in these areas we may be easily scattered and have difficulty making balanced decisions or forming balanced relationships with others. Wounds in these energy centers usually occur in our teens and early adult years. Healing these wounds helps us to balance and connect all aspects of ourselves, both internally and externally.

This lesson begins with a discussion of relationship as an exchange of energy and introduces the three levels of human interaction—judgment, justice and mercy. He explains the complementary roles in each of these interactions and discusses how to tell what level your relationships are operating on.

Steven explains the role of gut instinct and the difference between being centered or scattered. He also talks about how to center yourself through a meditative process. Physical and emotional issues for both the solar plexus and throat energy centers are covered, along with appropriate remedies for both. The lesson ends with a discussion of the difference between manipulation and persuasion and how to persuade people effectively. There is also a review of the principles of non-violent communication.



Lesson 2.4

May 1-7

Third Q&A and Coaching Webinar with Steven

This will be your third opportunity to ask questions and get assistance directly from Steven Horne. He will also be expanding on lessons 1-4 of the Emotional Anatomy course.



Q&A Webinar

**May 22
6:30 PM MT**



Lesson 2.5

May 22-28

Judgment and Mercy

These two energy centers (heart and thymus) help us in our relationships with our fellow human beings. On the one hand, we need to have appropriate social boundaries, good judgment and protect ourselves, and on the other hand we crave intimacy, friendship and love. Learning to balance these two forces polishes our personality and gives us tremendous personal charisma. Wounds in these energy centers typically occur in our teenage and adult years. These wounds can cause us to experience poor self-esteem and difficulty forming loving relationships. Healing these wounds enables us to improve our relationship with ourselves and others.

This lesson begins with a discussion on the three basic types of love—eros (desire), philia (friendship) and agape (unconditional). It introduces the concept of emotional bank accounts, the five love languages and love busters.

The role of the thymus energy center in self-esteem and its relationship to immunity and ego is discussed, along with sources of emotional wounds to this center and remedies. The critical importance of the “to be” verb and what we put after the words “I am...” is also discussed. Physical and emotional problem with wounds to the heart energy center are then discussed along with a discussion of forgiveness. Steven discusses what forgiveness is, and provides tools for how to help people to forgive.



Lesson 2.6

May 29-June 4

Understanding and Wisdom

These energy centers (right and left brain) are mental in nature. They help us balance our logic and our intuition. Being able to equally access both sides of our intelligence results in creative problem-solving abilities, the ability to learn and retain information, and the ability to see both the forest and the trees (the big picture as well as the details). Most people favor one side of their intelligence over the other, which results in an imbalanced perception and understanding of the world. These imbalances usually begin in our childhood and teenage years due to the lopsided way our brains are trained in public education. Healing these imbalances results in increased intelligence, better memory, and greater problem-solving ability.

This lesson begins with the discussion of the difference between right and left brain thought processes. It discusses how we learn and the importance of learning to believe in our own ideas. It discusses effective tools for aiding learning and developing right/left brain balance. The nature of language is discussed under the left brain energy center, stressing that words are just symbols or labels and that meaning is not found in words but in people. Creativity and the nature of wisdom are discussed under the right brain energy center. Tools for helping both sides of the brain are discussed and the lesson ends with a discussion of the creative process.



**Coaching
Reminder
June 5**

Coaching Session 4

You can schedule your fourth coaching session with your coach this week. Instructions will be provided online.



Lesson 2.7

June 5-11

The Higher Self

The last two energy centers (third eye and crown) are spiritual in nature. They deal with our awareness and our embodiment, with our ability to bridge the physical and the spiritual. Damage to these energy centers prevents us from seeing what is right in front of us. It makes it difficult for us to access spiritual guidance or exercise our spiritual gifts. It can even make us “spaced out” or “beside ourselves” where we are not fully present in our body and in this life. Damage to these energies can be traced to a variety of causes as far back as the womb or birth, or to extremely traumatic events in our lives. Healing them can improve balance, co-ordination, presence, awareness, and the ability to receive spiritual guidance.

This lesson begins with an interesting discussion of the nature of the universe and the model of the “body temple.” The nature of awareness and choice is discussed and the importance of being able to control the direction of your thoughts and cultivate the ability to achieve inner silence. Tools for doing this are discussed. One of the advanced emotional healing techniques is introduced in this lesson—mental tools—which are related to the concept of envisioning or visualization. Issues and remedies for the third eye and crown energy center are then discussed.



Lesson 2.8

June 12-18

Pathways and Patterns

Having covered all of the energy centers, this lesson introduces the various relationships (pathways) between them. In it, Steven shows how imbalances in one energy center create imbalances in other energy centers. It also provides a variety of tools that add depth to a person’s understanding of this model. This is probably the most abstract lesson in the entire course and is primarily here because this information opens many doors to potential future advancements in this work. It also increases one’s depth of understanding of the Tree of Life model.

One Week Break

June 19-26

One Week Break

There will be a one week break in the program while Steven is on vacation. This is the chance to catch up on any lessons you are behind on.



Q&A Webinar

**June 26
6:30 PM MT**

Fourth Q&A and Coaching Webinar with Steven

This will be your fourth opportunity to ask questions and get assistance directly from Steven Horne. He will also be expanding on lessons 5-8 of the Emotional Anatomy course.

3. Balancing Hormones and Neurotransmitters

There is a physical side to mental and emotional problems. Just as mental and emotional issues affect our physical health, physical issues affect our mental and emotional health. Good health habits, such as exercise and adequate rest, and good nutrition are essential to a balanced mood and positive mental outlook. This course explains how neurotransmitters and hormones work and how to balance these chemical messengers using natural means, including herbs, dietary and lifestyle changes and nutritional supplements. These approaches can be every bit as effective as the drug approach used in modern medicine without the side effects.

The primary purpose of this course is to provide information that can help people who are using drugs to control their mood and emotions to explore more natural alternatives while they are doing their emotional healing work.

Here are the eight lessons in this third course.



Lesson 3.1

June 26-July 2

The Body's Communication System

In this session Steven explains how the body's communication system works. He introduces the three types of chemical messengers cell use to communicate with each other (hormones, neurotransmitters and eicosanoids). He discusses the parts of the nervous system and explains basic structures in the brain. He also does an overview of the glandular system and all the major hormones.

Steven also talks about the role of genetics and explains how DNA and RNA work to create protein structures. He then introduces the subject of epigenetics and explains how environment influences genetic expression. The lesson concludes with a discussion of the "ghost" in the machine or the idea that intelligence is something that acts beyond the physical. The material in this lesson lays the foundation of understanding needed for the rest of the course.



**Coaching
Reminder
July 2**

Coaching Session 5

You can schedule your fifth coaching session with your coach this week. Instructions will be provided online.



Lesson 3.2

July 2-Jul 9

Understanding Neurotransmitters

This lesson is all about the nervous system. It begins with a discussion of the autonomic nervous system and its two branches, the sympathetic and the parasympathetic, and the functions of each. The neurotransmitter acetylcholine, which is the principle parasympathetic neurotransmitter and involved in memory and learning in the brain, is discussed in depth. Nutrients, herbs and other natural ways to stimulate or sedate this neurotransmitter are also discussed.

The remainder of this lesson is about balancing these two branches of the autonomic nervous system. Herbs, nutrients and essential oils that have sympathomimetic (sympathetic enhancing) or parasympathomimetic (parasympathetic enhancing) properties are also covered. There is also discussion

of parasympathetic and sympathetic nervous dominance and how ADHD is related to an overactive parasympathetic system. We also talk about using pupil tonus to differentiate between stress and ADHD. Causes of hyperactivity and ADHD are discussed along with strategies for working with these problems.



Lesson 3.3

July 10-16

Stress and Relaxation

Everyone experiences stressful events from time to time, but certain events can be traumatizing and produce lasting negative effects. In this lesson we discuss the fight-flight-freeze response and the nature of stress. We discuss the stress hormone cortisol and ways to balance it. We also discuss the neurotransmitter glutamate and the problem of MSG and excitotoxins, as well as the calming neurotransmitter GABA and its effects. GABA enhancing substances are discussed.

This is followed by a discussion of the trauma process and how it creates associative triggers or “buttons” as part of what we call a trauma vortex. The nature of anxiety and anxiety disorders is also covered, along with the use of nervines and adaptagens as aids for dealing with anxiety. Stress reducing nutrients, the pleasure prescription, breathing exercises, tools for calming the mind and other remedies are discussed for combating anxiety.



Lesson 3.4

July 17-23

Depression and Aggression

This very important lesson discusses facts and myths about serotonin and serotonin altering drugs. This includes the function of serotonin producing neurons, the relationship between serotonin, l-tryptophan and melatonin, and the role serotonin plays in aggression. Problems with SSRIs and other drugs that affect serotonin are discussed in detail. Natural ways to alter serotonin, including lifestyle changes, nutrients and herbs are presented.

Thyroid function is also discussed in this lesson, including the symptoms of both low and high thyroid. Remedies for balancing thyroid function are also presented.

The lesson ends with a discussion of how to deal with depression, starting with looking at the many different problems that can cause it. Possible anti-depressant remedies are discussed for each of the various types of depression, including intestinal depression, liver-related depression, low thyroid, reproductive hormonal imbalances, unresolved grief, anxiety, adrenal exhaustion and seasonal affective disorder (SAD syndrome). There is also a discussion of manic-depressive disorder.



Q&A Webinar

**July 24
6:30 PM MT**

Fifth Q&A and Coaching Webinar with Steven

This will be your fifth opportunity to ask questions and get assistance directly from Steven Horne. He will also be expanding on lessons 1-4 of the Hormone and Neurotransmitter course.



Lesson 3.5

July 24-30

Addiction and Satisfaction

Dopamine is a very important neurotransmitter affecting motivation and reward. It's role in addiction and other disorders is discussed in this lesson, in-

cluding symptoms of excess dopamine activity and deficient dopamine activity. The role dopamine plays in sexual attraction and satisfaction is also discussed, along with the relationship between dopamine and prolactin. Methods of balancing dopamine through lifestyle changes, herbs, nutrients and other mechanisms are discussed.

Oxytocin, sometimes referred to as the bonding hormone, is also covered in detail in this lesson. Lifestyle activities and substances that have oxytoxic effects are discussed.

The lesson ends with a discussion of the general problem of addiction and natural ways of approaching breaking addictions. Specific recommendations are made for addictions to sugar, caffeine, alcohol, tobacco, drugs and behaviors, such as pornography and gambling.



Coaching Reminder July 31

Coaching Session 6

You can schedule your sixth coaching session with your coach this week. Instructions will be provided online.



Lesson 3.6 July 31-Aug 6

Pain and Pleasure

This lesson discusses the teaching role that pain and pleasure play in our lives. It covers neurotransmitters and other chemical messengers that transmit messages of pain or pleasure to us, starting with endorphins. Opiates and other factors that influence endorphins are discussed. This is followed by a discussion of the pain transmitter, substance P, and herbs that affect it.

Histamine and its role in inflammation and pain is discussed next. Histamine related problems and natural solutions to balancing histamine are discussed. The chemical messenger responsible for dilating arteries, nitric oxide, is also covered in this lesson. We discuss the role it plays in blood pressure, but more important to this course, the role it may play in mood. Substances that affect it are also covered.

Eicosinoids, the messengers that mediate inflammation, are covered along with a brief discussion of fatty acid metabolism. The class ends with an overview of various natural pain relievers. Salicylates and COX2 inhibitors, anti-inflammatories, cortisol mimics and CNS depressants are covered.



Lesson 3.7 Aug 7-13

Masculinity and Femininity

The hormones responsible for creating the differences between men and women have an influence on both personality and mood. In this lesson we discuss these influences. We begin with a discussion of adrenal hormones and DHEA. Next we discuss testosterone and the roles it plays in both men and women. We talk about possible solutions to low testosterone as well as substances that reduce the effects of testosterone.

Next we cover the various kinds of estrogen and their effects. We talk about xenoestrogens and phytoestrogens and various remedies that enhance or diminish the effects of estrogen. Progesterone is covered in a similar manner and the female hormonal cycle is explained.

The lesson ends with a look at how estrogen and testosterone program

differences in sensory input, brain function and other factors. We bust some of the politically correct cultural myths about the sexes and seek to understand that there are differences in instincts, motivations, thought processes, sensory functions, communication styles and needs between men and women. We also introduce some relationship skills which are covered in greater detail in the fifth course.



Lesson 3.8

Aug 14-20

Strategies for Mental Illness

Our final lesson in this course covers mood disorders and mental illness and the difference between the two. We discuss the role of epigenetics and neurotransmitters in mental illness and talk briefly about the medical (drug) approach to dealing with this. We cover a variety of possible causes for these problems including copper excess, zinc and B6 deficiencies, under- or over-methylation, oxidative stress, amino acid deficiencies or imbalances, blood sugar issues, toxins such as heavy metals, intestinal problems and fatty acid deficiencies.

We also discuss the role of trauma and abuse in creating mental illness. We explain the problem of disassociation and how “crazy” talk may be a metaphorical form of communication where the victim of the abuse and trauma is desperately trying to communicate what has happened and receive help.



Q&A Webinar

July 24

6:30 PM MT

Sixth Q&A and Coaching Webinar with Steven

This will be your sixth opportunity to ask questions and get assistance directly from Steven Horne. He will also be expanding on lessons 5-8 of the Hormone and Neurotransmitter course.

4. Flower Essences and Aromatherapy

Both flower essences (homeopathic-like remedies made from flowers) and essential oils (volatile compounds distilled from various plants) can be used to help balance a person’s mental and emotional state. Plants can “teach” a person’s body how to cope with influences and situations with which it is struggling. These remedies can help a person make break-throughs in their understanding of themselves that helps them heal from unresolved mental and emotional stress.

Flower essences and essential oils (aromatherapy) can also be a way to gently introduce someone to emotional healing work. They can be recommended as part of a physical health session to deal with the mental and emotional side of a person’s health problems. They can help to open a person up to be more willing to address and deal with this aspect of themselves.

This class will cover a wide variety of remedies that can be used to deal with various forms of mental and emotional “wounds.” These remedies work very well in context with the models taught in An Introduction to Emotional Healing and Emotional Anatomy. They may even be helpful for balancing the body’s chemical messengers as discussed in the Balancing Neurotransmitters and Hormones course.





Lesson 4.1

Aug 21-27

Lesson 1. Plant Personalities and Signatures ()

In this first session we'll discuss how to read a plant's personality through its signatures. The personality of the plant is the key to understanding how the plant can help a person to overcome their own mental and emotional issues. We talk about polarity (or separation) as illness and how reconciling a polarity (returning to oneness) is healing.

We cover a brief history of Edward Bach and the discovery of flower essences, as well as how they are made and used. This includes blending and administering flower remedies in various ways. The discussion ends with a presentation of the seven flower essence blends Steven created for NSP with the help of FES Services.

We then sift our attention to aromatherapy, covering what an essential oil is and the basic properties of essential oils. We also discuss the various ways to use essential oils, especially in emotional healing. A chart showing types and properties of essential oils is also presented.



Lesson 4.2

Aug 28-Sept 3

Shock, Disassociation and Awareness

The remedies we'll discuss in this class are those that are helpful for overcoming emotional trauma and shock in general. Many of these remedies can be helpful when actually doing an emotional healing session with a person, as they bring awareness and insight. They can also be used during crisis situations to help a person stay more centered and focused and cope better with what is happening to them.

Specifically, we cover remedies for cultivating awareness, relieving shock and disassociation, quieting the mind, accessing the higher self, balancing our physical and spiritual natures and restoring vitality. Holistic tools that can be used with flower essences are included in the discussion.



**Coaching
Reminder
Sept 4**

Coaching Session 7

You can schedule your seventh coaching session with your coach this week. Instructions will be provided online.



Lesson 4.3

Sept 4-10

Healing Childhood Trauma and Abuse

This class will talk about remedies that can be used to treat mental and emotional issues from very early childhood. These are some of the hardest emotional wounds to heal because they happen at such an early stage of development, but healing them has a profoundly positive and lasting beneficial effect on people's lives. These include various forms of abuse (physical, sexual or verbal) and neglect, as well as birthing traumas, being an unwanted child and more.

We also cover specific remedies for specific types of trauma, such as fire, war, sexual assault and ritualistic abuse. Remedies for releasing toxic shame, letting go and forgiving, embodiment and restoring grace are discussed. Again holistic tools are covered that can be used with flower essences to help with these problems are discussed.



Lesson 4.4

Sept 11-17

Balancing Aggression and Submission

Anger can be a tricky emotion. If we allow anger to control us we can become mean and abusive. If we completely suppress our anger we can become a doormat. The balance comes in being able to assert ourselves in a way that is not harmful to others. This allows us to use the energy of our anger in a constructive way that is beneficial to us, but not abusive to others.

In this lesson we cover flower essences and essential oils that can help with various issues associated with anger. Specifically we cover remedies for calming excessive anger, creating tolerance and empathy, strengthening personal boundaries, developing assertiveness and cultivating positive leadership. Again the use of these remedies is discussed in context of holistic tools for helping to achieve these goals.



Lesson 4.5

Sept 18-24

Healing the Wounded Heart

This class covers remedies targeted at grief and loss. These remedies help people who have lost relationships due to breakups, divorce or death. They help a person deal with grief, sadness and loss. They can also be helpful for improving low self-esteem.

Specifically covered are remedies for healing broken hearts, breaking the victim mentality, helping people through dark nights of the soul, letting go of the past, overcoming hardness of heart, releasing needy or possessive “love,” and losing heart (courage and love). All of these are discussed in the context of understanding what is happening and how lifestyle changes can be used with flower remedies and essential oils to affect change.



Q&A Webinar

Sept 25

6:30 PM MT

Seventh Q&A and Coaching Webinar with Steven

This will be your seventh opportunity to ask questions and get assistance directly from Steven Horne. He will also be expanding on lessons 1-4 of the Flower Essences and Aromatherapy course.



Lesson 4.6

Sept 25-Oct 1

Fear, Obsession, Anxiety and Addiction

Fear is at the root of many emotional wounds and can negatively impact a person's life in numerous ways. It can lead to anxiety, excessive worry, obsessive thoughts, compulsive actions and various addictions. In this class we'll discuss the various remedies that can help a person overcome fears and the various negative effects they have on one's life.

Specifically we cover remedies for dealing with terror and horror, specific fears (such as fire), shyness and other social fears, worry, anxiety and addiction. We include a discussion of holistic practices that can help with these various fear related problems.



**Coaching
Reminder
Oct 2**

Coaching Session 8

You can schedule your eight coaching session with your coach this week. Instructions will be provided online.



Lesson 4.7

Oct 2-8

Pleasure, Playfulness and Sexuality

Being able to play, experience pleasure and enjoy sex within a committed relationship are experiences that make life enjoyable. Unfortunately, many people have developed emotional wounds that make them feel guilty about playing or enjoying themselves. Pleasure and sexuality may be seen as sinful, even in situations where it is normal and healthy. Remedies in this class address these issues and help a person find the innocent joy and happiness that can be experienced in these aspects of life.

Specifically we cover remedies for getting in touch with one's "playful, inner child," embracing and enjoying life, overcoming hangups and about sex, confusion about sexual identity, aids to loving relationships and graceful aging. As always these are discussed in context with holistic approaches to working with these issues.



Lesson 4.8

Oct 9-15

Communication, Mental Focus and Intelligence

Flower essences and aromatherapy can not only be used to heal the emotions, they can also influence the mind. This final lesson will cover remedies that can help a person express themselves better and heal various aspects of their mind. These remedies can improve mental focus, increase understanding and comprehension and otherwise enhance aspects of intelligence.

Specifically we cover remedies to aid clear thinking, creativity, learning life's lessons, overcoming specific learning problems, enhancing communication, making decisions, self-actualization, working with others and cultivating spirituality. We also cover a few remedies that didn't fit well into any of the other lessons.



Q&A Webinar

Oct 16

6:30 PM MT

Eighth Q&A and Coaching Webinar with Steven

This will be your eighth opportunity to ask questions and get assistance directly from Steven Horne. He will also be expanding on lessons 5-8 of the Flower Essences and Aromatherapy course.

Course Five: Personality Typing and Relationships

Everyone is born with certain inherent genetic tendencies that affect both their physical health and their personality. In traditional systems of medicine, this is called a person's constitution. Our constitution colors the way we experience the world. People tend to believe that everyone thinks and perceives the way they do, which leads to a great deal of unnecessary frustration in relationships and even outright conflict.

Understanding constitution helps you begin to appreciate the differences in other people. It helps you value the talents and abilities others have that you don't and recognize how you can best contribute to the world. It aids emotional healing work because it allows a person to connect more quickly with others and build trust and rapport.

This class consists of three sessions on personality typing, covering basic systems of constitutional typing and the use of iridology to understand a person's inherent personality. It then goes on to provide skills that can help people



build better relationships. This is important because we all know that emotional stress contributes to the development of physical illness, but did you ever consider that relationship problems are one of your primary causes of stress?

This is why the shaman or healer in traditional communities was also a counselor and spiritual advisor. So, if we want to help people in a genuinely holistic way, helping them have better relationships is a huge part of that process. I've used the information and skills I'll be sharing in this class numerous times to improve my own relationships, and to help clients reduce their stress by improving their relationships.

In addition to discussing the general principles of good relationships and good communication skills, we'll also devote sessions to specific relationships. We'll talk about male-female relationships, parent-child relationships and relationships in business and community.



Lesson 5.1

Oct 16-22

Introduction to Constitutional Typing

In this class, we introduce some traditional systems of constitutional typing. These systems are based on elemental models, such as the Western four elements (air, water, fire and earth), the Chinese five elements (earth, metal, water, wood and fire) and the five elements of Ayurvedic medicine (air, water, fire, earth and ether). We'll look at the traditional four Western types (melancholic, phlegmatic, sanguine and choleric) and the five constitutions in traditional Chinese medicine (TCM).

We also look at the brain typing system based on the work of Carl Jung, which is based on four pairs of qualities: introversion (I) and extroversion (E), sensing (S) or intuitive (N) and judging (J) or perceiving (P). We also briefly mention the enneagram system



Lesson 5.2

Oct 23-29

Emotional Iris Analysis, Part One

In this class, we'll discuss the basic elements of Denny Johnson's Rayid model of iridology. We first talk about the three major types of learners—auditory, visual and kinesthetic. We then look at the four basic Rayid personality types and mixtures of these types. We cover what I call the "body temple" model and its relationship to the iris. We finish with a discussion of pupil tonus and introversion/extroversion in the iris and look at some pairs of eyes to practice interpreting them.



Coaching Reminder Oct 30

Coaching Session 9

You can schedule your ninth coaching session with your coach this week. Instructions will be provided online.



Lesson 5.3

Oct 30-Nov 5

Emotional Iris Analysis, Part Two

In continuing our discussion of the personality model of iridology, we'll look at how specific markings in various areas of the iris are related to specific personality traits. These include the ring of harmony (stomach zone), radial furrows, rings of achievement (contraction furrows), ring of harmony (lymphatic tophi), ring of determination (lipemic diathesis) and ring of purpose (scurf rim). We also discuss right and left brain dominance in the iris. Finally we talk about specific organ zones in the iris and their emotional interpretations. We talk about how these traits can express either positively or negatively. The lesson includes an emotional iridology map. We also go through some practice slides to help you apply the material.



Lesson 5.4

Nov 5-12

Lesson 4. The Three Levels of Human Relationship

All human interactions involve an exchange of energy. There are three levels on which energy exchange can take place between people, which can be described by the words judgment, justice and love (mercy). Whatever level we are operating on will cause us to be attracted to people who are operating on the same level. By shifting the level we operate on, we create shifts in our relationships.

We will also discuss the three main types of love in this class, eros, philia and agape. We cover the concept of emotional bank accounts in relationships and factors which make deposits and withdrawals from relationships. We discuss love busters, things which destroy love in relationships. This session is extremely powerful in opening one's eyes to seeing problems in relationships and what must be done to fix them.



Q&A Webinar

Nov 13

6:30 PM MT

Ninth Q&A and Coaching Webinar with Steven

This will be your ninth opportunity to ask questions and get assistance directly from Steven Horne. He will also be expanding on lessons 1-4 of the Personality Typing and Relationship course.



Lesson 5.5

Nov 13-19

Communication and Leadership

Communication is an essential part of all relationships. So, in this lesson we start by discussing important communication skills. The first is listening skills, which are very important for anyone trying to help others. We explain the problems with language and discuss reflective listening skills to ensure we are understanding the real meaning behind the words a person is using. We also talk about listening with the heart and knowing how to make comments that help, instead of hinder understanding.

Next we discuss techniques for effective persuasion and negotiation. We cover the basics of non-violent communication, a very important skill for all relationships. We finish with a discussion of what good leadership entails. Leadership skills are important for working with people in families, businesses and society at large. We discuss the seven levels of energy leadership and anabolic versus catabolic leadership.

One Week Break

Nov 20-26

One Week Break

There will be a one week break in the program for the week of Thanksgiving. This is the chance to catch up on any lessons you are behind on.



**Coaching
Reminder
Nov 27**

Coaching Session 10

You can schedule your tenth coaching session with your coach this week. Instructions will be provided online.



Lesson 5.6

Nov 27-Dec 3

Male-Female Relationships

Our sexual hormones also color the way we see the world. Men and women have major differences in sensory input and how their brains process information. Understanding this is a major key to creating greater harmony in mar-

riages and intimate relationships. In this lesson we bust cultural myths to try to create greater understanding and harmony between the sexes. We approach these differences using the same energetic models used throughout this course.

We review the differences in the way men and women process sensory information and information previously discussed in the Balancing Hormones and Neurotransmitters class. We also discuss sexual attraction, the Coolidge Effect and the influence of dopamine and oxytocin in relationship love. We talk about yin and yang roles and relationships as a “game” with roles. We talk about the difference between being respected and cherished and provide lots of practical suggestions for enhancing understanding, communication and relationships between men and women.



Lesson 5.7

Dec 4-10

Parent-Child Relationships

This class will cover the basic skills of effective parenting. This information is important for several reasons. First, because understanding what healthy parenting looks like, helps people recognize the source of some of their early childhood wounds. It is also obviously valuable in helping parents be more effective with their children while reducing the stress of parenting, but it is also helpful for anyone who wants to do consulting work that involves children and families.

Specifically we discuss understanding a child’s psychology. We explain why rewards and punishments don’t work, but natural and logical consequences do. We also cover Piaget’s theories of cognitive development. The importance of the language you use with children, especially “you are...” is also explained. The lesson ends with effective tools for being able to teach children just about anything.



Lesson 5.8

Dec 11-17

Social-Political Relationships

This lesson will cover skills that can help us live together in greater harmony as communities, states and nations. The lesson will cover the idea of inalienable rights and its relationship to moral behavior in regards to each other. It will explain the principles that help create stable and harmonious social relationships. Of necessity, this involves some discussion of the idea of government and leadership, although we’ll avoid getting into politics.

We talk about the three types of moral reasoning and their relationship to the three levels of human interaction. We discuss the nature of trespass and the difference between ruler’s law and people’s law. We talk about the law of the harvest and the Golden rule as a basis for moral behavior and the idea of restitution as a way of dealing with crime. We also explain the nature of the higher law and how to cultivate it in your life.



Q&A Webinar

**Nov 13
6:30 PM MT**

Final Q&A and Coaching Webinar with Steven

This will be final opportunity to ask questions and get assistance directly from Steven Horne. He will also be expanding on lessons 5-8 of the Personality Typing and Relationship course.



**Coaching
Reminder
Nov 13**

Also, if you have completed your coaching sessions with your coach, you may now schedule your final coaching session directly with Steven. Instructions will be provided online.