



School of Intuitive Studies

BY WENDY DE ROSA

The Energy Healing and Intuition Training and IHTP 2023 Timeline

Level 1: The Grounded Self: Energy Tools for Stability, Clarity, and Well-being In an Ungrounded World

- **Week 1 Module 1:** What Is Grounding and What Does it Mean to Find Your Center
- **Week 2 Module 2:** The Energetic Anatomy and How to Clear Energetic Blocks that Contributed to Being Chronically Ungrounded
- **Week 3 Module 3:** Reconnecting the Cut-off to Vital Earth Energy
- **Week 4 Module 4:** Grounding Through Reclaiming Your Emotional Center

Month 1

- **Week 5: Module 5:** Build Trust in Your *Self* and Your Intuition through Grounding and Centering
- **Week 6: Module 6:** Strengthening Your Energetic Boundaries through Grounding and Centering
- **Week 7: Module 7:** Practices to Live Grounded, Centered, and Embodied
- **Week 8: Module 8:** Integration and Embodiment: Bringing Grounding Into Your Life

Month 2

- **Week 9: Integration week**

Level 2: Energy Healing Through the Chakras: Transforming Out-Dated Core Beliefs and Aligning to Your True Self

- **Week 10: Module 1:** Introduction to Energy Healing and **Module 2:** Chakra Overview and Grounding
- **Week 11: Module 3:** Chakra 1
- **Week 12: Module 4:** Chakra 2
- **Week 13: Module 5:** Chakra 3

Month 3

- **Week 14: Module 6:** Chakra 4
- **Week 15: Module 7:** Chakra 5
- **Week 16: Module 8:** Chakra 6
- **Week 17: Module 9:** Chakra 7

Month 4

- **Week 18: Module 10:** Integration, Embodiment, and Next Steps
- **Week 19: Rest Week**

Level 3: Unlock the Four Aspects of Intuition: Align to Your Soul to Embody Your Purpose

- **Week 22: Module 1:** Introduction to Embodied Intuition and the Clairsenses
- **Week 22: Module 2:** Exploring Your Intuitive Power of *Feeling* Energy
- **Week 23: Module 3:** Cultivating the Sense of Knowing and Trusting that You Do Know.

Month 5

- **Week 24: Module 4:** Intuitive Listening and Receiving Your Higher Messages
- **Week 25: Module 5:** Seeing Intuitively and Your Visionary Power
- **Week 26: Module 6:** Access Your Purpose through Your Energetic Body
- **Week 27: Module 7:** Living Intuitively Aligned and Embodied

Month 6

- **Week 28: Rest week**

Level 4: Reparenting Your Inner Child: Heal Out-Dated Conditioning and Overcome Self-Abandonment

- **Week 29: Module 1:** Transforming Self-Abandonment Through Healing The Inner Child Bond
- **Week 30: Module 2:** How to Connect To Your Inner Child
- **Week 31: Module 3:** Healing Emotional Abandonment By Reparenting Your Inner Child

Month 7

- **Week 32: Module 4:** Intuitive Knowing and Energetic Boundaries through Connecting to Your Inner Child
- **Week 33: Module 5:** Rebuilding Trust In Relationships by Building Trust with Your Inner Child
- **Week 34: Module 6:** Embodying Your New Beliefs for You and Your Inner Child
- **Week 35: Rest week**

Level 5: The Dance Between the Mystic and the Empath: Learn to Feel Energy, Stay Grounded, and Connect to Spirit Guides and Angels

Month 8

- **Week 36: Module 1:** What is a modern-day Mystic, and What is an Empath? Defining Upper and: Lower Body intuition
 - Grief, heart openings, and the sacred heart.
 - Healing doctrine traumas
- **Week 36: Module 2:** Empathic Intuition: How to Feel Energy without Taking it on

- Reference emotions and previous modules on grounding, lower chakras, inner child, etc.
- **Week 37: Module 3:** Energetic and Embodiment Practices for Empaths
- **Week 38: Module 4:** Mystical Mediumship: Cultivating a Clear and Pure Channel of Grace
- **Week 39: Module 5:** What are Spirit Guides and Angels
 - Include: Sending spirits to the light
- **Week 39: Module 6:** How to Receive Higher Guidance

Month 9

- **Week 40: Module 7:** Healing with Prayer, Light, and Angels
- **Week 41:** The Full Spectrum Intuitive

Level 6: Detoxing Your Energy Body through Clearing Cords, Contracts, and Tools for Soul Healing (6 Weeks)

- **Week 42: Module 1:** What are Cords and Contracts and Healing on a Soul Level
- **Week 42:** Module 2: How to Clear Cords
- **Week 42:** Module 3: How to Clear Contracts
- **Week 43:** Module 4: How to Clear Ancestral Cords

Month 10

- **Week 44:** Module 5: Ho'oponopono Prayer in Cord Cutting
- **Week 45:** Module 6: Practice and Integration

Level 7: Discover Your Soul's Journey: A Master Training for Healing Through Past Lives, Akashic Records, and Soul Retrieval (7 weeks)

- **Week 46: Module 1:** What Are Past Lives, Akashic Records and Soul Retrieval

- **Week 46: Module 2:** The Akashic Records Journey to Reclaim Lost Power
- **Week 47: Module 3:** The Akashic Records Journey for A Rescue Release Repair

Month 11:

- **Week 48: Module 4:** Past Life Healing without the Akashic Records.
- **Week 49: Module 5:** Integrating All Aspects of Energy Healing into Your Body
- **Week 50: Module 6:** Embodying Your Power as an Intuitive
- **Week 51: Module 7:** Next Steps and Becoming an Intuitive Energy Healer

Month 12: Completion