

The **HUMAN ENERGY FIELD** Series

GUIDING PRINCIPLES

- ∞ Personal experience is the most relevant and effective teacher
- ∞ Perceptual and energetic skills amplify personal power
- ∞ Cognitive explanations and scientific proof support learning

COURSE OVERVIEW: The **HUMAN ENERGY FIELD** series begins with the exploration of your personal energy field and of how a deeper understanding of your aura serves and empowers you. The coursework progresses by taking the individual field into relationship with other individual energy fields. There is a special emphasis on the creation of the mutual energy field, the co-arising field of energetic relationships. The next course deepens this process by focusing on consciously modulating the aura in response to different situations and needs. Finally, we explore how the individual's field can negotiate its relationship with larger energetic field forces such as elemental, cultural, and ancestral.

HUMAN ENERGY FIELD Level 1: *Personal exploration*

You really don't stop at your skin! The part of you that extends from your skin outward is powerful, important, and poorly understood. This course will explore the genesis, maintenance, and purpose of your personal energetic field. We'll introduce 'aura wielding' or how to consciously and effectively use your field as well as such fun topics as field grooming and hygiene, field expansion and contraction, shifting the color and tone of your field, etc.

HUMAN ENERGY FIELD Level 2: *Relational fields*

What happens when your field bumps into somebody else's field? This does happen all the time. The key here is to consciously attend to the dynamic interchange between the two fields **and** to the co-arising relational field that is generated. We'll learn to utilize your field for communication, protection, intimacy, and negotiation. We will begin the exploration of active field shifting, in terms of shape, quality, tone, and permeability.

HUMAN ENERGY FIELD Level 3: *Modulation skills*

While many of us may be aware that we have an energetic field, very few understand that we can wield our auras for our own benefit or to help others. This shift from passive to active begins with learning to control the density, tone, and quality of your personal field. Density shifts allow for more protection and safety or for more intimacy. Choosing specific resonant field tones results in more ease and safety with others. Deliberately changing the energetic quality of your personal field greatly enhances your ability to be in relationship with other people's fields and with larger field forces.

HUMAN ENERGY FIELD Level 4: *Negotiating larger fields*

Sometimes we bump into a field that isn't generated by another person. Or it bumps into us! In the course of simply living, we interact with a host of energetic fields of all shapes, sizes, and origins. We'll explore how to become more aware of these large field forces and how to negotiate them with safety. A number of larger fields, such as cultural, elemental, ancestral, and transpersonal will be investigated.

FAQ:

How long is each course?

There is approximately 15 hours of material for each course. Most courses will start Friday evening and end early Sunday afternoon. Occasionally, some will run all day Saturday and Sunday.

What level of skill do I need to attend?

Over the years, students have ranged from pure beginners to experienced energy healers. While there are no guarantees, most people leave with more understanding and skill.

Do I need to take the workshops in order?

Yes. The four courses build upon each other in terms of skills, vocabulary, techniques, etc. If you skipped a course, there are a number of things that would not make sense or that you would be unable to do.

Are there any exceptions?

I am always willing to consider special skills or special circumstances. These decisions are made by me on a case by case basis.

How much do they cost?

The costs vary from training to training because of differing overhead for the hosting person or institution. Please check with them.

What's involved in hosting this workshop series?

Please get in touch with me and we'll discuss what is necessary in terms of equipment, facilities, students, payment, etc.

TESTIMONIALS :

Doug Jones is one of the most aware and grounded men I have met in the field of the subtle body consciousness. He not only can work and move energy with the skill of a Master he can teach others to do the same with precision and clarity.

Doug has the amazing ability to meet each of his students where he/she is. He was able to actively listen at all times, as well as providing insight and guidance when asked or when needed. He has a great disposition as well as patience and compassion for others and his work. His knowledge and experience commanded the attention of all of the individuals in class.

He is absolutely brilliant! His ability to track the energetic field of the class as a whole was amazing. He creatively responded to what the chemistry of the group needed.

Doug has a vast reservoir of knowledge. I loved his enthusiasm in imparting that knowledge to us. He also has a presence and energy that vastly supported our learning process. His attitude toward teaching is wonderful.

I've studied Eastern topics, chi gong, etc., and yet even with my familiarity, I've found this class more grounded and helpful by far. There is focus here, not random exposure to

new modes of thinking and living. The work could have that effect but the presentation does not ask one to step so far from his/her base as to become confused or bewildered...

I was really impressed with Doug's teaching style and how mutual the respect was from teacher to student and vice versa. Doug is incredible in how much his energy helps amplify what I was attempting to feel...

Excellent class, organized very well, juicy material, excellent instruction. Doug did a fantastic job with time management and course content. His grasp of this extremely technical yet spiritual work blew me away. His knowledge base was astounding, yet he presented the material in such a way that it was easily understood. My thanks wholeheartedly to Doug.

This class rocked my world! I would highly recommend it to anyone.

INQUIRIES: If you are interested in hosting or attending these workshops or for more specific information, please email me at doug@humanenergyfield.net.