

## CHRYSALIS COURSE INFORMATION

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The Chrysalis course taught by Butterfly Expressions<sup>llc</sup> is a 6 part class, each part being 4 full days. These 6 classes are dedicated to energy work of various kinds, essential oils and herbal preparations, and the in-depth study of homeopathy and homeopathic remedies.

### General Synopsis of Each Level:

- Level I Basic energy and Eastern medical philosophy, working with meridians and emotional baggage, and working with magnets for energy correction.
- Level II Herbs, cleansing the body properly, allergy and intolerance work, cellular housekeeping, the uptake of nutrients, and working with the systems of the body.
- Level III The wonderful world of essential oils, some powerful energy work for physical tissues, and energy work for habits and attitudes.
- Level IV Improving energy flow, energy toning procedures for the heart, communication within the body through a Hi-speed matrix, basic homeopathic theory, low potency homeopathic remedies.
- Level V Energy techniques for learning issues and for mental acuity, nervous system response to external and internal stimuli, and deep level homeopathy.
- Level VI Chakra work, a modality called *Reflections on Life, Love, and Miracles*, EFT (Emotional Freedom Technique), Biology of Perception, and the work of Byron Katie

Each class must be taken in consecutive order as the classes build on the previous classes so a commitment is required and made following the first class. If you must miss a class once you have started for anything but the most desperate of reasons, you will need to discontinue the group you are with and join back in with the next group, picking up where you left off. If general class attendance should ever fall below 8 attendees, the class will be canceled and the class will be given the opportunity to merge with the next class group. You are also expected to attend all day, all 4 days, during each class level.

COST: Total of all classes is \$1250

Level I is \$250, paid 30 days in advance of the first class.

Levels II through VI are a total of \$1000 (\$200 for each class, paid 30 days in advance of the upcoming class)

ROOMING IN: A meal is provided for you at noon each day. However, if you have special dietary needs you should come prepared with something to eat in the event that the planned menu does not suit your requirements.

There are rooms available (not always separate rooms but bunk-together, sleep-over style in some instances). Cost for the rooms is \$30 for each four day class. If you are traveling some distance, you may arrive the day before and leave the day after if that works better for you than driving before and after 4 such full days.

SUPPLIES: You will be receiving a lot of printed material in each class. You may keep them in separate binders or combine them into one large manual binder. You will also be constructing a "workbook". Working from this workbook will help you organize your energy correction sessions for maximum efficiency and results. You will have the opportunity to look at LaRee's working binder during the first class. You will need to come to Level II prepared with a very large binder, 24 divider sheets of the sort you prefer, and lots of Post-It tabs and flags.

## **LEVEL I — EASTERN HEALING PHILOSOPHIES, MUSCLE TESTING, BASIC ENERGY TECHNIQUES**

This class includes: basic kinesiology (muscle testing skills), an introduction to eastern philosophies, checking and balancing meridian, basic acupressure points, balancing and repairing your energy system, a bit about magnets, simple techniques for removing or coping with stress and fear, creating a work menu, working by issue categories, and analyzing your work to find ALL of the various aspects and layers needing to be addressed.

## **LEVEL II — HERBS, CELLULAR HOUSEKEEPING, ALLERGY WORK**

Specific things that are focused on at this level are the making and using of herbal remedies, the relief of allergies and intolerances, cellular cleansing, the uptake of nutrients, and analyzing and working with the various systems and organs of the body and how energy work can be used to improve functioning.

## **LEVEL III — ESSENTIAL OILS, ENERGY POINTS, ENERGY BLOCKS, ATTITUDES AND HABITS**

Essential oils are the focus of at least 1 day of this level of class work. The rest of the class will include improving energy testing skills, some more advanced work with meridian points, coping with the effects of electrical currents and electromagnetic fields on the body, physical tissue blocks in energy flow, as well as techniques for working with physical tissues in interesting and amazing ways.

## **LEVEL IV — LOW POTENCY HOMEOPATHICS, SCIENCE & ENERGY, HIGH SPEED MATRIX, HEART**

This class, like the others, continues to build on previous energy modalities. In addition, this class includes scientific research and studies into communication within the body across a Hi-speed matrix. Also included are simple techniques for reading the energy status of the body and for working with energy flow and blockages. Included are techniques for working with the heart, physically and emotionally. A large part of the focus of this class is the beginning of the study of homeopathy and the use of various low potency homeopathic remedies.

All participants in homeopathic classes have the opportunity to make Blessed Waters. Blessed Waters are similar to the homeopathics you will be learning about. To make your own blessed waters you will need bottles to put them in and alcohol. You can purchase the bottles from Butterfly Express. You will need to bring your own alcohol (80 proof vodka is what we recommend). If you plan to be serious about using homeopathic remedies (or blessed waters) this offer could potentially save you hundreds of dollars.

Additional Suggested Books: The Complete Homeopathy Handbook by Miranda Castro, 1990  
ISBN: 139780312063207

## **LEVEL V — HIGH POTENCY HOMEOPATHY, ENERGY TECHNIQUES FOR LEARNING/EDUCATION**

The use of high potency remedies in the treatment of chronic illnesses, contagious diseases and miasms will be discussed in depth. Other topics for this class include degenerative and contagious diseases, working with learning disabilities and mental acuity, nervous system response to internal and external stimuli, the ability to focus and pay attention.

## **LEVEL VI — CHAKRA WORK, VARIOUS MODALITIES TO ROUND OUT YOUR ENERGY EDUCATION**

This final class includes introduction to and practice in a variety of energy techniques and modalities. These will include, but are not limited to, EFT (Emotional Freedom Training), the work of Byron Katie, the Biology of Perception, and a modality called Reflections on Life, Love, and Miracles. (I think you will like this one.) There will be information provided on working with victims of sexual abuse, PTSD, and many other such issues.