

Four Year Training Program Outline



- I. Winter Solstice through Candlemas – Divination – \$10/week
- A. 1st Year – Tarot
 - B. 2nd Year – Goddess Runes
 - C. 3rd Year – Other Divination Methods
 - D. 4th Year – Delving Deeper Into Divination
- II. Candlemas through Vernal Equinox – Meditation
- A. 1st Year – Types of Meditation – \$10/week
 - B. 2nd Year – Spirit Guides/Totem Animals – \$25/week
 - C. 3rd Year – Dreamwork and Astral Projection – \$10/week
 - D. 4th Year – Shamanic Journey – \$10/week
- III. Vernal Equinox through Beltaine – Medicine Wheel - \$10/week
- A. 1st Year – Basic Principles
 - B. 2nd Year – Personal Work
 - C. 3rd Year – Creating a Medicine Wheel for Specific Work
 - D. 4th Year – Helping Others With the Medicine Wheel
- IV. Beltaine through Summer Solstice – Stones – \$25/week
- A. 1st Year – Divination Uses
 - B. 2nd Year – Healing Uses
 - C. 3rd Year – Magical Uses
 - D. 4th Year – Other Stone Uses
- V. Summer Solstice through Harvest – Psychic Development – \$10/week
- A. 1st Year – Basic Shields
 - B. 2nd Year – Self-Defense
 - C. 3rd Year – Colors
 - D. 4th Year – Enhancing Your Psychic Abilities
- VI. Harvest through Autumnal Equinox – Aromatherapy - \$25/week
- A. 1st Year – History & Basics of Aromatherapy
 - B. 2nd Year – Researching Aromatic Scents
 - C. 3rd Year – Creating Essential Oils
 - D. 4th Year – Using Aromatherapy for Health & Healing
- VII. Autumnal Equinox through Samhain – Ritual – \$10/week
- A. 1st Year – Ritual Use
 - B. 2nd Year – Ritual Construction
 - C. 3rd Year – Ritual Application
 - D. 4th Year – Ritual Practice
- VIII. Samhain through Winter Solstice - Color – \$10/week
- A. 1st Year – Primary & Secondary Colors
 - B. 2nd Year – Tints & Shades
 - C. 3rd Year – Using Color for Yourself
 - D. 4th Year – Using Color to Help Others

11/4/2007

First Year Training Program Outline

- I. Winter Solstice through Candlemas – Divination/Tarot (bring your own Tarot deck, if you'd like)
 - A. 1st Week – Major Arcana
 - a. Which Major Arcana card(s) do you identify with and why?
 - B. 2nd Week – Swords and Wands
 - a. Which Sword card(s) do you identify with and why?
 - b. Which Wand card(s) do you identify with and why?
 - C. 3rd Week – Cups and Pentacles
 - a. Which Cup card(s) do you identify with and why?
 - b. Which Pentacle card(s) do you identify with and why?
 - D. 4th Week – Layouts and Readings
 - a. Which layout do you prefer and why?
 - b. Create your own layout and define each position.
 - E. 5th Week – Candlemas Study and Review
 - a. What is your favorite aspect of this holiday and why?
 - F. 6th Week – Candlemas Ritual and Potluck

- II. Candlemas through Vernal Equinox – Meditation/Types of Meditation
 - A. 1st Week – Balancing and Grounding
 - a. Which method of Balancing and Grounding works best for you and why?
 - B. 2nd Week – Active Meditation
 - a. How do you feel this type of meditation works for you and why?
 - C. 3rd Week – Passive Meditation
 - a. How do you feel this type of meditation works for you and why?
 - D. 4th Week – Other Meditation Techniques and Usages
 - a. How did you feel about these forms of meditation and why?
 - E. 5th Week – Vernal Equinox Study and Review
 - a. What is your favorite aspect of this holiday and why?
 - F. 6th Week – Vernal Equinox Ritual and Potluck

- III. Vernal Equinox through Beltaine – Medicine Wheel/Basic Principles
 - A. 1st Week – History & Definition of the Medicine Wheel
 - a. Based on the definition given, how do you believe the Medicine Wheel works and why?
 - B. 2nd Week – Various Uses of the Medicine Wheel
 - a. Select one of the Medicine Wheel layouts provided and describe how you believe it could help you.
 - C. 3rd Week – Creating a Medicine Wheel for Personal Use
 - a. Create a Medicine Wheel for yourself, define each component and why you chose each one.
 - D. 4th Week – Creating a Medicine Wheel for Healing
 - a. Create a Medicine Wheel for someone else, and define each component and why you chose each one.
 - E. 5th Week – Beltaine Study and Review
 - a. What is your favorite aspect of this holiday and why?
 - F. 6th Week – Beltaine Ritual and Potluck

IV. Beltaine through Summer Solstice – Stones/Divinatory Uses

- A. 1st Week – Selecting Your Stones
 - a. What 22 Stones did you select to use for Divination and why?
- B. 2nd Week – Energies of Your Stones
 - a. Write about the energies you feel when focusing on each of your selected Stones.
- C. 3rd Week – Identifying Various Stone Structures
 - a. Compare the energies you feel in your Stones with its physical structure.
- D. 4th Week – Identifying Stones Found in Nature
 - a. Find 7 Stones in Nature and write down what tests you did to identify each one.
- E. 5th Week – Summer Solstice Study and Review
 - a. What is your favorite aspect of this holiday and why?
- F. 6th Week – Summer Solstice Ritual and Potluck

V. Summer Solstice through Harvest – Psychic Development/Basic Shields

- A. 1st Week – The Purpose of Personal Shields
 - a. For what purpose will you utilize your personal shield and why?
- B. 2nd Week – Styles and Types of Personal Shields
 - a. What is the basic composition of your shield and why did you select this?
- C. 3rd Week – Building Your Personal Shield
 - a. What is the basic structure of your shield and why?
- D. 4th Week – Testing Your Personal Shield
 - a. What tests did you experience that tested your personal shield? How do you feel it worked and why?
- E. 5th Week – Harvest Study and Review
 - a. What is your favorite aspect of this holiday and why?
- F. 6th Week – Harvest Ritual and Potluck

VI. Harvest through Autumnal Equinox – Aromatherapy/History & Basics

- A. 1st Week – History of Aromatherapy
 - a. Thinking about the ancient history of Aromatherapy, how do you think the ancient peoples discovered it and why do you think they needed it?
- B. 2nd Week – Basics of Aromatherapy
 - a. How can the basics of Aromatherapy help you to better understand the principles and their usages?
- C. 3rd Week – Using the Formulas
 - a. Looking at all the Aromatherapy formulas given, select nine (9) that you would consider “mandatory” to have on hand at all times and why.
- D. 4th Week – Creating Aromatherapy Formulas
 - a. Create an Aromatherapy formula for either yourself or another person, and tell why you chose each scent.
- E. 5th Week – Autumnal Equinox Study and Review
 - a. What is your favorite aspect of this holiday and why?
- F. 6th Week – Autumnal Equinox Ritual and Potluck

VII. Autumnal Equinox through Samhain – Ritual/Ritual Uses

- A. 1st Week – What is Ritual?
 - a. What does “doing ritual” mean to you and why?
- B. 2nd Week – Many Uses of Ritual
 - a. Select 3 of the uses discussed in class and tell how these uses could help you in your daily lifewalk.
- C. 3rd Week – Personal Rituals
 - a. What does your personal ritual need to do for you and why?
- D. 4th Week – Constructing Personal Rituals
 - a. Write a personal ritual to do on a daily basis and tell why you chose everything about its contents.
- E. 5th Week – Samhain Study and Review
 - a. What is your favorite aspect of this holiday and why?
- F. 6th Week – Samhain Ritual and Potluck

VIII. Samhain through Winter Solstice – Color/Primary & Secondary Colors

- A. 1st Week – Primary Colors
 - a. Thinking about each of these three (3) colors, explain in detail how you felt when you were exposed to each one.
- B. 2nd Week – Secondary Colors
 - a. Thinking only about each of these three (3) colors, explain in detail how you felt when you were exposed to each one.
- C. 3rd Week – Using Color for Yourself
 - a. Select a personality trait that you’d like to change and tell which color(s) you’d use, how you would use it/them, and why.
- D. 4th Week – Using Color to Help Others
 - a. Work with a friend or family member to determine a trait they would like to change. Determine which color(s) you’d recommend, the method of immersion and the anticipated outcome.
- E. 5th Week – Winter Solstice Study and Review
 - a. What is your favorite aspect of this holiday and why?
- F. 6th Week – Winter Solstice Ritual and Potluck