

# AWAKEN YOUR NATURAL HEALING POWER, Level 1

with Jahbi Seong



**Are you aware that we all have a natural ability to heal?  
Are you ready to develop a relationship with your body  
and take responsibility for your own health?**

Through our ancient healing practice, you will not only be able to understand your own physical, mental and spiritual condition, but also be able to heal yourself.

Our ancient healing practice of Tao is not about removing pain or stress from specific parts of your body. Tao healing allows one to recover their own harmony and balance—body, mind, and spirit—by developing their inner power.

*Note: This course is part one of a self-healing series. You can continue to grow your healing power through levels two and three.*

**This is a 6 week  
course that starts  
on August 12, 2020.**

**Online sessions  
are every Wednesday  
from 4:30PM - 6PM.**

**Total Cost: \$360**



# COURSE OVERVIEW

## **Week 1: Introduction to Basic Healing**

Improve your physical health by communicating with your body through our ancient healing methods, exercises, and energy meditations.

## **Week 2: Identify your Three Energy Centers**

Recognize your current health status with awakened energy sensitivity. Learn to feel your physical body, energy body and spiritual body.

## **Week 3: Healing Hands Activation**

Learn to activate your healing hands--an important tool for reading your current condition and healing yourself.

## **Week 4: Improve Your Healing Power**

Deepen your practice by expanding your consciousness and practice utilizing infinite cosmic energy for reading and healing.

## **Week 5 & 6: Activate and Integrate your 3 Energy Centers**

Continue deeply activating and integrating your three energy centers to develop confidence in healing as well as your spiritual growth.



## **About the Trainer**

Prior to studying ancient Tao principles and teachings, JahBi attempted to treat her own illness with traditional medical treatments. These treatments were not effective and her health did not improve. As she continued to awaken to the Tao teachings, her body, mind, and self-confidence grew exponentially. Her health improved and through this experience, she discovered the healing power of the Tao and has committed her life to sharing these principals with others. JahBi began her service at the Sedona Mago Retreat Center in 2010, where she is currently a program director, healer and Tao Program trainer. She has also been a Body & Brain Center manager and trainer for ten years.

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