

LIFE ENERGY HEALING SCHOOL™

Dear Student,

Thank you for your interest in Life Energy Healing™ School.

In 2001, after fifteen years of teaching spiritual healing workshops, I was guided to work with a few students on an intensive and long-term basis. Life Energy Healing™ School was born. The components of healing, intuition, and channeling melded together in the curriculum. Mongolian Medicine grounded the healing energy work. And the intensive nature of residential sessions built community, which in turn gave each student support for the spiritual growth that occurred.

It is at this time that I invite you to be part of our adventure. While the physical path might go from Middlebury, Vermont to Ulaanbaatar, Mongolia for service, this is a short distance compared to the distance you might travel inside yourself. You may have done classes in many alternative areas, be of any religion or spiritual persuasion or be totally new to the path for your connection with the Spirit. As long as you are feeling drawn to this journey, we welcome you as part of our community.

The school meets for two sessions, one in October and one in March each year. Each session lasts for nine days from 10 AM to 8 PM each day. Your spiritual nature is awakened at these intense gatherings and continues in dream and daily life between sessions and afterwards. Life energy healing means that you surrender your life to be healed, so that your energy can be used for your soul's highest purpose. And what that is might be beyond your wildest dreams! As one graduate now in the Peace Corps in Turkmenistan said, "LEHS is the compass for the rest of my life."

You may call with any questions. Or, send your application by mail or e-mail. I look forward to hearing from you.

All blessings,

LIFE ENERGY
HEALING SCHOOL™



Sas Carey, Director

248 Washington St. Ext

Middlebury, VT 05753

802/388 1301

fax 802/388 1237

www.lifenergyheal.com

school@lifenergyheal.com

Sas Carey, RN, BSN, MEd

OVERVIEW

Life Energy Healing School™ is a unique educational opportunity recommended for anyone who desires to:

- Develop balance in all aspects of life
- Expand professional health care provider skills
- Discover how to blend a career from skills and spiritual gifts
- Expand intuition for use in business, education, creative, social, or world service fields
- Earn a certificate as a LET™ healing practitioner

Life Energy Training™ is a step-by-step educational program specializing in holistic heart-centered healing methods—which creates optimal health and well-being. LET™ core curriculum teaches how to balance life energy (chi or prana) in all aspects of being—mind, body, spirit and emotions. Using Traditional Mongolian Medicine as a holistic model, the program focuses on life in its connection with All. Energy techniques, physical exercises (like chi gong and yoga), intuition training, and ancient and modern health concepts are the foundation of the training.

Life Energy Training™ centers on life energy balance. You will learn about yourself and others from the surface to the deepest level. The following two parts of the program are threads throughout the two years.

PART I: ENERGY SKILLS

- Intuition practice—using your intuition in your every day life.
- Meditation—listening to your deepest self
- Channeling—speaking from your deepest self
- Energy healing techniques—therapeutic touch, chakra balancing
- Practicing exercises in all areas

PART II: HEALTH AND HEALING SKILLS

- Exploring Mind/Body connections through the holistic system of Traditional Mongolian Medicine
- Practicing Traditional Mongolian Medicine theories of treatment, nutrition, medicines, treatments, and lifestyle behavior
- Performing service to others locally and in Mongolia

Life Energy Training™ supports each student growing into optimal health and well-being, doing soul work each day, and contributing to the creation of a balanced and peaceful world.

LIFE ENERGY
HEALING SCHOOL™



Sas Carey, Director

248 Washington St. Ext.
Middlebury, VT 05753
802/388 1301
fax 802/388 1237

www.lifenergyheal.com
school@lifenergyheal.com

REQUIREMENTS 2009-2011

LEHS faculty and students are expected to model the highest level of integrity, responsibility, respect, and honesty. Life Energy Healing requires surrendering to one's higher purpose and being guided by love. This involves growth and challenges in all areas—mental, physical, emotional, spiritual.

THE REQUIREMENTS

- Attendance is required for all nine days for each of the four semesters. The school will create a support system for your personal growth.
- Anatomy and Physiology (8 credits) at college of your choice. This is essential background for any healing work.
- Journalling and assignments during and between LETTM intensives. These will be read and responded to by faculty.
- Therapy—4 sessions a year with therapist of your choice. Each student is responsible for her/his own mental and physical health.
- Active e-mail account. Enrolling students will need to have e-mail as much of the communication between intensives is in this form. Optional opportunity for graduates.
- Upon graduation, a trip to Mongolia to give service is available.

REQUIRED TEXTS

Brennan, Barbara, *Hands of Light*. Bantam Books, New York, NY, 1987.

Carey, Sas. *Discovering Your Intuition*. Self-published. Middlebury, VT. 1997 .

Clark, Dr. Barry, trans. *The Quintessence Tantras of Tibetan Medicine*. Snow Lion Press, Ithaca, NY, 1995.

Dummer, Tom. *Tibetan Medicine And Other Holistic Health-Care Systems*. Routledge, London, 1988.

Hay, Louise. *Heal Your Body*. Hay House, Inc., Carlsbad, CA, 1997.

Sachs, Robert. *Health for Life—Secrets of Tibetan Ayurveda*. Heartfire Books, Santa Fe, NM, 1995.

Tirtha, Swami Sada Shiva, *The Ayurveda Encyclopedia: Natural Secrets to Healing, Prevention, and Longevity*. Ayurveda Holistic Center Press, Bayville, NY, 1998.

LIFE ENERGY
HEALING SCHOOL™



Sas Carey, Director

248 Washington St. Ext

Middlebury, VT 05753

802/388 1301

fax 802/388 1237

www.lifenergyheal.com

school@lifenergyheal.com

SCHEDULES 2009-2011

HEALING SCHOOL INTENSIVE TRAINING SCHEDULE

October 10-18, 2009
March 13-21, 2010
Mongolia—summer (optional)

October 9-17, 2010
March 12-20, 2011
Mongolia—summer (optional)

HEALING SCHOOL FEE SCHEDULE

Tuition: \$4000 per year, payable by semester unless other arrangements are made

Tuition covers instruction, one private session a month between sessions (by phone or in person), and meals during intensive training weeks.

Extra expenses not included in tuition are:

- Application fee: \$75 non-refundable
- Books and workbook approximately \$250 a year
- Accommodations during intensives approximately \$200 a year (some scholarships may be available)
- Accommodations and food in Mongolia, approximately \$2000 (does not include air transportation)
- Anatomy/Physiology 8 credit college course may be concurrent with training
- Therapy sessions (4/year minimum) by therapist of your choice

LIFE ENERGY
HEALING SCHOOL™



Sas Carey, Director

248 Washington St. Ext
Middlebury, VT 05753

802/388 1301

fax 802/388 1237

www.lifenergyheal.com

school@lifenergyheal.com

VSAC scholarships may be available for you if you live in Vermont and have a small income. Call 1-800-642-3177 for information.

CURRICULUM

YEAR I

During the first year of Life Energy Training™ (LET), students learn life energy healing skills and begin to bring balance into their lives. They start the core courses for Life Energy Healing, which will be studied throughout the two years.

FALL SEMESTER

Life Energy Healing: Exercises in personal growth, feeding the soul, issues blocking love, discovering the soul's path, living life fully, prayer, meditation, mindfulness, gratitude, contracts and spiritual responsibility.

Intuition Training: Using “Discovering Your Intuition” exercises in direct perception, senses, discernment, holograms, scanning, mindfulness, dreams, and color.

Energy Healing Training: Principles and methods of healing—therapeutic touch, chakra balancing, Reiki I, understanding individual and group energy, chi gong and yoga.

Channelling Training: Listening to the inner voice and acting upon it, opening the heart, speaking truth, opening to the spirit, listening to and expressing music from above, protection, grounding, dissolving harmful preconceptions, flight school and relating to nature.

SPRING SEMESTER

The second semester focuses on the “body” part of mind/body/spirit/emotions and explores the connection of all aspects with life energy healing, intuition training, energy healing and channelling. Reiki II attunement is given. Experimenting with ways to honor the body as a temple.

Mongolian Medicine: A Model of Holism: Fundamental principles of oriental medicine, five element view, three element view, general concept of disease—roots of disease, and physiology of the human body, major diseases, hot and cold disease, diagnosis, general principles of treatment, diet, lifestyle behavior, medicines, external therapies and clinical practice. Relevance to Western life.

LIFE ENERGY
HEALING SCHOOL™



Sas Carey, Director

248 Washington St. Ext
Middlebury, VT 05753

802/388 1301

fax 802/388 1237

www.lifenergyheal.com

school@lifenergyheal.com

CURRICULUM

YEAR II

In the second year, students integrate their gifts, trainings and life experiences and obtain further training and practice to formulate their own unique healing and life path. Service, the cornerstone of the true healer is required.

FALL SEMESTER

Advanced Energy Healing: being a conduit, moving energy, grounding, centering, opening, creating a high energy field, removing energy blocks, unconditional trust, surrendering to the spirit, Reiki II attunement.

Advanced Intuition Training: Dance, art, singing, theater, humor.

Advanced Channelling: Spirit guides, past lives, dreams, music, Oneness.

SPRING SEMESTER

Spiritual leadership training: Moving into a life of service, living on the earth as a spirit being, finding your true work, life modeling, growing in life energy healing, LET™ life flow.

Advanced Physical Care and Level 2 of Mongolian Medicine.

On-going support is in the form of personal faculty connection during the intensives, connection with other students during and between intensives, and a monthly session with the faculty between intensives.

LIFE ENERGY
HEALING SCHOOL™



Sas Carey, Director

248 Washington St. Ext

Middlebury, VT 05753

802/388 1301

fax 802/388 1237

www.lifenergyheal.com

school@lifenergyheal.com

LIFE ENERGY HEALING SCHOOL™

REGISTRATION FORM

Name _____

Preferred Name _____

Address _____

City, State, Zip _____

Phone number: Home _____ / _____

Work _____ / _____

Fax _____ / _____

e-mail _____

Social Security # _____

What is your primary language? _____

What languages are you fluent in? _____

PLEASE ANSWER THE FOLLOWING QUESTIONS BY TYPING ON A SEPARATE SHEET:

How did you find out about LEHS?

What draws you to our school?

What important past experiences do you bring--emotional, physical, spiritual, mental?

What do you hope to get out of your two year experience with us?

How do you plan to use this training in your life?

Have you traveled abroad? In Asia? When, what was the experience like for you?

Personal essay: please tell us who you are, what you are like, what your challenges are.

Include any health issues you have dealt or are dealing with.

We will schedule a personal interview after reviewing your application.

REFERENCES

Please include the names and contact information of two references:

Name	Phone	email
_____	_____ / _____	_____
_____	_____ / _____	_____

Application Fee: \$75 non-refundable

Make check or money order payable to: LEHS

Credit card: MC or Visa Expiration Date _____ / _____

Card # _____

Signature _____



Please complete and return to:

Life Energy Healing School
248 Washington St. Ext
Middlebury, VT 05753

LIFE ENERGY HEALING SCHOOL™

REFERENCE FORM

_____ has applied for admission to Life Energy Healing School.

Could you please tell us about him/her?

How long have you known her/him? _____

In what capacity have you known her/him? _____

What strengths/weaknesses does this individual have? _____

Please describe why/how he/she would benefit from LEHS. _____

LIFE ENERGY
HEALING SCHOOL™



Sas Carey, Director

248 Washington St. Ext
Middlebury, VT 05753
802/388 1301
fax 802/388 1237

www.lifenergyheal.com
school@lifenergyheal.com

(signature)

(date)

Thank you.

Please mail to LEHS, 248 Washington St. Ext., Middlebury, VT 05753