

# LIFE UNIVERSECITY LC 2023 to 2025 Course Syllabus

## Course Overview

### Instructor

Rev Dr Dawnecia Palmer

### What

Soul Health Education for Personal development and The Soul Health Clinic using the modality of The Magnificent Way principles, to awaken one's inner capacity to realise, attain and maintain a healthy soul, emotional wholeness, and physical wellbeing.

### Phone

+44 07508390298

### How

Online Class, class integration, personal practise, feedback, homework & Exams

### Email:

[Life.Universecity@gmail.com](mailto:Life.Universecity@gmail.com)

### Office Location

Old Fishponds Library , Fishponds Road. Bristol. B16 3HU

### Why

- To discover the infinite, limitless potential to live magnificent lives every day.
- Learn cutting edge techniques to expand one's capacity to manage and ease physical and emotional pain. Learn how thoughts affect our cells and genes and impact our actions.
- To acquire the wisdom, understanding and confidence to face difficult situations, transcend, overcome, and transmute doubt, fear, lack, and limitation.
- And obtain the necessary skills and tools to enable better decisions and right choices.

### Course materials

Handouts/selected texts

### Required Qualifications

N/A: for one-off attendances | To Graduate: BA Hons or DipHE BTEC

### Course Schedule:

Graduate Year | Practitioner Core (Level 5) 7<sup>th</sup> Oct 23 to 26<sup>th</sup> July 25

### [Class, Activities, and Retreat Subjects](#)

1. Understanding Joy V's Depression and Trust V's Anxiety X
2. Unipolar, Bipolar, Hypomania and Mania through the lens of a series of Controversial Soul Health methodology Discussions
3. Contrasting Shadows - this lesson offers us a glimpse into the worlds of Sleep and Insomnia, Dreams, Daydreaming, and Nightmares through a series of short studies.
4. Deciphering the web of Delusion and Hallucinations through the fine mesh of Spiritual Discernment, Intuition and LIVE Visioning.
5. Handling Sciatica Pain – using TMW Principle
6. Introduction to Peer Mentoring
7. Trauma Part 2/3
8. Defragmentalization and Reimagining | handling the complexities around making permanent life changes. X
9. Research into Culture and Nutrition | Nutrition and Health
10. Identifying factors generally connected with low key health risks and more serious health issues.

**\*\* NB Homework Policy: Tutor-directed research with written work handed in, gains points towards exam results. Undergraduate Pre-Exam & Exam Schedule: Recap Sat 6<sup>th</sup> | Exam 8<sup>th</sup>-10<sup>th</sup> | Results: Sat 12<sup>th</sup> July | Graduation Ceremony: Sat 26<sup>th</sup> July**

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11. Learning the Art of LULC Soul Health and Wellness CPU for connecting physical and physiological wellbeing.
12. Wellness Entrepreneurship / | Coach Mentoring
13. Intercostal Diagnosis
14. The practice of Self-Compassion Vs self-pity to help us empower ourselves to achieve our goals, we will be looking at barriers which inhibits a sustainable a healthy lifestyle and create motivational choices. **X**
15. LULC Discrete Decision Mathematics
16. Colour Therapy & Auras
17. Colorations between Food and Health | Herbs, Spices and Essential Oils
18. LULC Mindfulness Meditation Healing Retreat | one of the topics we will be looking at – The Soul at Rest, understanding secular ethics & contemplative neuroscience
19. Strength Training – combining a set of positive health affirmation with a basic set of movements, manageable at any age.
20. Forgiveness and Empathy
21. Soul Health & Wellness Practitioner level1 | The Way of the Master, Journey & Toolkit
22. Bone Health Research
23. First Aid Certificate
24. Prayer Therapy
25. Basic Level studies in Molecular Biology | Health Improvement and Lifestyle
26. Health and Disease in Communities
27. Investigative Study Research into Mindfulness and the Diagnostics of Word Medicine Treatments as antidote for Addictive Behaviours | Chronic Fatigue
28. Morbidity, Mortality and Disability Issues as they relate to transition, equality, and diversity.
29. Soul Ecology
30. Quantum Entanglement
31. Shadow Work - healing invisible wounds – Elixir to clear the immune system
32. Breathomics - Awakening your inner Magnificence. A study on Elongation
33. Reclamation! Learn the secrets of The Genesis Code, re-entering Eden, and spiritual impunity.
34. The Fullest SELF | the soul at death (\*optional stand-alone audio lesson, April 2025)

<b>Classes 2024</b>	<b>3<sup>rd</sup> February 2<sup>nd</sup> March 6<sup>th</sup> April 4<sup>th</sup> May 1<sup>st</sup> June 6<sup>th</sup> July 2024</b>
Feb 3 <sup>rd</sup>	Deciphering the web of Delusion and Hallucinations through the fine mesh of Spiritual Discernment, Intuition and LIVE Visioning.
March 2 <sup>nd</sup>	Handling Sciatica Pain – using TMW Principle
April 6 <sup>th</sup>	Colour Therapy & Auras
May 4 <sup>th</sup>	Shadow Work - healing invisible wounds – Elixir to clear the immune system
June 8 <sup>th</sup>	Quantum Entanglement :interconnectivity/empathy/compassion/wellness
July (date to be announced)	RETREAT TOPIC: Reclamation! Learn the secrets of The Genesis Code, re-entering Eden, and spiritual impunity.
August	** Summer Break – Happy HOLIDAYS **

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