

LIFE UNIVERSECITY LC 2024 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

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) 7th Oct 23 to 26th 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. **X**
5. Handling Sciatica Pain – using TMW Principle
6. Introduction to Peer Mentoring
7. Trauma Part 2/3 **X**
8. Defragmentalization and Reimagining | handling the complexities around making permanent life changes. **X**
9. Research into Culture Nutrition and Health | NDCs Non-Communicable & Lifestyle Diseases

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

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10. Identifying factors generally connected with low-health risks and more serious health issues' X
11. Learning the Art of LULC Soul Health and Wellness CPU for connecting physical and physiological wellbeing. Part1 X Part 2X Part3
12. Wellness Entrepreneurship /| Coach Mentoring
13. Intercostal Diagnostics - symptoms, cause, and management X
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 X
16. Colour Therapy & Auras X
17. Correlations between Food and Health | Herbs, Spices and Essential Oils X
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 X
21. Soul Health & Wellness Practitioner level1 | The Way of the Master, Journey & Toolkit
22. Basic Bone Health Research X
23. First Aid Certificate X
24. Prayer Therapy X
25. Basic Level studies in Molecular Biology | Health Improvement and Lifestyle X
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 X
30. Quantum Entanglement
31. Shadow Work - healing invisible wounds – Elixir to clear the immune system X
32. Breathomics - Awakening your inner Magnificence. A study on Elongation X
33. Reclamation! Learn the secrets of The Genesis Code, re-entering Eden, and spiritual immunity X
34. The Fullest SELF | the soul at death (*optional stand-alone audio lesson, April 2025)

NEW Classes 2025 Jan 4th Feb 1st Mar 1st Apr 5th May 3rd Jun 7th July 5 2025

Feb 5 th	Understanding the CPU/The human Conscious Processing Utility Grad yr 2 Class 1
Mar 9 th	The human CPU for optimum health and joyous wellbeing Grad yr 2 Class 2
Apr 7 th	The human CPU for optimum health and joyous wellbeing Grad Yr 2 Class 3
May 3 rd	Dynamic health Combo – Basic bone health research/ Handling Sciatica Pain TMW
June 7 th	First Aid Certificate Part 1 Grad Yr Class 5
July 5 th	First Aid Certificate Part 2 Grad Yr Class 6
July 6 th -Sep 6 th	Summer Break *HAPPY HOLIDAYS* Summer Break

Aug 2nd 2-6pm Students Holiday Hookup (Optional/Free) St James Palace Garden/LONDON

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