

# LIFE UNIVERSECITY LC 2024 to Aug 2026 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 26

## 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 **X**
10. Identifying factors generally connected with low-health risks and more serious health issues' **X**

**\*\* NB Homework Policy: Tutor-directed research with written work handed in, gains points towards exam results. Undergraduate Pre-Exam & Exam Schedule: Recap Sat 4<sup>th</sup> | Exam 11<sup>th</sup> | Results: Sat 25<sup>th</sup> July | Graduation Ceremony: Sat 22<sup>nd</sup> Aug**

# LIFE UNIVERSECITY LC 2024 to Aug 2026 Course Syllabus

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. LIFEU 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 X
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. X
29. Soul Ecology X
30. Quantum Entanglement X
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 Role of Chakras in Enhancing Self-Awareness, Physical Health, and Well-Being
35. The Fullest SELF | the soul at death

**NEW Classes 2026 - January 3<sup>rd</sup> February 7<sup>th</sup> March 7<sup>th</sup> April 4<sup>th</sup> May 2<sup>nd</sup> June 13<sup>th</sup> July 4<sup>th</sup>**

Jan 10 <sup>th</sup>	Morbidity, Mortality and Disability Issues as they relate to transition, equality, and diversity Grad yr 2 Class 10
Feb 7 <sup>th</sup>	The Role of Chakras in Enhancing Self-Awareness, Physical Health, and Well-Being
Mar 7 <sup>th</sup>	Contrasting Shadows - a glimpse into the worlds of Sleep, Insomnia, Dreams Daydreaming & Nightmares
Apr 13 <sup>th</sup>	The Fullest SELF   the soul at death
May 7 <sup>th</sup>	Soul Health & Wellness Practitioner level1   The Way of the Master
June 13 <sup>th</sup>	Wellness Entrepreneurship  Coach Mentoring  Introduction to Peer Mentoring
July 4 <sup>th</sup>  11 <sup>th</sup>	Pre-Examination Recap   Examinations 1.
Aug 1 <sup>st</sup> - 2 <sup>nd</sup>	<b>Summer Retreat *Dawlish Sands  LifeU Mindfulness Meditation Healing Retreat</b>

**\*\* NB Homework Policy: Tutor-directed research with written work handed in, gains points towards exam results. Undergraduate Pre-Exam & Exam Schedule: Recap Sat 4<sup>th</sup>| Exam 11<sup>th</sup>| Results: Sat 25<sup>th</sup> July | Graduation Ceremony: Sat 22<sup>nd</sup> Aug**