



6-MONTH MEDICINE WOMAN  
TRAINING - ACTIVATING  
HEALING  
ABILITIES THROUGH  
WATER COMMUNICATION  
& RITUALS  
MEDICINE WOMAN 101

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TRAUMA-SENSITIVE RESTORATIVE HEALTH + WELLNESS

## MEDICINE WOMAN 101 TRAINING

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- **Program Duration: 6 months**
  - **Class Format: Bi-weekly classes, 90-120 minutes each**
  - **Student Support:**
    - **2 consultations per month**
    - **Access to lifetime program content**
- **Assessment and Evaluation:**
  - **Spiritual Case Studies**
  - **Examinations**
- **Culminating Event:**
  - **Weekend Spiritual Retreat for Dedication Ceremony**
- **Community Engagement:**
  - **Medicine Woman Community Assignments and Responsibilities**
- **Program Overview:**
  - **Month 1: Foundation of Water Healing**
    - **Classes: Introduction to Water Healing, Connecting with Water Energies**
    - **Assignment: Personal Water Altar Setup**
    - **Community: Introduction to Community Roles**
  - **Month 2: Healing Rituals and Practices**
    - **Classes: Rituals for Self and Community Care, Spiritual Bathing**
    - **Assignment: Designing Your Self-Care Ritual**
    - **Community: Sharing Healing Rituals with Peers**
  - **Month 3: Communicating with Water Spirits**
    - **Classes: Understanding Water Spirits and Entities, Water Spirit Connection**
    - **Assignment: Water Spirit Connection Practice**
    - **Community: Sharing Spiritual Experiences**



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## TRAUMA-SENSITIVE RESTORATIVE HEALTH + WELLNESS

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- **Month 4: Awakening Psychic Gifts**
  - **Classes:** *Developing Psychic Abilities, Water Gazing*
  - **Assignment:** *Personal Psychic Development Plan*
  - **Community:** *Peer Psychic Development Sessions*
- **Month 5: Manifestation and Abundance**
  - **Classes:** *Money and Manifestation Rituals, Abundance Meditation*
  - **Assignment:** *Creating Your Abundance Ritual*
  - **Community:** *Collective Abundance Ritual*
- **Month 6: Culmination and Dedication**
  - **Classes:** *Preparing for Dedication Ceremony, Reflection and Integration*
  - **Assignment:** *Personal Dedication Ceremony Preparation*
  - **Community:** *Collaborative Dedication Ceremony Planning*
- **Assessments and Evaluation:**
  - *Spiritual Case Studies (Throughout)*
  - *Students research and present case studies on how water healing practices have impacted individuals or communities.*
  - *Examinations (Month 3 and Month 6)*
  - *Comprehensive assessments to evaluate knowledge and application of water healing concepts.*
- **Student Support:**
  - *2 Consultations Per Month*
  - *Each student has access to two monthly one-on-one consultations with program facilitators for guidance and support.*
- **Community Engagement:**
  - *Medicine Woman Community Assignments and Responsibilities*
  - *Each student takes on roles and responsibilities within the Medicine Woman community, fostering collaboration and shared learning.*