

# **Women of Color Apprenticeship Program**

**Dr. Vest**

**Oakland, CA**

**Day 1: Saturday May 4th, 2019**

## **Logistics and Announcements**

- Coffee and Tea
- Timeliness
- Sign in each class
- Meal Prep sign-ups
- TA sign-ups for core-classes on Fridays
- Cohort Assignments by region
- Medicine Almanac
- Payment arrangements
- Certificate requirements
- Cohort Demonstration
- Mini-Cohort or Individual demonstrations
- Our TA's
- Phones on Airplane or do not disturb
- Videotaping and Photo releases
- ICE forms
- Healing Clinics
- Resource Exchanges
- Terms of Address

## **WOCMAP 6-month Curriculum**

- 1. How to deepen and discipline your meditation practice**
- 2. How to Develop your psychic gifts: clairvoyance, clairaudience, clairsentience**
- 3. How to develop and define your own medicine in alignment with your Purpose**
- 4. How to protect yourself and your medicine**
- 5. How to be an Ethical psychic/ healer**
- 6. How to partner with rock medicine**
- 7. How to partner with plant medicine**
- 8. How to choose healing tools**
- 9. Chakras and Energy Healing**
- 10. How to carry your medicine**
- 11. How to Work with your Guides**
- 12. How to work with the Higher Self**
- 13. How to Perform deep self-healing work**
- 14. How to create Blessing/Limpia rituals**
- 15. How to work with symbols: Veves, sigils,**
- 16. How to Work with sacred geometry**
- 17. How to work with music, images, aromas**
- 18. Trance work- How to journey to other realms to obtain wisdom**
- 19. How to Access the Akashic Records to learn about past lives and soul paths**
- 20. How to become aware of energy**
- 21. An Understanding of Cosmology: Nature of the universe, souls, past lives, purpose**
- 22. An Introduction to Hoodoo and Caribbean and Latin American traditions of healing;**
- 23. Native American Healing and Gardening/Permaculture**
- 24. How to Honor Ancestors**
- 25. How to mix ethnic traditions respectfully**
- 26. Tenets of Spiritualism/Spiritism**