|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| TEACHER TRAINING APPLICATION: 5 ELEMENT & MERIDIAN Seminar | | | | | | | | | |
| Name: | | | | | | | | **Date:** | |
| Phone |  | | | | | Email |  | | |
| Date of birth | |  | | | | Website | |  | |
| Address | | | | | | | | | |
| Name of Teacher giving reference | | |  | | | | | | |
| Email of Teacher giving reference | | |  | | | | | | |
| I have the current edition of the Book | | | | Yes | No | | | | Date of edition: |
| Name of any Teacher you have given an RR session to or received an RR session from: | | | | | | | | | |

**A. HOW MANY MERIDIAN SEMINARS HAVE YOU ATTENDED**

|  |  |  |  |
| --- | --- | --- | --- |
| Date | Teacher | In-Person | Online |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**B. INNER CULTIVATION SEMINARS ATTENDED**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Date | Teacher | In-Person | Online | Home Study |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

**C. UNCONSCIOUS PATTERS & CHAKRA SEMINARS TAUGHT IN THE LAST TWO YEARS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Date | Seminar | In-Person | Online | # New Students | # Re-takers |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
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**D. PREPARATION -- PRACTICE TEACHING THE FOLLOWING**

|  |  |  |
| --- | --- | --- |
| I know the following by heart, without using the book | Yes | No |
| I have downloaded Chloe’s video Energizing Options for the Meridian seminar |  |  |
| The two-hour high time for each Meridian |  |  |
| The Mu Points & Consonant Sounds for each Meridian |  |  |
| The 5 Element Sounds: Haa, Hee, Who, Shae & SS |  |  |
| The four Chi Kung Circulation Movements (+ Chi Kung Bounce & Holding) |  |  |
| Chi Kung Arm Stretches |  |  |
| The Meridian Massage |  |  |
| Wood Element Focusing Breath |  |  |
| Fire Element Vitality Breath |  |  |
| Earth Element Calming Breath |  |  |
| Metal Element Cleansing Breath |  |  |
| Water Element Lymphatic Purifying Breath |  |  |

**E. SUPPLIES**

|  |  |  |
| --- | --- | --- |
| I have the following Five Element & Meridian Supplies: | Yes | No |
| Full Scale Tuning Forks *(or Chakras & Sharps if purchased separately in the past)* |  |  |
| Planetary Tuning Forks |  |  |
| ColorYourWorld Glasses |  |  |
| ColorYourWorld Torch with crystal, gels & symbols |  |  |
| North Pole Soother Magnet |  |  |
| Silk Scarves (for the Five Elements) |  |  |

**F. SELF – EVALUATION: WOOD**

Use ? instead of X for No if a Yes/No answer is not consistent

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| WOOD ELEMENT STRENGTHS | YES | NO |  | YES | NO |
| **?** | **?** |
| I am confident |  |  | I see the big picture |  |  |
| I am assertive when needed |  |  | I give people a sense of hope |  |  |
| I make wise decisions in the moment |  |  | I am focused |  |  |
| I manifest my goals |  |  | I am organized, practical & motivated |  |  |
| I see the overall plan and the details |  |  | I motivate others |  |  |
| I complete what I want to teach in the time available |  |  | I move students forward efficiently |  |  |
| COMMENTS | | | | | |
|  | | | | | |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| GROWTH NEEDED IN WOOD | YES | NO |  | YES | NO |
| **?** | **?** |
| Timing is a problem |  |  | I am overly assertive |  |  |
| I’m often late |  |  | I am not assertive enough |  |  |
| I misjudge people |  |  | I assert myself with irritation or anger |  |  |
| I misjudge situations |  |  | I get impatient when people are slow |  |  |
| I jump to conclusions before listening to the other person |  |  | I find it difficult to evaluate how much time I need |  |  |
| I get distracted & lose my focus |  |  | I am critical / irritable |  |  |
| COMMENTS | | | | | |
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**G. SELF – EVALUATION: FIRE**

Use ? instead of X for No if a Yes/No answer is not consistent

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| FIRE ELEMENT STRENGTHS | YES | NO |  | YES | NO |
| **?** | **?** |
| I am playful |  |  | I create order |  |  |
| I have a good sense of humor |  |  | I communicate with ease & warmth |  |  |
| I am joyful |  |  | I am direct & honest when I communicate |  |  |
| I am warm, loving & affectionate |  |  | I enjoy relating with everyone |  |  |
| People are drawn to my warmth & brightness |  |  | I feel safe sharing my experiences & flaws for others’ growth & learning & when appropriate for the situation |  |  |
| COMMENTS | | | | | |
|  | | | | | |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| GROWTH NEEDED IN FIRE | YES | NO |  | YES | NO |
| **?** | **?** |
| I am too serious |  |  | Sometimes I feel out of control |  |  |
| I take life too seriously |  |  | I am overly controlling of others |  |  |
| Social situations stress me out |  |  | I feel controlled by others |  |  |
| Life gets chaotic |  |  | I feel safer relating one-on-one |  |  |
| I feel vulnerable / awkward relating to others or in social situations |  |  | I get confused |  |  |
| I lose my emotional balance when relating with others |  |  | I feel hurt by others’ words & behaviors |  |  |
| COMMENTS | | | | | |
|  | | | | | |

**H. SELF – EVALUATION: EARTH**

Use ? instead of X for No if a Yes/No answer is not consistent

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| EARTH ELEMENT STRENGTHS | YES | NO |  | YES | NO |
| **?** | **?** |
| I am nurturing |  |  | I am at home in my body |  |  |
| I enjoy taking care of others’ needs |  |  | I am at home where I live |  |  |
| I am stable, centered and oriented |  |  | I am relaxed & calm |  |  |
| I nurture myself with healthy food, sunlight, exercise, loving friends, my spiritual practice  (underline the ones that Yes; others on list will be No / ?) |  |  | I appreciate & learn from all my life experiences |  |  |
| COMMENTS | | | | | |
|  | | | | | |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| GROWTH NEEDED IN EARTH | YES | NO |  | YES | NO |
| **?** | **?** |
| I fail to nurture myself / take care of my own needs |  |  | In difficult situations I lose sight of the positive |  |  |
| I don’t feel supported when I need it |  |  | I worry |  |  |
| I avoid receiving support from others |  |  | I get tense |  |  |
| I take care of others at my own expense |  |  | I give to much |  |  |
| I stop seeing the positive in difficult people |  |  |  |  |  |
| COMMENTS | | | | | |
|  | | | | | |

**I. SELF – EVALUATION: METAL**

Use ? instead of X for No if a Yes/No answer is not consistent

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| METAL ELEMENT STRENGTHS | YES | NO |  | YES | NO |
| **?** | **?** |
| I appreciate my own positive qualities |  |  | I am respected by others |  |  |
| I appreciate the positive qualities in others |  |  | I am honest in all my dealings with others |  |  |
| I stand by my values |  |  | I am honest to the last penny in how I handle money |  |  |
| I inspire others |  |  | I live with spiritual purpose |  |  |
| I respect everyone & express my respect in words & actions |  |  | I inspire others to find their spiritual purpose |  |  |
| I name the truth in a loving way |  |  |  |  |  |
| COMMENTS | | | | | |
|  | | | | | |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| GROWTH NEEDED IN METAL | YES | NO |  | YES | NO |
| **?** | **?** |
| I feel that others don’t value me |  |  | I talk about how successful I am |  |  |
| I devalue myself / feel inadequate |  |  | I am unaware when I am boasting & coming from my ego |  |  |
| I get upset when I am not respected as I would like to be |  |  | I hold on to grudges / resentments |  |  |
| When I make a mistake, it’s difficult for me to see that I’ve made a mistake |  |  | I don’t forgive certain people |  |  |
| It’s difficult saying ‘sorry’ |  |  | I hold on to feelings of betrayal |  |  |
| I hold on to my own negative thoughts |  |  | I still smoke cigarettes |  |  |
| COMMENTS | | | | | |
|  | | | | | |

**J. SELF – EVALUATION: WATER**

Use ? instead of X for No if a Yes/No answer is not consistent

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| WATER ELEMENT STRENGTHS | YES | NO |  | YES | NO |
| **?** | **?** |
| I am persevering |  |  | I adjust easily to changing circumstances |  |  |
| I direct my energy towards achieving what is important to me |  |  | I am able to contain myself / my energy |  |  |
| I have drive |  |  | I adjust easily to difficult people |  |  |
| I use my power to achieve my ideals |  |  | I know when to yield & when to hold firm |  |  |
| I use my power to help others |  |  | I face my fears & move into coherent action |  |  |
| I am adaptable |  |  | I create clear boundaries |  |  |
| I know my limits |  |  |  |  |  |
| COMMENTS | | | | | |
|  | | | | | |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| GROWTH NEEDED IN WATER | YES | NO |  | YES | NO |
| **?** | **?** |
| I lack the willpower to overcome certain unhealthy habits |  |  | I am unable to access my reserves of energy when I need to |  |  |
| I go into a panic in certain situations |  |  | I don’t listen deeply, & calmly consider what I am hearing |  |  |
| I lose my inner sense of calm |  |  | I often feel a little unintelligent |  |  |
| I get tired |  |  | I feel overpowered by certain people |  |  |
| I lose my energy |  |  | I overpower people |  |  |
| I over extend my energy reserves |  |  | I push myself instead of taking time out to relax |  |  |
| COMMENTS | | | | | |
|  | | | | | |

**K. FINAL STEPS**

|  |
| --- |
| Once you have been checked by your Teacher Training Mentor for C & D and accepted into the Five Element & Meridian teacher training program: |
| * You may login as a teacher & pay the Teacher Training fee |
| * You will then receive the Teacher Training Cards |
| * You may now access the Teacher Training Home Study Program with CFW (or do the in person training) |
| * Get together with your Teacher Training Mentor for questions, support and observation |
| * Once you have completed your Home Study Programs / in person training you may start teaching the Five   Element & Meridian Seminars. |
| * Follow the requirements as on the Resonance Repatterning website |
| * Follow the requirements as on:   [www.ResonanceRepatterning.net](http://www.ResonanceRepatterning.net) > Teacher Training > Step #4: Training |

**L. OFFICE**

|  |  |  |
| --- | --- | --- |
| Delete X that doesn’t apply | Yes | No |
| Email lists sent |  |  |
| Admin payments completed |  |  |