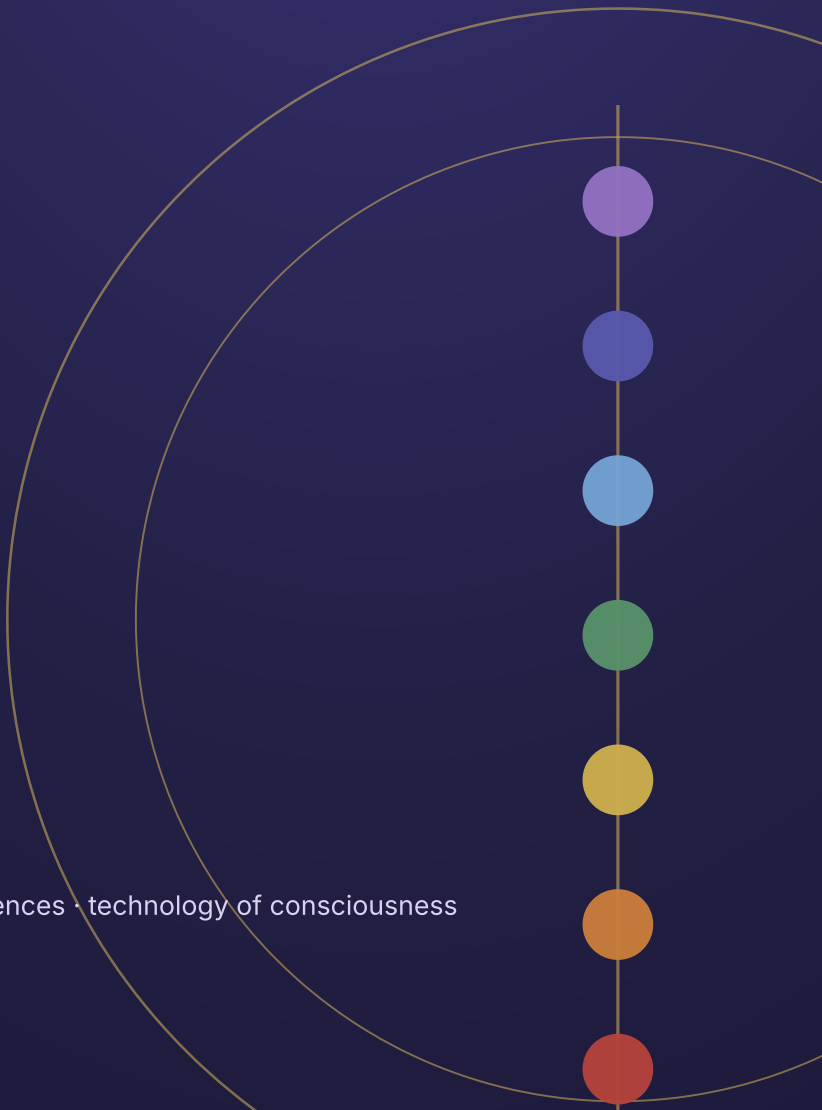
TRAINING PROGRAMME · EIGHT MODULES

Astropsychosomatics

Psychosomatics through the lens of astrohealing – body, emotions, consciousness and the sky as one living system



Led by: Dr Irena Grk, Doctor of Medicine

8 modules · 36 hours · live online (Zoom)

Psychosomatics · astrohealing · vibrational essences · technology of consciousness

01

About the Programme

The body is the most intelligent part of us. It does not make mistakes – it speaks. Every symptom is a message, and every organ carries its own story.

In the ancient Chinese view of the world, the human being stands between Heaven and Earth, and health is the balance we find between them – between body and spirit, between the life we lead outwardly and what we carry within.

Astropsychosomatics is a training programme that makes this balance understandable and applicable. Psychosomatics is its foundation: it explains how thoughts, emotions and stress affect the nervous, endocrine and immune systems. Astrohealing provides the perspective that makes this understanding personal – every complaint, organ and emotional state is viewed through the energy centre and the planet to which it belongs, on the physical, emotional and mental levels. Vibrational essences and the technology of consciousness form the practical side of the work, through which balance is maintained in everyday life.

> The programme is led by **Dr Irena Grk**, a medical doctor, professional astrologer (ISAR), astrohealing therapist, energy psychologist and psychosomatic coach. For more than fifteen years she has worked with people to preserve and restore health, combining medicine with astrohealing, energy psychology and Bach flower therapy.

02

Aims of the Programme

The programme aims to help participants become conscious, active partners in their own health – to understand the language of their body, recognise the messages of their emotions and read the map of their sky. It leads from the question ‘Why is this happening to me?’ to the question ‘What is this teaching me, and what can I change?’ Participants:

- acquire foundational knowledge of psychosomatics and of how symptoms arise;
- become familiar with the seven energy centres and the seven planets as a map of body and soul;
- learn astrohealing as a method of restoring balance in four steps: recognising, understanding, balancing and living;
- are introduced to vibrational essences as gentle, complementary support;
- adopt everyday self-regulation practices and the technology of consciousness;
- create a personal health map and a prevention plan.

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Key Facts

DURATION
8 modules, 36 hours (30 hours of teaching, 6 hours of breaks)

FORMAT
Live online via Zoom one 4.5-hour session per week

GROUP
Closed group of 8–30 participants

LANGUAGE
Serbian

MATERIALS
Course reader and workbook

COMPLETION
Final project and certificate

04

Module Overview

The first module lays the foundations; each subsequent module is devoted to one energy centre, its planet and one major theme of health. The path leads from root to crown – from the body to consciousness.

1 **Body, Soul and Heaven**
AN INTRODUCTION TO ASTROPSYCHOSOMATICS

Health as a dynamic balance; psychosomatics and psychoneuroimmunology; energy and the vibration of emotions; emotions and organs; the present moment and conscious presence; astromedicine and the four elements; the seven centres and the seven planets; astrohealing as a method of healing; the heart as the axis of the system; beginning the personal health map.

2 **Root and Strength**
MARS AND THE ROOT CENTRE

The common root of many complaints; the body's self-healing capacity and immunity; chronic stress; body memory; regeneration; safety, belonging and ancestors; fear.

3 **The Sweetness of Life**
VENUS AND THE SACRAL CENTRE

Emotions, pleasure and the power of beliefs; placebo and nocebo; guilt and shame; the law of attraction and the law of ease.

4 **The Inner Sun**
THE SUN AND THE SOLAR PLEXUS

Head, heart and gut as three centres of intelligence; emotions in the body; personal power, self-esteem and 'digesting' experience; shame.

5

The Heart That Remembers

THE MOON AND THE HEART CENTRE

The heart as the axis of health; love, closeness and belonging; mother, home and emotional roots; grief.

6

The Voice of Truth

MERCURY AND THE THROAT CENTRE

Stress and trauma in the body; the nervous system and immunity; expression and authenticity; voice, breath and word as a path to liberation.

7

Inner Vision

JUPITER AND THE THIRD EYE

Body memory; resolving burdens rather than carrying them; intuition, meaning and hope; beliefs and the bigger picture.

8

The Crown of Wisdom

SATURN AND THE CROWN CENTRE

The shadow and the inner voice; rest, responsibility and reconciliation with one's ancestors; integration of the whole programme and presentation of the personal health map.

In every module, the planet of the centre is explored on the physical, emotional and mental levels and through the four elements, together with four vibrational essences and a practice of the technology of consciousness.

05

Astrohealing, Vibrational Essences and the Technology of Consciousness

Astrohealing combines techniques from energy astrology, energy psychology and vibrational essences to restore balance on the physical, mental, emotional and social levels. Each planet acts through one energy centre and, through it, on particular organs, glands and emotional patterns:

Mars	Venus	Sun	Moon	Mercury	Jupiter	Saturn
Root centre	Sacral centre	Solar plexus	Heart centre	Throat centre	Third eye	Crown centre

In the programme, vibrational essences are organised according to the four elements. For each planet, four essences are presented and linked to the complaints and emotional states of its centre.

AIR	FIRE	WATER	EARTH
Californian flower essences	Australian bush flower essences	Bach flower essences	South African flower essences

The technology of consciousness is the practical side of astrohealing: the planet's day of the week, daily rhythm, silence and supportive thought, through which the new balance is brought into everyday life.

06

How the Programme Works

Each 4.5-hour module follows the same structure:

15 min	Introduction and attunement to the theme
45 min	Psychosomatics: the module theme and the energy centre
45 min	Astrohealing: the planet on three levels and in the four elements
30 min	Vibrational essences and the technology of consciousness
75 min	Practical exercises in Zoom breakout rooms and sharing
15 min	Closing and assignment
3 × 15 min	*Breaks*

The practical work consists of exercises based on the principles of NLP, coaching and energy psychology, carried out in pairs and small groups and followed by group sharing. Between sessions, participants complete short assignments linked to the planet and centre of each module and keep a body-and-cycles journal.

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Who the Programme Is For

- adults who wish to look after their health preventively and understand their body better;
- people experiencing chronic stress, exhaustion or recurring complaints, alongside ongoing medical care;
- young people aged 25 and over, and students of medicine, psychology and the helping professions who are seeking their professional direction;
- health professionals, psychologists, psychotherapists, coaches and practitioners of complementary methods;
- astrologers who wish to understand the health aspects of the natal chart responsibly.

No prior knowledge of medicine, psychology or astrology is required.

08

Learning Outcomes

On completing the programme, participants will be able to:

- explain how a psychosomatic symptom develops and the role that chronic stress plays in it;
- describe the seven energy centres and relate them to the planets and to parts of the body;
- examine a health theme on the physical, emotional and mental levels;

- recognise early signs of imbalance in the body and in the emotions;
- apply at least seven self-regulation techniques, one for each centre;
- create a personal health map and a prevention plan for the next six to twelve months;
- recognise when medical or psychotherapeutic help is needed.

09

Final Project and Certificate

Throughout the programme, participants gradually build their final project, **‘My Health Map – From Root to Crown’**, in which they record, for each centre and planet, their bodily signals, emotions, beliefs, personal resources and a plan for maintaining their health.

The certificate is awarded to participants who attend at least seven of the eight modules, complete the assignments, submit their health map and pass a short knowledge test.

When we understand the message of our body and the rhythm of our sky, we are no longer victims of our fate – we become its conscious partners.

Astropsychosomatics is an educational and preventive programme that complements medicine. It does not diagnose, does not replace medical treatment, and the certificate does not qualify its holder to diagnose or treat.