



Y4 Energy Module

STUDY PLAN AND CALENDAR

29 September | 2025 – 13 April | 2026

DAILY PRACTICES

- Alchemical Alignment.
- Communication with your presence.
- Practice the Light exercises (e.g. Sah Vay, Golden Spirals, Ah-Lah He-Ay Ve, etc.)
- Introspection.

INNER ALCHEMY TEMPLE

Students must meet once a month online (Zoom) for the Temple practice (date and time must be agreed by the group). The manual “Inner Alchemy Temple” with all the detailed information, can be found on the student portal. This task will continue until **October 2026**.

Description and instructions are available in the Homework Annex.

We have divided the group in two:

- 1- Students from UK and USA.
- 2- Students from Europe, Australia and Hong Kong.

PRACTICES TO DEVELOP ETHERIC BODIES MANAGEMENT

Exercises to improve your Observation, Concentration, and Visualization skills.

Description and instructions are available in the Homework Annex.

AURA AND CHAKRA READING

Description and instructions are available in the Homework Annex 1.

PREPARATION FOR THE NEXT MODULE

Read and study the Y5M1 documents that will be available in the Student Area about 10 days before the module.

PROJECT GROUP

For any help, advice, or guidance, students are responsible for contacting their project tutor.



CALENDAR

October 13-17 | 2025

Meeting date with the **tutor for project review**. The leader must coordinate and find a date when everyone can meet with the tutor.

October 31 | 2025

End of the first phase of your project. Last day to submit it to your tutor.

November 10-14 | 2025

Last day to submit the **Y4 Energy Module Review**. Please use the following link: <https://forms.gle/xWRUj6UU1MPFxGj08>

January 19 – February 20 | 2026

Complete your partner Aura and all Chakras Reading (physical, psycho-noetic, and spiritual bodies).

February 23 | 2026

Last Day for each student to send their Aura and Chakras Reading, with all the drawings and complete report to the person they have done the reading (partner).

March 9 | 2026

Last Day to send the complete Aura reading with drawings, done by your partner and your personal Aura reading strategy healing plan report to your tutor.

April 1 - 5 | 2026

Meeting with the **tutor to review the project**. The leader must coordinate and find a date when everyone can meet with the tutor.

REMINDER!

September 27– October 09 | 2026

Project Presentation and Oral exam on the concepts of Inner Alchemy.