

# Soul Lightening®

# Acupressure



National Certification Board for  
Therapeutic Massage and Bodywork:  
All courses approved for continuing  
education. Provider # 450354-07



National Certification Commission for  
Acupuncture and Oriental Medicine:  
All courses approved for continuing  
education. Provider # ACHB714

## Process Acupressure Certification

### About Process Acupressure Certification

Process Acupressure (PA) is celebrated as one of the most effective tools for exploring the “whole-being.” Certified PA practitioners are skilled at empowering their clients to consciously integrate all parts of themselves—body, mind, emotions and spirit. The certification process includes 144 hours of coursework, and 100 hours of mentor-reviewed practice. All PA certification candidates participate in a series of practical skills evaluations with senior members of the faculty, including a final check out session with a senior faculty member.

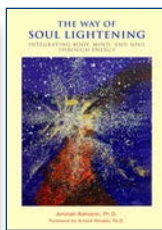
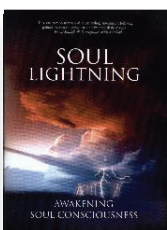
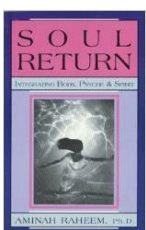
### Aminah Raheem, Ph.D.

is the originator of Soul Lightening® Acupressure whose life's work has focused on bod/soul coherence. As a trans-personal psychologist, bodyworker and master teacher of psycho/spiritual development she created Process Acupressure and Clinical Acupressure after many decades of study, including various psychologies, hands-on body modalities, and a lifetime of spiritual practice. For more than 40 years Dr. Raheem has taught holistic theory and practice to bodyworkers, healthcare providers and psychotherapists in workshops throughout the world.



Decades before it became popular, Dr. Raheem was keenly aware of the need to address the whole-being simultaneously—body, mind, emotions, and soul. In addition to being a visionary, master teacher, and a psychologist, Dr. Raheem knew that talk therapy alone was inadequate to address the roots of the healing process. She soon understood that some form of bodywork was essential for the method she was developing. Her choice to use acupressure as the primary vehicle for this method is rooted in the ancient healing wisdom of acupuncture and Chinese Medicine because it addresses the body, mind and spirit simultaneously.

In 2000 she founded Soul Lightening International (SLI), a non-profit organization dedicated to the practice and teaching of this work for individual and global consciousness evolution.



#### Books by Dr. Aminah Raheem, Ph.D.

**Soul Return:** *Integrating Body, Psyche & Spirit*

**Soul Lightning:** *Awakening Soul Consciousness*

**The Way of Soul Lightening:** *Integrating Body, Mind and Spirit Through Energy*

Foundation Certificate

Professional Process Acupressure Certification Courses

#### Process Acupressure 1A: Gateway to Soul (4 days • 24 hours)\*

In this workshop you will learn:

- how to use this acupressure method to balance body energy
- how to combine bodywork with psychological-spiritual process skills
- how to empower yourself and your clients toward greater understanding and responsibility for health and growth
- to focus health and development in the fundamental strength and wisdom of one's own soul
- how to use the skills on yourself to further your own growth

#### Clinical Acupressure 1: Basic Applications (4 days • 24 hours)\*

In this workshop you will learn:

- how to use acupressure to address symptoms, balance and energize the whole body and specific parts
- how to locate and access more than 36 potent acupoints, used in specific combinations and formulas
- how to use a clinical handbook with more than 70 acupressure formulas
- how to apply the CA1 acupressure formulas for all parts of the body, and many symptoms

#### Process Acupressure 1B: Progressing Process (4 days • 24 hours)

In this workshop you will:

- deepen and refine acupressure and processing skills with an emphasis on soul work and soul-purpose
- expand awareness and confidence to recognize channels and follow signals
- exchange sessions with peers

#### Process Acupressure 2: Body & Personality Parts (4 days • 24 hours)

In this workshop you will learn :

- learn to combine processing skills with the protocols introduced during Clinical Acupressure 1: Basic Applications
- learn how parts of the body relate to personality parts and symptoms
- learn to engage with body and personality parts during process work
- learn to transform obstructive patterns by following inner wisdom
- exchange sessions with peers

#### Inner Child Healing (4 days • 24 hours)

In this workshop you will :

- refine your skills to simultaneously deliver acupressure and provide process support
- learn how this whole-being approach uses acupressure and processing skills simultaneously to recognize and address symptoms or obstructions that may be rooted in childhood woundings or teachings
- learn to support your client's soul wisdom and original blueprint, which always lies deeper than trauma
- learn specific steps to validate the inner child's experience and re-pattern old obstructive thinking and behaviors while bringing a clearer field of energy through the “whole-being” with acupressure
- exchange sessions with peers

#### Process Acupressure Elective (4 days • 24 hours)

Your choice of any Process Acupressure workshop, including a repeat of any listed above





# Soul Lightening® Acupressure



*I entered the Process Acupressure classes looking for an extension to my psychotherapy practice. I had felt for a long time that talking only took the clients so far. I immediately resonated with the teachings and found a framework that blended beautifully with my approach with clients. The curriculum is easy to understand and incorporate into sessions.*  
—Jennifer Manning Plassnig, LCSW • Marriottsville, MD



## Process Acupressure Certification

As a Process Acupressure Practitioner you can:

- address the "whole-being" simultaneously--body, mind, emotions & soul
- offer your clients an embodied experience of peace, balance & harmony
- empower your clients to define and direct the healing process for themselves
- cultivate a conscious inter-connection of body and personality
- gently and organically address issues that may be rooted in childhood
- cultivate and amplify soul-wisdom and guidance



Soul Lightening®  
**Acupressure**  
PO Box 339  
Greensboro, MD

**REGISTER NOW - CLASS SIZE LIMITED!**

[www.SoulLightening.org](http://www.SoulLightening.org)

Register now with our  
**Value Plan**

Workshop series & certification  
for as low as

**\$100** per  
month

Register online or call (978) 456-0300

### Registration & Tuition

Our convenient payment options include \$100 per month for multi-class payment plans, or standard individual class registrations. Call our registrar at 978-456-0300 or just go to [www.SoulLightening.org](http://www.SoulLightening.org)

**The Foundation Certification** is the pre-requisite for the PA Certification program. It includes tuition for PA1A and CA1, your certification fee, our Foundation Kit, and a beautiful certificate of completion. All for \$1200 - **a savings of \$825** over the standard tuition prices. Course work can begin immediately.

**The Process Acupressure Value Plan** includes your certification fee, plus the tuition for PA1B: Progressing Process, PA2: Body & Personality Parts, Inner Child Healing and an approved elective. Coursework can begin upon completion of PA1A. All for \$2500 - **a savings of \$1070** over the standard tuition prices. Early registration and/or in-class discounts are available.

**Cancellation and Refunds:** You may cancel/change your registration for a workshop up to 30 days prior to the class. If for any reason you are unable to continue with the full 12 month payment plan you are obligated to pay for any class you have taken (full tuition fee of \$795 per class applies). Any remaining funds will be refunded to you.

Soul Lightening®  
**Acupressure**



Register now with our  
**Value Plan**

Workshop series & certification  
for as low as

**\$100** per  
month

Register online or call (978) 456-0300

[www.SoulLightening.org](http://www.SoulLightening.org)