INTUITION ILLUMINATED BY KNOWLEDGE COURSE SYLLABUS

Remembrance Experience Designer/Instructor:
HAZEL ALVAREZ

Format:

ONLINE

NUNA 5D COMMUNITY, PRIVATE EDUCATION ASSOCIATION

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Course Description

Rooted in the teachings of Intuition Illuminated by Knowledge, this course is designed as a journey of transformation for those who guide children, whether as parents, teachers, caregivers, therapists, or birth workers. Participants will explore child development through energetic, emotional, and esoteric frameworks, aligning ancient wisdom with modern understanding.

Each session invites reflection, discussion, and integration practices-such as affirmations, journaling, rituals and embodiment exercises that deepen one's intuitive awareness and capacity to nurture the unfolding of the child's soul. The course encourages a return to truth, connection and ancestral remembrance.

Participants will leave with a deeper understanding of how to support childhood development consciously while healing their own inner child and activiating their role as soul guardians in this pivotal era.



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This course is for those who feel called to:



- Educate our children, with the understanding that education is not about memorizing facts but about awakening deeper understanding of energy, nature and the self. Remembering that it is about drawing out rather than pouring in. Fostering connections that will allow learning and expanding.
- Remembering the root of who we truly are and applying that knowledge to how we raise, teach and guide our children
- To dig deeper and prepare for parenthood/soul guardianship with intention, understanding and appreciation for the journey
- Understanding/Remembering the childhood state of being; physiologically, energetically, mentally, and spiritually
- Shift our understanding of who we are
- Remembering and bringing back the importance of the roles of parenting/soul guardianship
- Discover ways of connecting with children that will expand the participant and the child/children in their lives
- Remembering how to be in the present moment where our children reside



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Course Objectives:

By the end of this course, participants will have a better understanding/innerstanding of:

- Energy, Frequency & Vibration- A new way of understanding emotions and their role in our evolution.
- The Guardian's Role-Who and What we really are. How we, as protectors, can create a safe space for our children's gifts to emerge.
- The Mother-Child-Connection-Exploring the profound molecular and energetic fusion between mother and child.
- Innerstanding of parental programs and how they have shaped our way of parenting
- Harmonic Balance- The state of physical, emotional, mental, and spiritual alignment.
- The Autonomic Nervous System
- The rememberance of the 7 year cycles called Septenniums
- The remembrance of the Essenes and their views and practices with children and their upbringing
- Emotions and why they are of significant importance
- The importance of the Elemental Connection
- The awareness and remembrance of the Brainwave States of Consciousness
- The remembrance of the real meaning of Education
- Education as a Somatic Experience
- The remembrance of Multiple Intelligences and Soul Guardianship
- The remembrance of Pregnancy aligned with Septenniums
- The importance of Birth Imprints
- The remembrance of the alignment between the Chakras and the Septenniums
- Reflection Exercises & Journal Prompts-Opportunities to engage with your own experiences, deepen your understanding, and apply what you learn. Creating a space and time for healing and unlocking our true knowledge of guardianship.

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Module Outline:

Module #	Topic	Focus
1	**Who and What are We, Really?**	• Reawakening to Our True Essence • Presence of Light and Sound in Creation • Intelligence of the Heart • Images from the Birth Atlas
2	**Remembering Our Guardian Soul Contract to Our Children**	• What is a Soul Guardian? • Ways to explore deeping the soul connection between guardian and children • The importance of Healing Yourself as a Soul Guardian • The illusion of separation
3	**Understanding Parental Programming**	• Meaning of the word parent • Moving Forward • Children as mirrors • What are Control Dramas & Shifting out of them
4	**The Septenniums**	• What is a Septennium? • Septenniums in relation to sound • Universal language of sound

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5	**Harmonic Balance**	• What is Harmonic Balance? • Balancing our frequency to have harmony • Is there a state where we are in harmony? • Practices that promote Coherence • Connection of Septenniums to Harmonic Balance • Ways of achieving Harmonic Balance/Why it matters
6	**The Autonomic Nervous System (ANS)**	• What is the ANS? • How does understanding the ANS help us support our children and ourselves?
7	**The Importance of the Elemental Connection**	• Harmonizing with Nature's Forces • How elementals support us in our development • Classical elements sin the body and on Earth • The Profound connection between Humans and Earth
8	**Emotional Literacy**	• What are emotions? • Emotions as energy, frequency, and vibration • Uploads/Downloads about Emotions • Map of Consciousness, ***Dr. David R. Hawkins*** • Anger and Fear • Non-Verbal Communication: ***Albert Merhrabian's Work***

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9	**The Symphony of Consciousness: Brainwave States & The Seven Year Cycles of Development**	• Brainwave States: A symphony of Frequencies (Delta, Theta, Alpha, Beta, Gamma) • The Septenniums and the Brainwave States of Consciousness • The effects of rushing our Children to Beta State of Consciousness • Becoming aware
10	**The Real Meaning of Education: The Mystical Knowledge of the Essenes s**	• The Mystical Knowledge of the Essenes • Education as an Initiation of Deeper Knowing • The Power of Silence and Inner Perception • Learning Through Nature and the Elements • Teacherss as guide not authority • Role of energy and vibration in learning • Learning as a lifelong transformational process • Reclaiming the lost essence of learning
11	**Education as a Somatic Experience**	• What is a somatic experience? • Children are Multifaceted sense organs • How children feel through the world
12	**Multiple Intelligences & Soul Guardianship -Guiding Our Children's Unique Gifts**	• Multiple Intelligences: The Many ways of Knowing: ***Howard Gardner*** • The role of Brainwave States in Multiple Intelligences • Guiding Children with wisdom and compassion • How to support each intelligence through Soul Guardianship • Breaking the cylce of generational conditioning • A new version for humanity

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Module Outline:

Module #	Topic	Focus
13	**Womb to Wisdom: Aligning Pregnancy with the Septenniums**	• Aligning Pregnancy with the Septenniums
14	**Birth Blueprints and Imprints**	• What is our Blueprint? • Blueprint Sequence • Blueprint Unfolding • What is an imprint? • How imprints happen
15	**The Mystical Alignment of Chakras & The Septenniums: Energetic & Spiritual Evolution**	• Explanation of the Chakras • The connection between each Chakra and its corresponding life stage

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Materials Required:

- Book: Intuition Illuminated by Knowledge, Copy of PDF book can be found on my website: nuna5dcommunitypea.com
- Journal/notebook for writing and jotting down thoughts, rememberances, experiences, integration
- Art supplies: (optional for creative integration)
- ***Supplemental PDF will be provided*** *to help enrich lesson with additonal references and resources*

Teaching Method:

- Recorded Storytelling and lecture
- Recorded Guided reflection and journaling
- Recorded Embodiment practices and breath work
- Recorded Ritual and ceremony

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Instructor Bio:

Hazel Alvarez (Nuna) is a birthkeeper, mother, wife, holistic educator, and author. She guides soul guardians; parents, teachers, and caregivers-back to the remembrance of who they are, and what it means to embody the experience of being a child within the physiological and emotional realms. Her offerings include courses that center around holding sacred space at birth, as well as writings that awaken ancestral memory and illuminate the path of conscious parenting.



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