

2019



I.A.A.M



Innovative African Anger Management

Afrocentric Protocol Program

Finally a program for our men implementing the best practices from around the world into Afrocentric consciousness for the modern world. This program includes both ancient and modern forms of balancing our warrior spirit through dance, martial arts, meditation, Qi gong and more. This is accomplished through individual , partner and group activities from Ancient Nubia/Egypt.

**CERTIFIED ONLINE TRAINING AND THE USE OF
MODERN BIOENERGY TECHNOLOGY**

INNOVATIVE AFRICAN ANGER MANAGEMENT (I.A.A.M.)

INTRODUCTION

Welcome to the I.A.A.M. protocol program, a Specialized Program for men of African descent, in modern day society, meeting the needs of cultural competency in a complicated background of the history of people of African descent in Canada and the Americas. Racism is the number one cause of anger among African men along with other cultural stressors such as economic resources, family issues, stress, health concerns, discrimination, stereotyping and more. Recent research states that men of African descent can learn to control their anger if taught the appropriate skills which were lost along with their culture during slavery.

The Great news is that Anger can be overcome but not only that self esteem, confidence, strength and Peace self control can be obtained.

How?

WHOLISTIC AFROCENTRICITY

Through the I.A.A.M. protocol program participants will experience a new innovative holistic system of Health life and Martial Sciences called R.U.A.H (Radiant Universal Art of Harmony), which integrates modern holistic therapies and ancient African practices that dates back to 2465BC Ancient Nubia/Egypt. This Royal family's system of universal fundamental principles can be found all around the world in Asia, Europe and America's. This Ancient form of Qi Gong Includes all the forms of Qi Gong on the planet into one wholistic system. Being that of 1-medical, 2- martial, 3- scholarly/prevention 4- Spiritual.

Qi Gong (chee-gong) meaning bio-energy cultivation exercises used for physical, emotional, mental and spiritual balance and harmony. Modern day Research for its effectiveness has been incredible proven by thousands of scientific studies in China and over 1800 in the Americas at US National Library of Medicine and National Institute of Health and even more worldwide, studying its effects on preventative and chronic disease. Dr Sahu Omri has trained in Qi Gong for over 30yrs around the world and has now introduced the Oldest African system balanced with bioenergy technology.

This Art's primary purpose is to reawaken hidden aspects within ourselves which are used to: strengthen and control the body, calm the mind, transform emotional stress into joy and revitalize our body's energy and will(spirit). By promoting and developing these skills we are receiving the gifts of knowing ourselves which we call the four pillars of the self. These also included the area of life skills, recreational skills, values clarification, cultural expression and acceptance, preventative health education, spiritual and cultural competency and most of all harmony of self, family, community and environment (Creator).

This I.A.A.M. protocol Program focuses on the Inner Warrior. Awakening the principles of self esteem, righteousness, self-discipline, determination and inner strength of physical, mental, emotional and spirit (will). All of these aspects are taught through kinesthetic movement play and creative consciousness exercises to understand self.

All teachings will be adapted to the I.A.A.M protocol of
“ Strengthening the Bull (mind) ” to “Tame the Lion (Anger) ”

AFROCENTRIC CULTURAL THEORETICAL LECTURES

- Original African Definition of man
- Spiritual Definition of the Mighty Qualities of Man
- The Ancient root definition of Word /glyph Anger
- Post traumatic slavery disorder roots of anger
- Modern Societal programming of the Angry Black Man
- Your relationship with Anger, positive or negative
- Transformation of anger to create balance (Maat)
- Eastern (African) Right brain Consciousness comparison to Western (Modern) left brain Consciousness
- African Health Science, Do we have our own?
- Self healing today for anger management:
 - Releasing anger from:
 - physical , emotional , mental , energetic aspects of self
- Other healing modalities:
 - food therapy, supplements, acupressure, meditation, chanting
- Discovering the root cause and triggers of Anger
- Mastering your Anger to create Joy
- Psychological Anger Release Ceremony
- Grand Celebration and Community Event

Group Activities

- ✓ Ancient tools in Africa for Anger and Emotional management
- ✓ Ancient (African) and Modern (hip hop/rap) music, dance, stomp, crump ,yoga, chanting, martial arts, drumming ,Hieroglyphic art, affirmations, proverbs, meditation and more.

All Afrocentric!

I.A.A.M. PROTOCOL PROGRAM

This program consists of both theoretical and experiential components totaling:

- ✓ 30hr of training.
- ✓ 15 hr lecture theory
- ✓ 15 hr experimental

*Bonus training available

- 10 hr home training I.A.A.M.(online) Afrocentric home study program.
- 10hr home certified online Emotional intelligence program for Anger management.
- Certificate awarded and proof of enrolment certificate if mandated by prison for anger management course.

New Bioenergy technology for assessment and progress report

The biopulsar-reflexograph is a highly sensitive assessment measuring instrument certified medical device in the UK CE class IIa. This device will be utilized to assess emotional, mental, physical and energetic aspects of anger according to TCM and bioenergetic analysis for before and after program.

New Bio-Energy Technology

The Biopulsar Biofeedback system is a highly sensitive diagnostics measuring system instrument. Certified according to the European medical regulations CE class IIA. The Biopulsar system is based on the most modern high-tech computer and ancient knowledge. The practitioner receives in a short time (1 to 2 min) a simple clear visual syndrome diagnostic of 50 organs and glandular systems along with seven brain parameters. This advanced form of bio technology also reveals the electromagnetic (auric field) of each individual organ/gland, brain parameter and nerve plexus (chakra), vitality through Chroma-therapy (color energy). Giving us the ability to analyze how our thoughts, emotions negative energy, and food medication/herbs can affect our well-being from moment to moment.

The biopulsar technology is based on the knowledge of the following sciences:

- Biofeedback
- Neural therapy
- Chromotherapy
- Bioenergetics
- Reflexology
- Zone Therapy
- Oriental medicine
- Ayurvedic medicine
- Kinesiology
- Tomography
- Biophotons

DR OMRI has been using bio energy technology for 15yrs in his Bio energy medicine practice to aid clients to understand the root cause of their disease by being able to observe The connection and relation between our physical, emotional, mental and energetic self for both dis-ease and healing.

The biopulsar is used as a predictive and preventative health care method. Preventative medicine has been the key to radiant health and longevity for generations. Through bioenergetic medicine, the electro-magnetic field is identified before the physically manifested dis-ease, as well as seeing a reproducible graphic record of the vitality and e motional changes within you through Chromatherapy.

Giving you knowledge and control of your health, for self healing Today!



INSTRUCTOR DR SAHU OMRI

Is the founder, creator and educator of RUAH. He has dedicated his life in reawakening Radiant Universal Art of Harmony, an evolutionary progression of health life and martial sciences for the new millennium. He has taught for over 25 years. Starting in Calgary Alberta and now these programs have been taught in the US, Hawaii, Canada and Africa. Dr Omri has train with masters from around the world including Canada, Hawaii, China, Tibet, Korea, Peru, and Africa (Nubia/Egypt); where he was highly initiated with the title of Sahu (Awakener of the self) after deciphering and gaining the knowledge of several Ancient Texts. And is now responsible for the return of the Royal art of RUAH for all humanity.

Dr. Sahu has a well rounded education including four years of BSC kinesiology, ND (naturopathic Medicine), OMD (Oriental Medicine) Sahu(African health sciences) DD (ordained health minister) graduate of Faith Bible Institute, graduate of Maritime Institute of law-enforcement, Former professor of bio-energy and Complimentary medicine at CTC and now is currently Prof. of Oriental medicine at CCATCM and more...