



*Bhakti Academe*  
School of Intuitive Massage and Healing  
At Ophelia's Cottage  
146 4<sup>th</sup> Ave. N.  
Safety Harbor, FL 34695

*Bhakti Academe*



School of Intuitive Massage and Healing

Located at Ophelia's Cottage & Studio

146 4th Ave. N.

Safety Harbor, FL 34695

(727) 724-9727

[www.bhaktiacademe.com](http://www.bhaktiacademe.com)

School Catalogue

Volume II, Number 6

April 2007

## There Are Men Too Gentle To Live Among Wolves

*There are men too gentle to live among wolves  
Who prey upon them with IBM eyes*

*And sell their hearts and guts for martinis at noon.*

*There are men too gentle for a savage world*

*Who dream instead of snow and children and Halloween*

*And wonder if the leaves will change their color soon.*

*There are men too gentle to live among wolves*

*Who anoint them for burial with greedy claws*

*And murder them for a merchant's profit and gain.*

*There are men too gentle for a corporate world*

*Who dream instead of candied apples and ferris wheels*

*And pause to hear the distant whistle of a train.*

*There are men too gentle to live among wolves*

*Who devour them with eager appetite and search*

*For other men to prey upon and suck their childhood dry.*

*There are men too gentle for an accountant's world*

*Who dream instead of Easter eggs and fragrant grass*

*And search for beauty in the mystery of the sky.*

*There are men too gentle to live among wolves*

*Who toss them like a lost and wounded dove.*

*Such gentle men are lonely in a merchant's world,*

*Unless they have a gentle one to love.*

*James Kavanaugh*

The poem reprinted above was included with the knowledge and permission of the poet and Nash Publishing.

## Location and Facilities

**B**hakti Academe School of Intuitive Massage and Healing is located in Ophelia's Cottage and Studio, a 1930's Cottage and Studio four doors north of Main Street at 146 4<sup>th</sup> Avenue North in Safety Harbor. Safety Harbor is a small Natural Healing Artisan community with its palm tree lined thoroughfare and brick streets hidden away in a modern Metropolitan Center. Its healing history goes back to the turn of the century when people were drawn to its rejuvenating "Espiritu Santo Springs."

Ophelia's Cottage is a 1,500 square foot wooden cottage on a small wooded lot with large open windows filling the main classroom with natural light located on a quiet street three doors north of the town's public park and gazebo. The school's main classroom is approximately 800 square feet allowing up to 24 students to work comfortably. This room still has a fully functional wood stove, but the entire facility has been restored with upgrades including electric, central heat and air, a sprinkler system, and sound system throughout the building. Ophelia's Cottage and Studio were newly painted inside and out in 2003, and received a new roof and a second bathroom including a shower. Ophelia's Cottage has three treatment rooms, one of which doubles for an office and private study room. It also has a very comfortable reception area. Ophelia's Studio is located behind Ophelia's Cottage and is approximately 150 square feet. It serves as an administrative office.

## Bhakti Academe School of Intuitive Massage and Healing Governing Body

**Bhakti Academe School of Intuitive Massage and Healing** is owned by Bhakti Academe, Inc. which is solely owned by Julie and Dale McNitt. Julie serves as President and Chief Financial Officer and Dale serves as Vice President. The officers may be contacted at 146 4<sup>th</sup> Ave. N., Safety Harbor, FL 34695.

### History

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### Purpose

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The Bhakti Academe, Inc. was founded in 1993 and is solely owned by Julie and Dale McNitt. It accepted its first massage students in 1996.

Bhakti Academe School of Intuitive Massage and Healing trains individuals desirous of becoming massage therapists. Students who graduate from Bhakti Academe School of Intuitive Massage and Healing will be eligible to sit for Florida State Board Massage Examination. Passing this examination will result in becoming a licensed massage therapist.

**We invite you to join us!**

***Bhakti Academe***

**School of Intuitive Massage and Healing  
Located at Ophelia's Cottage & Studio  
146 4<sup>th</sup> Ave. N., Safety Harbor, FL 34695  
www.bhaktiacademe.com**



## Advising and Counseling

Counseling and academic advising is supplied by the director who is a Licensed Clinical Social Worker. Serious mental health issues will be referred elsewhere.

### Transferring Students

Because of the uniqueness of our program, transferring students are evaluated on a case by case basis.

### Re-entry Of Dismissed and Voluntary Withdrawal Students

Each re-entry will be dealt with on an individual basis by the director of the program. The students should submit a letter requesting re-entry and meet with the director of the program. The decision may involve any of the following:

1. Denial of the request.
2. Probationary acceptance with specific guidelines for continued attendance.
3. Acceptance of the request.

### Advanced Placement

Students who have received previous training in Bhakti Energy Work™ may be considered for advanced placement. This is done on a case by case basis and students will be evaluated by Julie and Dale McNitt, co-creators of Bhakti Academe, Inc.

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Bhakti Academe, Inc. is licensed by the Commission for Independent Education, Florida Department of Education. Additional information regarding this institution may be obtained by contacting the Commission at 325 West Gaines Street, Suite 1414, Tallahassee, FL 32399-0400, toll-free telephone number (888) 224-6684. License # 1878 and a Florida Board of Massage Board approved Massage School.

“You are here to enable the divine purpose of the universe to unfold. That is how important you are.”

Eckhart Tolle

Tell me and I'll forget, show me and I may not remember, involve me and I'll understand.

Native American Saying

Our whole education system is built on “right answers” which produce a great fear of making mistakes and stifles creativity.

Arthur Combes, Ph.D.

The principle form that the work of love takes is attention. When we love one another, we give him or her our attention.

...By far the most common and important way in which we can exercise our attention is by listening.

Scott Peck

Self-Acceptance: The curious paradox is that when I accept myself just as I am, then I can change.

Carl Rogers

We don't see things as they are. We see things as we are.

The Talmud

## School Philosophy

We are a small school and intend to remain that way. Our average daily attendance per class is 24. The school is a gentle, joyful, playful experience where you, as students, learn to see clearly what is, rather than learning other people's metaphors.

Our classes are classes unlike any other you have experienced. The classes are experiential, which means you learn by doing. The use of lecture as an instructional tool is used only to reinforce state board material.

The curriculum is a series of processes in which you learn to see what is true for you. This is a right-brained class designed to allow you to let go of the left brain beliefs that keep you from seeing what is.

State board material is taught in a series of self-paced modules.

Our classes emphasize the art of body therapy. They feed the student's creativity by encouraging experimentation and clear “seeing” or observing, which paradoxically is the basis for the scientific approach.

## Admission Policies

Due to the individualized nature of instruction, enrollment is limited and based upon the following requirements. A prospective student must:

1. Submit a high school diploma, GED equivalent, or College Transcript.
2. Submit a signed enrollment agreement as required by the Commission for Independent Education.
3. Submit an application form.
4. Have a personal interview with the administrator of the school either in person if the student is residing in the Tampa Bay Area or by telephone if residence is outside the Tampa Bay Area.

Students may begin class weekly on a space available basis. A student may be accepted for admission to the program any time prior to the next available space. Class starting dates are indicated in the school calendar. We reserve the right to deny admittance to any person whose physical condition, medical history, or behaviors would make it inappropriate for them to enter our program. Our school is wheelchair accessible and has a handicapped bathroom. We attempt to make all reasonable accommodations for applicants with disabilities as prescribed by Federal Law. We do not discriminate against any person for reason of gender, age, race, national origin, religion, or sexual orientation.

### Non Accreditation



We have not sought accreditation and have no plans to do so. From our perspective, accreditation is about money and being able to offer federal financial aid, which paradoxically would increase the cost of our program because of the additional administrative fees, and additional personnel to run the program. Our lack of accreditation does not affect graduates ability to sit for the National Certification Exam or keep them from becoming licensed in the state of Florida. Like all other massage schools in the state of Florida, we are licensed by the Commission for Independent Education (see page ii) and are approved by the Florida Board of Massage.

### No Financial Aid



We do not offer financial aid. Private banks may offer educational loans for those who qualify. While we have no direct affiliation with any bank, any loan obtained through such a bank results in the student's sole responsibility to repay such a loan.





## Conditions for Dismissal

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A student will be dismissed from our school for the following reasons:

- Failure to fulfill the requirements of the academic program.
- Failure to pay tuition on time.
- Attending classes under the influence of alcohol or drugs.
- Having four unexcused days of absences or after a written warning stating the student will be dismissed for non-attendance.
- Emotional instability as determined by the judgment of the administrators.
- Behaving in a manner potentially dangerous to clients.
- Not wearing full clothing at all times during attendance at the school except when otherwise dictated by the training procedures.
- Behaving in any manner that may be harmful to the reputation of the school.
- Failure to pass the practical skills of the curriculum for three consecutive attempts.
- Failure to obtain at least a P on three self-paced modules by the third retry.
- Reinstatement following dismissal is up to the discretion of the administrators.

## Requirements for Graduation

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Upon graduation, students will receive a diploma certifying completion of 500 hours of training as a massage therapist. In order to graduate, the student must maintain at least a P average in all academic courses, receive a pass on the practical portion of the curriculum, have paid all tuition and fees in full and otherwise complied with all of the rules and regulations of our school. Completion of the program of study will prepare the student to sit for the Licensure examination given by the Florida State Board of Massage. Details regarding the examination will be made available to students.

**Julie & Dale McNitt** are spiritual partners, husband and wife whose primary purpose on the planet is to become Conscious. Their secondary purpose is to assist others to become Conscious. Their attempts to be assistive include their book, *Bhakti Energy Work® For Enlightenment* and DVD's *Bhakti Massage™* and *Bhakti Energy Work® For Enlightenment*, and this school where they prepare students for license in massage and Energy work professionally and teach Energy workshops to professionals and lay people. Together they have degrees in Business, Education, Nursing, Social Work and Massage and have licenses in Psychotherapy, Nursing and Massage. They have a combined 30+ years doing this work but the only thing that qualifies them to do what they do is their ability to be present.

# Is Bhakti Academe School of Intuitive Massage and Healing For You?

As you attempt to decide whether or not to attend Bhakti Academe School of Intuitive Massage and Healing it may become apparent to you that it is impossible to make a rational decision. To make a rational decision, you would need far more information than is reasonable to accumulate.

Questions like: Who will be the students at the school, and how will you interact with them? You will have to ask yourselves questions about which technique is more effective and which style of massage you would enjoy most before you could possibly know. You would need to know far more about each instructor than the catalogue can tell you. In short, you would need to know the future. At Bhakti Academe School of Intuitive Massage and Healing, we use intuition or higher self as our guide, and as mentioned in other sections, we teach through processes. For those of you who will become students at Bhakti Academe School of Intuitive Massage and Healing, your first process begins now. You will intuitively know that this is the school for you. Your process is trusting that intuition.

## Special Features at Bhakti Academe School of Intuitive Massage and Healing

- Fun, joyful, spiritual, creative place.
- Small classes. Maximum average daily attendance of 24 students per class.
- Bhakti Academe School of Intuitive Massage and Healing accepts new students every week, space permitting.
- Spiritually based intuitive focus.
- A safe place to discover you and who you are.
- Bhakti encourages you to incorporate your skills into the work so it is your work.

Our emphasis is consciousness, spirituality, and intuitive massage, as well as group and individual body energy therapy. And finally, our goal is to increase consciousness on the planet. *We invite you to join us.*

### Withdrawal:



Students withdrawing from the program are asked to have an exit interview and sign a statement for their academic records documenting the dates of their withdrawal from the Bhakti Academe School of Intuitive Massage and Healing.

### Leaves of Absence:



A leave of absence, not to exceed eight days, may be granted by prior arrangement with the administrators of the school. All hours must be made up.

### Attendance:



Students are allowed four unexcused absences during their program. Excess absences may result in dismissal from the program.

### Complaints or Appeal Procedures for Academic or Disciplinary Action



All complaints or appeals for academic or disciplinary action should be submitted in writing to the administrators. A conference will be arranged within 72 hours. The administrators decision will be final. If the issues are not resolved to the student's satisfaction they may complain to the Florida Department of Education at (888) 224-6684.

### Emergency Disciplinary Procedures



If a student attends class while under the influence of alcohol or drugs, behaves in a manner potentially dangerous to clients, students, teachers or administrators, or behaves in a manner that may be harmful to the reputation of the school, they may be asked to leave the school immediately. A conference with the administrators will be scheduled within 72 hours, their decisions will be final. If the issues are not resolved to the student's satisfaction they may complain to the Florida Department of Education at (888) 224-6684.

### Definition of Units of Credit:



All units granted are clock hours. One clock hour equals 50 minutes in front of an instructor.

# Administrative Policies

## School Hours



The Bhakti Academe School of Intuitive Massage and Healing operates during class hours and other hours by appointment. See calendar for designated school days and hours. Evaluation hours are arranged on an appointment basis. Every effort will be made to accommodate each student's schedule.

## Grading System:



It has always been our belief that the teachers, not the students, should be graded. However, since the state requires that the students be evaluated, academic progress is assessed by written examination, and evaluations of massages, and bodywork. The grade received on any written examination will be determined by the following scale:

- P 70 – 100%
- F 69 – below%

- Written exams are the evaluation component for the modules. The rate at which the modules are suggested to be completed are as follows:
  - Three Modules: ..... by the end of 100 hours of attendance
  - Six Modules ..... by the end of 200 hours of attendance
  - Nine Modules ..... by the end of 300 hours of attendance
  - Twelve Modules ..... by the end of 400 hours of attendance
  - Fifteen Modules ..... by the end of 500 hours of attendance
- 100 percent of the grade is comprised of the modules. Failure to obtain at least a “P” on 3 modules may result in dismissal. Test retakes are allowed.
- Each student will be evaluated on their practical skills. Practical skills include massage technique, rapport with client, professionalism, and group and individual body skills. The practical grade is a pass/fail grade and three consecutive fails will result in dismissal.
- Written exams focus on state board material (i.e., Anatomy and Physiology, Massage Theory, Massage Law, Hydro Therapy and AIDS/HIV Education).

# What Others Say

The following testimonials are included with the knowledge and permission of the authors:

*A magical journey. I slowly felt my spirit/soul/energy rise above my body. Our journey began. I couldn't tell what was mine, what was Julie's and what belonged to the musician. A harmonious dance with life's triumphs and tragedies. I felt how delicate our spirits' are. I felt how rich and big the universe is. Like a web, intertwined, I felt the beauty on our souls meeting on common ground. LOVE. Love is all that we deeply hope for, want and need. It is what creates our life and then asks us what we are living for? It opens our eyes and then makes us long to close them. In that moment I felt how small we were. Tiny-little-delicate people, I pondered why I chose this life because I felt so free without my body. Then slowly I felt the music and I felt Julie's small hand on my abdomen and under my neck. I felt safe with her, like I'd let her hold me because she's looked at death the same way I have. Not quite sure which world she belongs to. My body came alive. I felt the vibrations permeate my body. I felt my heart tremble. I felt my skin, my bones, my breath, my human form. WOW! I suddenly felt my whole body. I explored it with my hands. I wanted to live in it, nurture it, dance with it, enjoy it. Most importantly be one with it. I felt as though I was being born again, but this time I had a choice. And I decided I really wanted to live. Then the music stopped. I felt so bombarded by the sounds around me in class. I felt over-stimulated and I can now only wonder how a baby must feel upon entering the earth. I felt like I was in the delivery room again. But this time I wasn't pissed off and asking God to take me back. I felt grateful for my human form. In that moment I understood – just in that moment. And I've worked so hard to understand what the hell is going on here. In that moment it all felt so perfect. Everything felt so perfect here – the plants, the birds, the sex, the mountains, the dancing and so to is the human condition once you start to come out of the pain. You can choose to live there in the pain forever, or you can look yourself straight in the eyes and ask – Do I choose to live? And I said I DO!*

*So the journey CONTINUES...Jocelyn Jenkins, Healer*

*What I learned and experienced in massage school has become an integral part of my life. Your skills of teaching were supportive, thorough and in-depth. It is difficult to describe all that I learned besides anatomy, physiology, nutrition and massage techniques. I experienced my heart open, I opened my eyes to my truth and who I really am. I experienced being in the moment, being present and how powerful that is. I experienced self awareness and awareness of others and my relationship to them on all levels, especially energetically. I experienced letting go of old emotional barriers and patterns that were no longer serving me, and that cleared the way to be present. A doorway was opened through massage that lead to the art I am producing today. I have continued to do and receive massage all these years and I have yet to experience a massage therapist with the integrity and presence of you. I also have verbal acknowledgment from my clients of their experience when their massage is complete. They report a release and balancing of energy, a clearing of the emotional body, an increased ability to be present and that they are filled with wonder, peace and a sense of being truly [sic] loved. Words cannot express the deep appreciation I have for the gift you have given me.*

*Thank you so very much, /s/ Alexandria*

*I found your form of bodywork fascinating. It is evidence that deep work does not necessarily suggest harsh or severe methods. Your style is so gentle, patient, and most powerfully subtle. When I reflect on it, I think of terms like unique, integrating, balancing, and deep. It seems to find the emotional blockages and assist people in moving through them. And it seems to evoke the inner "voice" of the body/mind without words, assessing the transverbal language beneath the layers of social adaptations. Clearly, you are on to something!*

*Sincerely, /s/ Arthur J. Fedor, Ed.D.*

# Massage Therapy Diploma Program

## Curriculum

The classes at Bhakti Academe School of Intuitive Massage and Healing are experiential in nature. Students learn by doing. Modules are used for state board material. These modules are reinforced with examinations in a state board format, ie. multiple choice. Various forms of body centered therapies will be explored.

- ❑ **Anatomy and Physiology – AP101: 150 hours.** Anatomy and physiology is the most difficult and dreaded class in the massage curriculum. Our first goal in teaching this course is to make it fun. The class is taught in a hands-on participatory approach. Only material pertinent to massage therapists will be presented. Modules reinforce state board material.
- ❑ **Hydro Therapy – HT101: 15 hours.** This class is designed to prepare students for questions they will encounter on the state board. Scientific principles, indications, and contra-indications for this modality will be presented.
- ❑ **Massage Law – ML101: 10 hours.** The focus of this course is on the rules and laws governing the practice of massage in Florida, specifically and in other states in general, licensing procedures, examination requirements, the rule of the Department of Regulations in its relationship to the Board of Massage and the legal implications of misconduct and abuse are reviewed in depth. The history of massage will be examined. Modules reinforce state board material.
- ❑ **Massage – MG101: 225 hours.** The massage metaphor presented at Bhakti Academe School of Intuitive Massage and Healing is Bhakti Energy Work™ which consists of a slow, gentle, yet deep-flowing massage which freely incorporates all other massage metaphors. The goal of the technique is to re-integrate body-mind-spirit. Special attention is paid to body energy, breath, and related state of being. For the practitioner, Bhakti Energy Work™ is like an effortless dance in which consciousness is experienced. It often induces increased states of consciousness. Clinical hours are assigned on an individual basis. These hours include evaluation massages and massages on individuals from the community. Clinical hours are allowed solely at the discretion of the primary instructor.
- ❑ **AIDS/HIV Education – AH101: 3 hours.** This course focuses on the methods of transmission and control, as well as the treatment and prevention of HIV. There is an emphasis on appropriate behavior and attitude change concerning this disease.

- ❑ **Allied Modalities – AM101: 97 hours.** The allied modalities, while comparatively few in hours, are integrated throughout the program and are viewed as having much greater significance than the hours would indicate. Traditional Chinese medicine, Ayurveda, Naturopathic, Reiki, Quantum Touch, essential oils, Bhakti water techniques are just a few of the modalities touched upon. The spiritual, emotional, and physiological aspects of healing will be examined. Healing theories including A Course in Miracles and 12 steps will be examined. The course will also include a discussion of Communication Metaphors, including Kinesthetic, Cognitive, Gestalt, NLP, Rogerian, and the work of Virginia Satir. There is significant focus on Eckhart Tolle and his writings. Instruction in verbal processing will be presented, although in-depth verbal processing is outside the scope of the massage therapy license. Verbal skills designed to help clients integrate their massage experience and deepen their relaxation response are essential. Group process is taught because much of Bhakti Energy Work™ can be done with groups utilizing the entire group's energy to assist in working through energy blocks. Also, many students will present workshops as part of their practice and these skills are invaluable. Ten hours are Ethics, forty hours are Pathology, and two hours are Medical Errors/education

**Course Profile:** The course prefix is a two letter designator for a major division of a training program, subject matter, or sub-category of knowledge. The prefix is not intended to identify the program of study, but rather the content of the course determines the assigned prefix used to identify the course. The course prefixes are based upon the course name.

## Bhakti Energy Work™

Julie and Dale have developed the Bhakti metaphor over the past 25 years and it came to be named at the urging of students and clients. Bhakti Energy Work™ is utilized for increasing consciousness which may result in mental and physical healing through energy work, body positioning, breath, massage, music and toning techniques experienced in or out of the water. The Tao Te Ching loosely translated says – “the way that can be said is not the way.” So it is with the Bhakti metaphor. Bhakti Energy Work™ is not a specific technique, rather it is an exercise of being in the here and now and allowing our consciousness presence/God/intuitive self to respond to the client's needs. When doing Bhakti Energy Work™, we become like an observer, marveling at the work that we seem to be doing. Bhakti massage utilizes a slow, gentle, but deceptively deep style of massage that flows from one part of the body to the other. It is never the same twice and feels like a joyful gentle dance to the practitioner. Bhakti Energy Work™ differs from other forms of body energy work in that it is totally a right-brained experience. Shiatsu, acupressure, and polarity therapy, and other energy systems spend a great deal of time having students memorize meridians. In Bhakti, we increase the students awareness of energy so that they can work intuitively. This energy work can be done with the client fully clothed, in individual or group sessions. It is always a factor when doing the massage described earlier. Bhakti incorporates any other “technique” that can be done with conscious attention.