

# diploma of energy healing

1.5 year program. Intake February 2019 + fast track starts in May. Can commence some subjects any term

## overview 2019

### A course for soul-centred transformation

**Accredited by:**  
**The International Energetic Healing Association (EHA)**  
**International Institute for Complementary Therapists (IICT)**

The enchantment of life opens before you through the guidance and ways of our team of highly experienced facilitators and teachers in this course. This Diploma brings the direct awareness and perception of the energetic, angelic, elemental, meditative and healing worlds into your reality. You are fully supported through this transformative course so that you can effectively access your own guidance, trust in your intuition & be guided to assist others as a facilitator of spiritual healing.

This unique course supports your ongoing personal development as you continue through your studies-supporting the unfolding & development of your own natural way of being.

If you felt drawn to the love of essences, the soul's auric fields, the body's wisdom and the energies and states of healing and awakening, then you will feel at home here! Journey into this loving intuitive world through this Diploma for your own benefit, or to be able to share it with others – either just personally or as an energy healer in private practice.

This Diploma enhances your understanding of yourself and empowers your ability to live and relate in more fulfilling ways within, your relationships, and with our beautiful earth. It is a professional training for working with others effectively as a healer.

Energy healing is the practice of creative, intuitive and soul centred ways of working with self and others for awareness, wellbeing and empowerment. The term 'soul' relates to our depth, mystery and our quality of connection with oneself, others and the world around us. Soul centred therapy is a conscious way of being in relationship to embrace the diverse healing

powers of nature, psyche and spirit. This can take place through the effective use of a wide range of healing & growth related practices. Many of these are explored and learnt within this enjoyable and powerful program including intuitive awareness, energy healing, working with crystals, reiki, soul centred communication skills, meditations and imagery.

This eighteen month professional training is energetic, nature based and soul centred in its orientation to healing and transformation. Through working with energy, nature and spirit, students will gain the necessary understanding, awareness and skills to use in their own lives and with others.

The use of energy work in this training extends beyond individual self help and one to one healing sessions. You will learn how to apply these approaches to wellness and change with groups, communities, organisations, and the direct healing of the earth. This healing of what has been deeply lost is sometimes referred to as soul loss. Many leading therapists and theorists recognize that at the core of our personal, social and global distress is an acute soul loss. When we restore ourselves through care of the soul, we experience a sense of enchantment and a joyful, alive connection with ourselves, others and our world.

### Who is this course for?

This program is ideally suited for anyone interested in working intuitively and soulfully in the field of healing and human potential.

### What makes this course unique?

The course is designed to enable you to directly experience the intuitive aspects and 'energies' referred to in a unique yet direct, fun and safe way. This growth of awareness that occurs in you makes all the difference & builds confidence in the use of your intuition, knowledge and skills. Your own teachers have been through the gradual development process themselves and are committed to this growth in you.

A key aspect of this program is the mentoring style of support provided to students in the monthly sessions to develop your own awareness and skills, so that you can become a safe and effective

practitioner for others. We are totally committed to your learning that it leads to your growing joy, power (heart and soul), wholeness and fulfilment both as a person and professionally.

### Course structure

This is an 18 month part-time program comprised of weekly classes, intensives plus a **minimum of 1 mentoring session** with Jody Haywood **per term**. Mentoring sessions (at student rates) are paid separately at time of consultation.

### Year 1 Subjects Plus 1 Elective (see list below)

#### Year 1, term 1

**Reiki 1:** 2-day workshop

**Transformative Meditation 1:**

5 evenings or mornings +1 day

**Intuitive Awareness 1 – Intuition, Chakras & Energy**

**Fundamentals:** 8 evenings or mornings

**Subtle Energy Systems of the Body:**

1-day workshop

#### Year 1, term 2

**Soul Centred Communication Skills 1:** 2-day workshop

**Transformative Meditation 2:** 5 evenings or mornings and 1 day

**Intuitive Awareness 2 – Connecting to Higher**

**Guidance, Spirit & Soul:** 3 Sundays

**Energy Healing Techniques 1:** 3 evenings & 2 days

**Develop Emotional & Spiritual Intelligence:** 2-day workshop

#### Year 1, term 3

**Intuitive Anatomy:** 4 evenings and 1 day

**Soul Centred Communication Skills 2:** 2-day workshop

**Transformative Meditation 3:** 5 evenings or mornings + 1 day

**Intuitive Awareness 3 – Building Intuition,**

**Channelling & Divination:** 3 Sundays

#### Year 1, term 4

**Transformative Meditation 4 + Retreat:** 5 evenings or mornings + 2.5 days (retreat)

**Intuitive Awareness 4 – Life Purpose & Manifestation:** 2 Sundays

### Year 2 subjects

#### Year 2, term 1

**Crystal Healing:** 2-day workshop

**Healing Essences** – 3 evenings and 2 days

**Past Lives & Spiritual healing:** 2 -day workshop

**Energy Healing Techniques 2:** 2-day workshop

#### Year 2, term 2

**Soul Centred Communication Skills 3:** 2-day workshop

**Soul Centred Clinic Practice:** 2-day workshop

**\*Energy Healing Student Clinic:** various

**Senior First Aid Certificate:** completed externally

**Building a Successful Practice:** 2-day workshop

*\* Energy Healing Clinic hours are comprised of 48 hours of supervised clinical practice and clinical training. Opportunity for 3 hours of practice at events and 24 hours of case study practicals. 75 hours in total.*

### Year 1 subjects

#### Year 1, term 1

##### Reiki 1

Do you wish to experience more joy, love and compassion? The healing art of Reiki teaches us to work in balance and harmony with the Universal Life force, allowing energy to flow through us and be of benefit unconditionally to self, others, animals and our environment. Reiki is much more than a therapeutic tool, it is a path of self empowerment, a spiritual journey inviting us to be deeply centred in the heart. Practicing Reiki we develop greater connection with our true nature. As you radiate love and joy, it allows others to connect with their own love, joy and healing.

##### Transformative Meditation 1: Intro to Mindfulness

This term introduces a range of meditation styles and forms from a variety of spiritual traditions to stabilise our practice and enhance our capacity for clarity, wellbeing, peace and the rewards of insights. It consists of one 6-hour weekend intensive and five two-hour classes or for the mid-year intake, two 8-hour intensives. An important element of this term is your commitment to ongoing practice between classes.

Topics include:

- History of meditation: finding our place in the flow and the home for our soul
- Levels of stillness
- Concentration (Focusing) Meditation

- Reflective (Analytical) Meditation
- Mindfulness
- Creative Meditation – meaning and practice
- Sharing meditation: family and community: The Great Ball of Merit
- Sharing meditation: Spirit in all things

### **Intuitive Awareness 1 – Intuition, Chakras & Energy Fundamentals**

Term 1 is about Establishing the Foundation. This term provides insights and practical skills to enhance intuitive awareness and personal wellbeing. Students will learn about the use of intuition in daily life and the value of working with the power of intention. The body's subtle energy system is discussed and weekly practical exercises will provide understanding of the physical and psychological function of the seven major chakras. An understanding of the mind-body connection, the benefits of a supportive environment and personal energy protection, provides insights and practical skills to enhance and maintain energy levels and wellbeing. Students will also have the opportunity for intuitive integration and experience natural occurring altered states of consciousness using sound and creative methods.

#### **Subtle Energy Systems of the Body**

This one day course provides an understanding of the Body's Subtle Energy System which includes the chakras, auric field and meridians. The chakras are viewed from a physical and a psychological perspective, with links to the auric field and meridians outlined. The subtle energy system is explained in an easy to understand way, with opportunities to sense and feel the energy fields. This course is suitable for anyone who is interested in increasing their awareness and personal wellbeing, as well as natural therapy students or practitioners, health workers, energy healing or shamanic students.

#### **Year 1, term 2**

#### **Soul Centred Communication Skills 1**

Learning how to work with clients and their presenting issues is part of effective healing practice. In this subject you will learn about the basic theory and frameworks of soul centred communication and practise the fundamental mind-body skills and methods in a supportive environment. You will learn how to be with, hold and support the integration of a client's process to enable them to connect with a different level of their experience.

### **Transformative Meditation 2: The Journey**

This term provides a pathway from continuing the important work on our own development, to expanding step by step into connection with and support of others, our world and finding our place in the universe. Explore the transformative and joyful effect of that connection.

Topics include:

- Meditation for self – Exploring the messages of the senses
- Meditation for self – Meditation for recognising interdependence
- Transformational meditation for healing the hurts of others
- Beyond Individual to group work
- Finding soul in all things - Soul as a 'field for investing our passions'
- Meditation for the World – Seeking deep relationship with Gaia
- Shambhala prophecy – finding interconnection through Indra's Net
- At home in the Universe – Seeking the void - deep space, deep time

### **Intuitive Awareness 2 – Connecting with Higher Guidance, Spirit and Soul**

This workshop extends the application of building the foundation of intuitive awareness with a focus on opening to higher guidance (spirit guides and angels). This personal spiritual connection provides the springboard for deepening insight and wisdom. Exploration of concepts such as gratitude, the ego, synchronicity and duality provides insights into potential and opportunities, enabling individuals to take greater personal responsibility and control in life.

#### **Develop your Emotional & Spiritual Intelligence**

In this unique workshop we explore the meaning of emotional and spiritual intelligence and tools that you can use anytime you feel worry, stress or anxiety.

This workshop will teach you how to literally love and embrace every single part of you, regardless of how bad some parts of you may feel at times. You will come away with a number of simple techniques you can share with your clients as well as other techniques to assist in your own personal growth and self awareness.

#### **Year 1, term 3**

### **Intuitive Anatomy**

Connect with the sacred nature of human form, our biology of being. This course provides a dynamic and creative approach to understanding the functions and structures of our body. It is for those wishing to develop an energetic experience of the body and it's communication through resonance. Our bones, fluids and organs all carry sound and pattern uniquely. Via experiential anatomy, creative expression, subtle shifts in posture and focus we can change our perception and our health. We can learn to become more fully present, living as a dedication to the sacred in all life.

### **Soul Centred Communication Skills 2**

This module deepens skills development in working with the psyche (soul) through body-oriented, emotionally focussed and depth psychology practices. This includes the use of focusing, active imagination, dream work. Personal, interpersonal and transpersonal skills are further developed.

### **Transformative Meditation 3: The Way of the Future**

There have been prophecies that our future is to move beyond our individual practice to build group channels for energy distribution and new forms of deep connection. Within the strength, safety and balancing effect of our group we develop experience in the layers of group or archetypal consciousness. We also begin intensive practice in a range of meditation teaching skills.

Topics include:

- Sensing physical and energy bodies
- Detecting energy qualities through meditation
- Sand pile exercise to raise levels of awareness
- Finding the 'sweet spot'
- Exploring an 'ecstatic' posture
- Finding group levels of awareness
- Using sound to create an archetypal group identity
- Presenting opening and closing of group, theory and meditations
- Finding your Meditation Leadership 'home'

### **Intuitive Awareness 3 – Building Intuition, Channelling & Divination**

This term deepens your intuitive awareness, and supports further development and application of intuitive skills. The historical and modern day use of oracles and sacred tools is explored. Practical intuitive exercises incorporating psychometry,

telepathy, and stream of consciousness writing help to build greater awareness. Exercises to feel and see the auric field will provide a widening appreciation of the subtle energy system. Other key aspects of awareness include living an inspired life and dream insights.

### **Year 1, term 4**

#### **Energy Healing Techniques 1**

This 3 day workshop consists of guided visualizations, instruction, discussions demonstration and practice. Topics include:

- Self care for the healer
- Room preparation and clearing
- Grounding and connecting to the Universal energy source
- Activating the palm centres
- Scanning the physical body
- Sensing individual chakra centres
- Raking the energy field
- Gentle Energy Balance
- Balancing the chakras with full colour
- Deep chakra balance
- Energy flushing
- Laws of energy healing

#### **Transformative Meditation 4: The Path of the Teacher**

Be a leader in this great leap of consciousness. The Path of the Teacher trains you to ethically and safely lead groups in the development of transcendent consciousness through meditation. It also equips you with powerful techniques to hold a 'soul space' for your students/clients and for yourself as your teaching role blossoms into your own spiritual path.

#### **Plus Meditation Retreat – Fri 5pm to Sun 3pm**

#### **Intuitive Awareness 4 – Life Purpose & Manifestation**

In this term students will learn to apply the laws of attraction to bring success, abundance and happiness into the here and now. We will explore how to hold a sacred circle to create space for sharing and expression. There is the opportunity to refine meaning associated with significant life events, and participate in the use of ritual/ceremonies for rites of passage, including celebration. Examples of how to run sacred circles will be explored.

### **Year 2 subjects**

## Year 2, term 1

### Crystal Workshop

A 2-day workshop that explores the powerful healing properties of crystals in therapy. Students will learn how to apply crystals and in a healing context, for personal use and when working with others. This unique crystal healing training is suitable for those with a beginner level of knowledge through to great familiarity with the properties and gifts of crystals. Its purpose is to learn how to apply the use of crystals more fully to a healing practice and journey with self and in professional sessions.

### Past Lives & Spiritual Healing

This course introduces you to key tools in spiritual regression-for yourself and for others. You might know on one level what you need to do but for some reason just can't get there-the key is that the conscious mind (what you're aware of) and your unconscious mind (what you're not aware of) often aren't in alignment. This workshop introduces you to releasing any spiritual blocks so that you're in true alignment with what your soul is trying to express & learn in this life.

You will explore:

- \* simple regression techniques to connect easily with the unconscious mind
- \* finding where the stress point started in this lifetime
- \* clearing stress & reclaiming your personal power
- \* learning & integrating spiritual gifts from the past
- \* energy healing tools
- \* accessing soul insights

This workshop can assist you to understand why you are in the relationships you are, family circumstances, & healing long standing patterns in your life. This course includes theory & demonstration of regression techniques, and plenty of experiential exercises, support notes & further reading.

### Healing Essences

Essences are transformational tools of consciousness made from the immersion of a flower, gem or other object in water and left to infuse in sunlight. The resultant water contains an imprint of the flower or gem. Essences interact with our subtle bodies triggering resonance through all aspects of

our being. They encourage the awakening of our dormant qualities, inspiring transformation and alleviating our fears and limited perceptions. In this course you will explore making, prescribing and communicating with essences. There is a strong focus on practical experience, personal empowerment and awakening to nature.

### Energy Healing Techniques 2

Consists of guided visualizations, instruction, discussions, demonstration and practice.

Topics include:

- Assessing and healing techniques for the back and spine
- Working with misaligned chakras
- Repairing tears in the charka, auric field & nadis
- Releasing built up energy in the head area (headaches etc)
- Working energetically with specific ailments
- Revision
- Preparation for clinic
- Clinic debriefing and mentoring

provided in how to work with these approaches with clients effectively and professionally.

## Year 2, term 2

### Soul Centred Communication Skills 3

Within this workshop key aspects of soul centred healing practice of 1 and 2 are deepened and applied to working with others. Students will explore the use of these skills within sessions through practice with each other. Support will be provided in how to work with these approaches with clients effectively and professionally.

### Soul Centred Clinic Practice

Within this 2 day workshop all aspects of energy healing practices are incorporated in a supportive manner with each student's unique orientation, current levels of training development and skill set for their work in professional practice. Time will be allocated to integration, review and refinement of their learning to date, including how to manage the client session and practitioner responsibilities. This workshop prepares the student for clinic by exploring ethical considerations through case studies and developing the confidence and a supportive framework for clinical practice.

### Energy Healing Student Clinic

This module involves the conduct of energy healing sessions with clients under supervision. Participants will receive support and feedback on

the sessions conducted. Direct clinical observation and review will be provided.

### Building a Successful Practice

This course provides techniques to enable you to clearly imagine and create your ideal business in total alignment with your life purpose. Experts in their field will help guide you in areas such as how to develop evocative written content from the heart, powerful online marketing tips and so much more!

### Senior First Aid Certificate

Presentation of a valid work cover accredited Senior First Aid Certificate is required to graduate.

### electives

Students are required to complete a minimum of **one elective** at Awareness Institute from the following list. No exemptions/RPL are applicable as the purpose of the elective is to explore a new area of healing and awareness.

#### Reiki 2

#### Reiki Master

#### Shamanism: The Power and Mystery

#### Numerology: Karma and Soul Purpose + Intro to Astrology

#### Aura Soma Workshop

#### Sound Healing

#### Tantra Philosophy and Conscious Relationships

### mentoring

Students in the Diploma of Energy Healing are required to attend a minimum of **1 mentoring session per term** throughout their program of study. Mentoring sessions (at student rates) are paid separately at time of consultation.

### required texts

Judith, A. "Wheels of Life: A User's Guide to the Chakra System."

Levey, J, M. "Luminous Mind. Meditation and Mind Fitness."

### recommended reading

James, L "Seachange @ Work: Discover what a difference an energised day makes!"

Hover-Kramer, D "Creating Healing Relationships – professional standards for energy therapy practitioners"

\*As a registered diploma student, additional recommended reading lists will be provided throughout your program.

### how to apply

Simply request an application form and organize to have either a phone or in person interview to discuss this unique program & ensure it's the right program for you.

Upon acceptance, you will receive additional information and content as a registered diploma student.

### fees

Course fees can be paid in a number of different ways.

Please contact administration for more details.