

# diploma of energetic healing

1.5 year program . intake february 2012 + fast track starts in may . can commence some subjects any term

## Overview 2012

### A Course For Soul-Centred Transformation

#### Accredited by the Energetic Healing Association and meets current competency standards for the Energy Healing profession

The magic and 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 supported in opening into accessing the magical help and experiences that await you through the unfolding and development of your own natural way of being.

If you felt drawn to the love of nature's gifts such as crystals, 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 and entranced here! You can journey into this loving intuitive world through this training just for your own joy of it, or to be able to share it with others – either just personally or as an energetic healer in private practice.

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

Energetic 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 so as 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 and 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 counselling, 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 understandings, 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 in your comfortableness and confidence in the use of your consciousness, 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 their awareness and skills. This competent use of the self then builds to becoming a safe and effective practitioner for others. We are therefore totally committed to your learning in such a way that it leads to your growing joy, power (heart and soul), wholeness and fulfilment both as a person and professionally.

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### Course Structure

This is an 18 month part time program comprised of weekly classes, intensives plus a **minimum of 1 mentoring session** with Linda James per term.

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

##### Year 1, Term 1

**Reiki 1:** (also available in Summer School):  
2 day workshop

**Transformative Meditation 1:**

5 evenings +1 day

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

**Fundamentals:** 8 evenings

**Subtle Energy Systems of the Body:**

1 day workshop

##### Year 1, Term 2

**Soul Centred Counselling 1:** 2 day workshop

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

**Intuitive Awareness 2 – Connecting to Higher**

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

**Monthly Energetic Healing Practical:** 1 evening per month

##### Year 1, Term 3

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

**Soul Centred Counselling 2:** 2 day workshop

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

**Intuitive Awareness 3 – Building Intuition,**

**Channelling & Divination:** 3 Sundays

**Monthly Energetic Healing Practical:** 1 evening per month

##### Year 1, Term 4

**Healing Essences:** 8 evenings and 1 day

**Transformative Meditation 4:** 5 evenings + retreat

**Intuitive Awareness 4 – Life Purpose &**

**Manifestation:** 3 Sundays

**Monthly Energetic Healing Practical:** 1 evening per month

#### Year 2 subjects

##### Year 2, Term 1

**Past Lives, Karma & Soul Mates:** 1 day workshop

**Sacred Aromatherapy:** 1 day workshop

**Nourishing the Body:** 2 day workshop

**Soul Centred Counselling 3:** 2 day workshop

**Monthly Energetic Healing Practical:** 1 evening per month

##### Year 2, Term 2

**Symbol, Myth & Archetype:** 1 day workshop

**Soul Centred Practice:** 3 day workshop

**\*Energetic Healing Student Clinic:** various

**Senior First Aid Certificate:** competed externally

**Building a Successful Practice:** 1 day plus online

**Monthly Energetic Healing Practical:** 1 evening per month

*\* Energetic Healing Clinic hours are comprised of 48 hours of supervised clinical practice, 4 hours of practice at events and 10 hours of log book practicals.62 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: Planting the Seed

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, energetic healing or shamanic students.

#### Symbol, Myth and Archetype

The use of imagination is an essential component of many intuitive and therapeutic practices. Understanding how myths, symbols and archetypes can describe dimensions of shared experience is invaluable for anyone with an interest in the human psyche. Here, we will explore some of the major recent developments in the study of myth, symbol and archetype, and look at how these inform contemporary therapeutic practice. We will explore key insights opened by pioneers such as Jung, Campbell and Greene, as well as the use of imagery and symbol in the therapeutic and psycho-spiritual transaction. Psychologist James Hillman has suggested that the basis of mind is mytho-poetic. We will explore this idea from an experiential perspective to

understand how the use of symbol and imagery might amplify our work as competent practitioners.

### Year 1, Term 2

#### Soul Centred Counselling 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 counselling 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) and clarifying distinctions between the ego, soul and spirit. The difference between synchronicity and co-incidence is explained in conjunction with insights into higher level communication. The concept of duality versus non duality is reviewed in context with how we live

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our lives. Relationship of past life experiences to current life situations and the book of life are explored along with karma and the Akashic Records. Students will get a sense of living with an attitude of gratitude.

### Monthly Energetic Healing Practical

Each session consists of a guided visualization, instruction, discussions demonstration and practice. This term's practicals include:

- What you might experience when working energetically
- 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
- Basic laws of energetic healing

### 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 Counselling 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.

#### Monthly Energetic Healing Practical

Each session consists of a guided visualization, instruction, discussions demonstration and practice. This term's practicals include:

- Using breath to direct energy throughout the physical body
- Assessing and balancing the chakras using the pendulum
- Scanning the layers of the auric field
- Massage of the layers of the auric field
- Healing with crystals

### Year 1, Term 4

#### 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.

#### **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.

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

In this term students will learn to apply the laws of attraction to bring success and happiness into the here and now. Awareness work will extend to assessing and releasing non productive energetic attachments, and support will be provided to enhance intuitive insight, address limiting beliefs and challenge old values. 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.

#### **Monthly Energetic Healing Practical**

Each session consists of a guided visualization, instruction, discussions demonstration and practice. This term's practicals include:

- Creative colour for healing
- Minor chakra locations – sensing and balancing
- Working with meridians – overcoming blocks
- Releasing energy flow
- Using Client meditations with healing techniques
- Identification of energy cords with clients and releasing

## **Year 2 Subjects**

### **Year 2, Term 1**

#### **Soul Centred Counselling 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.

#### **Past Lives, Karma & Soul Mates**

Is there such a thing as reincarnation? Could we really have lived many lives before this life and possibly many more lives after this one? What are soul mates? Do we have just one soul mate or many? Is Karma just and fair? Is there a link between past lives, karma and soul mates? And, how does having greater understanding help us in our current lives?

As part of this workshop you have the opportunity to experience a past life regression and a guided visualisation to connect to your soul mate.

#### **Sacred Aromatherapy**

Anointing our body with essential oils has been practised since ancient times. Working with oils in a sacred manner uplifts and transforms us spiritually and energetically. Essential oils can be combined and blended with flower essences, herbal infused oils and other base oils.

Sacred Oil blends can be applied topically to the body, used in massage, baths, burning, in sprays to enhance our meditation or energetic healing practice. In this workshop the emphasis is on practical experience as we explore intuitive work with selecting and applying oils for use with the chakra system, our auric field and emotional support for transformational processes. Knowledge of oils is not necessary as guidelines for their use will be given.

#### **Nourishing the Body**

This workshop explores how to support and maintain optimum health while working intensively with clients, or during periods of transformation and rapid spiritual development. During these times our body, in particular our nervous, digestive and glandular systems require different nutrients, diet and assistance to accommodate such changes in

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frequency, insights and to maintain an intense level of focus. You will learn ways of enhancing your vitality, choosing diets, detoxification for spiritual and physical support, particular nutritional supplements, super foods, chi moving exercises & acupressure.

### Monthly Energetic Healing Practical

Each session consists of a guided visualization, instruction, discussions demonstration and practice. This term's practicals include:

- Assessing and healing techniques for the back and spine
- Working with misaligned chakras
- Repairing tears in the charka
- Repairing tears in the auric field
- Repairing tears in the nadis
- Releasing built up energy in the head area (headaches etc)
- Pre and post surgery procedures
- Working energetically with specific ailments

### Year 2, Term 2

#### Symbol, Myth & Archetype

The use of imagination is an essential component of many intuitive and therapeutic practices. Here, we will explore some of the major recent developments in the study of myth, symbol and archetype. We will explore key insights opened by pioneers such as Jung, Campbell and Greene, as well as the use of imagery and symbol in the therapeutic and psycho-spiritual transaction. We will explore this idea from an experiential perspective to understand how the use of symbol and imagery might amplify our work as competent practitioners.

#### Soul Centred Healing Practice

Within this 3 day workshop all aspects of energetic 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. Direct healing work will be provided to a volunteer client who is not a participant of the training. Time will be allocated to integration, review and refinement of the learning including how to manage the client session and practitioner responsibilities.

### Energetic Healing Student Clinic

This module involves the conduct of energetic 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 general business skills including marketing, business planning and overall management of your practice.

### Senior First Aid Certificate

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

### Monthly Energetic Healing Practical

Each session consists of a guided visualization, instruction, discussions demonstration and practical application. This term's practicals include:

- Revision
- Preparation for clinic
- Clinic debriefing and mentoring

### Electives

Students are required to complete one elective from the following list. No exemptions are applicable as the purpose of the elective is to explore a new area of healing and awareness.

#### Reiki 2 or Astrology 1 or Polarity Therapy or Shamanic Journey

### Mentoring

Students in the Diploma of Energetic Healing are required to attend 1 mentoring session per term throughout their program of study.

### Required Texts

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

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

Clayton, G. "Transformative Meditation."