

diploma of energy healing

1.5 year program . intake february 2018 + fast track starts in may . can commence some subjects any term

overview 2018

A course for soul-centred transformation

Accredited by the International Energetic Healing Association and International Institute for Complementary Therapists

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 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 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 yourself, 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 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 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 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.

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

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

Energy Healing Techniques 1: 3 weekend days

Transformative Meditation 4: 5 evenings or mornings

Meditation Retreat: 2.5 days

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 and Soul Contracts: 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: competed externally

How to Create

** 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 log book 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

Intuitive Awareness 1 is about Establishing the Foundation, which is built on in terms, 2, 3 and 4. This subject provides insights and practical skills to enhance intuitive awareness and personal wellbeing through a personal reflection of your own chakra system. Learn about the use of intuition in your daily life and the value of working with the power of intention. During this course you will explore one of our subtle energy systems (chakras) in detail, and be introduced to various practical activities to understand the physical and psychological function of the seven major chakras.

This workshop provides a framework for developing an understanding & appreciation of the mind-body connection, the benefits of a supportive energetic environment and maintaining our personal energy & boundaries. In the course you will learn valuable practical skills to enhance & maintain your own 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 course further builds intuitive awareness with a focus on raising your vibrational frequency, to facilitate connection with higher forms of guidance (spirit guides, angels and archangels) and the Higher Self. It will expand students' understanding of Consciousness and the concept of altered states of consciousness, including Out of Body and Near Death Experiences, and clarify distinctions between ego, higher Self, soul and spirit.

Concepts of duality and One-ness; deep self-awareness and synchronicity are explored, as well as Gratitude consciousness and practices.

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 you

teaching role blossoms into your own spiritual path.

Plus Meditation Retreat – Fri 5pm to Sun 3pm

Intuitive Awareness 4 – Life Purpose & Manifestation

In this course students will learn to live consciously in order to manifest the life you want to live.

At the heart of conscious manifestation lies the power of Belief, Love and forgiveness. You will have the opportunity to review and challenge beliefs and values that are limiting your soulful expression in this life.

You will learn the keys to Manifestation, including the Law of Attraction, karma, and Akashic records and how to use these to access abundant success, health, happiness and financial wellbeing. Through the use of ritual and sacred ceremony you will deepen your understanding of the power of intention and group connection, to honour and deepen the meaning of significant life events and rites of passage.

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 and Soul Contracts

This workshop explores how to support clients who display recurring themes in their life which are causing stress and unconscious blocks. Learn how to identify, understand and work with unresolved past life issues and ongoing soul contracts that present during your client sessions.

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
- 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
- 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 plus online information, 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. 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.

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 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

Astrology 1

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. "Mindfulness Meditation and Mind Fitness." 2015

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 via your online student portal.

how to apply

Simply request an application form and organize to have either a phone or in person interview to discuss this unique program, and 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.