



**THE CANADIAN SCHOOL**  
OF  
NATUROTHERAPIES AND SPIRITUAL DEVELOPMENT



## **Naturotherapist – R.I.N. Program Outlines**

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## Registered Integrative Naturotherapist Program (R.I.N.)

Reiki (pgs.2-9), Integrative Intuition (pgs.10-17) and Energy Therapy Programs (pgs.18-24)

### REIKI Specialization

**16 Classes – 1140Hours**

#### **Applied Kinesiology (60hrs - \$245)**

##### **Objective**

Practitioners of Energy Therapies have little to no access to methods of examination without Applied Kinesiology. Answers are often needed to ensure that the direction of the energy treatments are the most appropriate and effective path. Applied Kinesiology is a very well documented process for determining illness/disease/emotional and mental challenges and will guide the therapist in the direction of the best healing method choice.

##### **Description**

This is the perfect course for Energy Workers from any background. Muscle Testing (AK) is invaluable to have as a technique to guide us in our work with others. This course will help you determine which organs and glands are in good order and which are out of balance. You can then apply your Naturotherapy and re-test.

You will learn about the:

- Triad of Health
- Neurovascular Points
- Alarm Points
- Hand and Arm Assessments
- Clinical Intake Form
- Examination Forms
- Therapy Localization and more

3 Written Assignments, 5 Reports and 1 Quiz

## **The Art of Grounding (20hrs \$87)**

**Course Author is Atherton Drenth - Medical Intuitive and Author of The Intuitive Dance and Following Body Wisdom**

### **Objective**

To prepare you before offering any energy work.

### **Description**

To ensure that the Naturotherapist has a way of preparing for each session by maintaining the energy balance required to work with heightened energy in a healthy way. We believe that this is the best energy balancing preparedness technique available. It is also used as a healing technique. Should the Naturotherapist be working with someone very ill, they can take that individual through the process to help with bringing forward greater health.

### **Using The Vertical Axis**

**The most powerful grounding technique you will ever learn to:**

- Control your thoughts and feelings
- Calm the mind
- Reduce stress and anxiety
- Control fear
- Enhance your intuition

**Bonus Feature: Get grounded using only One Word**

## **Be In Your Heart Training (40hrs - \$185)**

**Course Author is Cheryl Jiala Driskell – Be In Your Heart Book and The Warriors Guide to Resilience**

### **Objective**

Each student will be impacting many other people over their lifetime. In order to have a positive effect upon your clients and the world at large, working with the Heart Energy is essential.

What do you consider to be the attributes of the heart? Why be in your heart? The Heart Energy process asks you to take a good look at yourself and how you treat the world around you. Learning to be in your Heart more and more is the best and bravest decision you will ever make. Why?

### **Description**

This is the complete Be In Your Heart Training. It is an amazing course, within which you will learn about the:

Design of the Universe  
Web of Connection  
Scientific Theories that Relate to Compassion  
Contemplating Compassion  
Heart of Compassion Contemplation  
State of Just Being  
Creation of Healthy Environments  
Energy of the Heart Brings Balance  
Stuck Energy Releases  
From Reactivity to Responsiveness  
Halo Light Technique

You will also receive several audio downloads to hear whenever you need that extra motivation and inspiration. There is 1 Quiz.

## **Chakras, The Living Matrix and Earth Resonance (40hrs \$185)**

### **Objective**

Science is now coming to understand that we are first able to see illness or energy imbalances in the Living Matrix that encircles our own physical form. Within the fields of the Living Matrix we can train our self to see the different blocked energies, tears, holes etc., within the fields. Each student must learn more about the subtle energy aspects of their self and the world at large, including the resonance of the Earth and how it affects the human condition and daily experience.

### **Description**

The Chakras, Living Matrix and Earth Resonance play a significant role in the process of understanding how to direct appropriate healing methods and processes for the people who come to us for care. How and why the Chakras, the Living Matrix and Earth Resonance support the healthy functioning of each of us is an essential part of the education of a Naturotherapist/Energy Worker. How do our energy systems work together? How does illness develop and where? How does the Earth affect our energy? There is so much to discover about energy and the human form. What is the Living Matrix? What are the Schumann Resonances and how do these relate to the earth and the human form?

4 Short Written Assignments (200-300 words) and 3 Quizzes

## **Counseling Fundamentals (80hrs -\$185)**

**Course Author is Lee Allard MSW**

### **Objectives**

The main objective is to ensure that each student/practitioner is efficient in listening skills and effective response skills.

### **Description**

This course is a marvelous practical study in the art of being present to your client and more. You will learn to understand the continuum of skills that you can provide in sessions with your client and the underlying needs that you fulfill through your efforts, such as; opening and closing sessions ethically and effectively, meeting your client and releasing your client, etc. This course is an opportunity to learn more about the human and relational aspects of working with clients.

One Text: Counseling and Therapy Skills, Martin, David. 12 short essay and practical assignments inclusively

## **Crisis Intervention (40hrs - \$185)**

### **Objective**

This is a book review. How a Naturotherapist handles a crisis will determine their reputation and how comfortable their clients feel with their care. It is the Naturotherapist's responsibility to manage any situation that arises within a session in a positive and healthy way. With this training you will outline how you would respond to numerous different circumstances with appropriate effective action.

### **Description**

You will learn how to work with people in crisis: Defining the Problem, Ensuring Client Safety, Providing Support, Examining Alternatives, Making Plans, and Obtaining Commitment. Using this model, you can then build specific strategies for handling a myriad of different crisis situations.

Text to be chosen with the student. 2 Written Assignments

## **Energy Connections of the Organs, Glands and Chakras, and Energy Self-Protection**

**(40hrs - \$185)**

### **Objective**

Every Energy Worker and Naturotherapist must grasp the profound connection between the chakras and the health of specific organs and glands. It's essential to understand how to balance the chakras, ensuring overall wellness and harmony. By doing so, you'll be able to strengthen both your own energy field and that of your clients, fostering vitality and balance in all aspects of life.

### **Description**

There are 7 main chakras connected through the body and with the world at large. Each chakra correlates to one or more main organs and glands as well as an energy field. Knowing how they work together and also the mental/emotional and physiological components of each will guide you easily in full understanding of your client's present health status and what they need to work on in order to regain full health and balance.

You will further learn that you need to maintain a healthy energy that is not opened to being negatively affected by external energies. Maintaining positive perceptions of yourself and your reality are a part of maintaining strong energy fields that are not easily penetrated by others and their influences.

5 Short Written Assignments and 2 Quizzes

## **Energy Nutrition (60hrs - \$185)**

### **Objective**

Each student is required to understand the foundations of our health coming from Nutrition. Nutrition is responsible for the maintenance of a healthy and strong Life Force Energy. Whether you are an Energy Worker or an individual who wants to vibrate health, this course is a wonderful guide to claiming your frequency through Nutrition and healthy habits.

### **Description**

Within this training you will learn:

- To work with a Food Diary and its profound benefits
- To increase your energy through good foods and release attachment to bad foods
- To understand the value of exercise
- To learn about the essential need of proper hydration
- To understand how specific foods may lead to disease, stress and anxiety
- To understand the alkaline and acidic body types and their outcomes

3 Short Written Assignments and 1 Quiz using the Text: The Food Connection, The Right Food at the Right Time by Sam Graci.

## **Energy Principles and Practice (60hrs - \$185)**

### **Objective**

This course lays the foundational understanding of using Energy as a therapeutic modality. As a student of Energy Therapies, it is essential to gain a solid grounding in the principles and practices that underpin this transformative approach. This well-rounded course will equip you with the core knowledge of Energy Therapy that will serve you throughout your entire career and life.



### **Description**

Anyone working with energy should be familiar with the key concepts in this course. What is energy, and how is it moved? What are the various energy practices accessible to the community? You will explore the different categories of energy therapies and much more. Key topics include the 7 levels of healing, the typology of energy therapies, the Benor and Dossey Theories, the Holographic Principle, the distinction between illness and disease, spontaneous remission, the meridians, and beyond. This course will deepen your understanding and expand your ability to apply energy healing effectively.

2 Written Assignments, 1 Quiz

## **Ethics and Responsibilities in Private Practice (40hrs - \$185)**

### **Objective**

This course is a book review. It will ensure that the student is apprised of their role as a Naturotherapist, their commitment, their intentions and their overall responsibilities and how these affect the clients they work with.

### **Description**

This course will equip the student with a sound understanding of the value-base of physical and mental health care and provide them with the skills and knowledge to demystify complex values in decision-making in order to reach outcomes which are focused on the needs of service users.

Text: The Ethics Handbook for Energy Healing Practitioners

<http://www.theinnersourcestore.com/ethics-handbook-for-energy-healing-practitioners/>

OR "Issues and Ethics in the helping profession" by Gerald Corey, Cindy Corey, Patrick Callahan, and Marianne Schneider Corey.

2 Extended Written Assignments using case examples to be discussed with your tutor

## **Qi Gong Daily Warm-Ups For Energy Workers (40hrs - \$185)**

### **Objective**

This course will teach each student a daily practice to ensure that their energy is strong each day as they perform their work tasks.

### **Description**

You will learn to hold the life force energy strongly within yourself to help yourself and your clients in the best possible way, creating greater health, personal endurance, life flow, inner peace and overall body, mind and heart balance. Introductions and explanations are provided for the Cycle of Creation, the Governor Channel, the Lower Tan Tien, Microcosmic Orbit and the Psoas. You will then learn a daily routine to increase your energy.

One text, one essay and quiz: Awaken Healing Energy Through the Tao by Mantak Chia

## **Qi Gong Organs and Glands (40hrs - \$185)**

### **Objective**

As an energy work student, you will learn how the organs function and how the conscious use of color and sound can support the healthy balance of each organ. This knowledge will empower you to enhance both your awareness and your practice for optimal health.

## Description

Energy Workers—and anyone passionate about maintaining the well-being of their body’s major organs—will discover the powerful connection between sound, emotion, and organ health. You will learn techniques to clear blockages and promote vitality, improving overall life flow. The protocol taught in this course can help release emotional imbalances like anxiety and depression. You will explore how to elevate the energy of each organ, work with their corresponding colors, and express the healing sounds associated with each to restore balance and harmony.

One text, one essay and quiz: The 6 Healing Sounds by Mantak Chia

## **Reiki Levels I & II & Reiki Fundamentals III**

### Objective

**Each student will learn to practice and teach Reiki.** Learning Reiki has changed the lives of millions of individuals world-wide. It is for personal relaxation, improved health, happiness and increased consciousness. Just like electricity is accessible but unseen by us, so is Reiki. The body is the circuit through which it excels best. Reiki can provide excellent emotional, mental and physical support to you and those around you for the rest of your life.

### Description

Reiki is a wonderful practical everyday life-tool, used to benefit and increase the individual’s positive life experience. It is a gentle relaxation/health technique provided through the practitioner’s hands to assist the individual with improvement of their whole health; body, mind, heart and spirit.

This is a comprehensive course divided into three levels to train practitioners of Reiki and Registered Integrative Naturotherapists with a Reiki specialization. Each level of Reiki training assists the student in understanding the theoretical and practical applications of Reiki, as well as the ethical and legal necessities within a therapeutic practice. This course fills a crucial need in the community, helping to provide alternative and integrative support to client/patients in an overburdened health care system.

The first two levels of Reiki can be taken for certificates. Should the student wish to receive their Registered Integrative Therapist designation, they must then complete the more extensive training in Level III Reiki Fundamentals. Should they already be a Reiki practitioner or teacher and wish to receive their R.I.N. designation, some exemptions can be provided to gain advanced standing in our program.

We have developed a course of more than 1700 hours of training such that our Reiki graduates can be considered for positions in the professional health and spa communities and eventually gain access to insurance receipts for this work. This is an ongoing challenge that we will be a part of trying to achieve on behalf of Reiki Practitioners and Teachers in the future.

***Each course has modules within which there are assignments and a quiz to be completed with 80% or better to receive your certificate.***

### **Reiki I (120hrs) \$285**

Students will become familiar with the following:

- Learning valuable energy techniques to assist yourself and others in improving health
- Learning practical Reiki hand positions for self and other.
- Understanding the main theories of Reiki and universal energy
- Understanding when, why and how Reiki should be applied
- Learning the personal and professional Reiki hand positions
- Learning valuable risk management tools to minimize exposure to legal and regulatory actions
- Learning the practical information necessary to build and maintain a healthy Reiki practice
- based in respect and mutual understanding
- Understanding of ethical concepts in mind/body therapies
- How to Provide a Chair Reiki

## Reiki II (120hrs) \$365

- What is healing?
- How does healing happen?
- What are the 3 main symbols?
- What are the functions of each symbol?
- How can distance healing be applied?
- Understanding the living matrix that extends itself beyond the human form

## Reiki Fundamentals III (120hrs) \$425

- Learning the process of providing Attunements
- Master Teaching Symbol
- Aura Clearing
- Reiki Crystal Grid
- Understanding the anatomy and physiology of the human form
- Assistance in the development of high-quality Reiki training by our students for future generations

## Final Assignment

A whole Reiki Training Program of Levels I, II & III must be handed in by the student before the end of the RIN training for review by the school's Reiki Tutor/Master Teacher. (120hrs)

## + 100 hours Practical/Labs

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## Courses Taken Through Other Schools – Paid Separately

## Anatomy and Physiology - Universal Class \$90+US (120hrs)

<https://www.universalclass.com/i/course/anatomy-and-physiology.htm>

### Course Description

This self-paced, online anatomy and physiology course covers all the bodily systems playing a major role in human anatomy. The material is presented in a practical and comprehensive manner. The focus of the course is on the need-to-know facts that must be understood in order to pursue any healthcare career or related education in the field of science. These easy to follow lessons are ideal for anyone requiring a solid understanding of how the human body works.

### Lessons include the following topics:

The Skeletal System  
The Integumentary System  
The Muscular System  
The Nervous System  
The Sensory System  
The Endocrine System  
The Cardiovascular System  
The Lymphatic System  
The Respiratory System  
The Digestive System  
The Urinary System  
The Reproductive System

Anatomy and physiology are the opposite sides of the same biological coin. Anatomy is the study of the body's internal and external structures while physiology studies the function of those structures, both singularly and in conjunction with one another.



Anatomy, which is sometimes called *morphology*, provides a map of how a body is put together, human or otherwise. Physiology is akin to an instruction manual. Form and function must both be considered to fully understand the human body.

## **Energy Medicine (120hrs)**

Well Within Natural Medicine [www.wellwithin.net](http://www.wellwithin.net) Direct Page at <http://www.energymedicinestore.com/>

You are required to take either 1 more extensive course or 2 smaller ones.

Anything under \$70 US is considered a smaller course.

ENERGY MASTERY FOR CANCER CARE ONLINE VIDEO SERIES

ENERGY MASTERY FOR HORMONE HAVOC ONLINE VIDEO SERIES

ENERGY MASTERY FOR BRAIN HEALTH ONLINE VIDEO SERIES

HARMONIZE THE FIRE ONLINE VIDEO

SOURCE THE FLOW ONLINE VIDEO

ADVANCED CLEARING AND MANIFESTING ONLINE VIDEO

CLEARING AND MANIFESTING ENERGIES ONLINE VIDEO

### **Educational Cost for RIN in REIKI**

\$3257 CA (internal training)

\$210-\$340US (external training)

\*costs may vary slightly

# Intuitive Integrative Naturotherapist

## 19 Classes – 1200 Hours

### Special Note:

The **Integrative Intuitive Program** is designed to be very similar to our **Reiki Specialization Program**. While intuition is highly valued by many and naturally integrated into the work of millions, it has not yet been formally recognized by any authoritative body worldwide as a distinct Naturotherapy designation, or any other.

While we will recognize our graduating Intuitives as RINs, they will not be eligible for membership with the **Association of Naturopaths and Naturotherapists of Canada (ANNC)** under this title. As such, to ensure our Intuitive students still have the opportunity to at least become recognized Naturotherapists, we incorporate a selection of Naturotherapy courses alongside the Intuitive courses.

Please feel free to reach out to a school tutor if you have any questions or need clarification.

### Intuitive Development Certificate Levels I-IV

**A Certificate is provided following Levels I and II, and an Advanced Certificate is provided following Levels III and IV.**

#### Objectives

The primary goal is to empower each student and practitioner to understand and harness their intuition as a form of subtle energy awareness. You will become proficient in intuitive listening, identification, and awareness, integrating these skills into your daily life for personal care and support of your loved ones. Additionally, these courses will help you unlock your intuitive potential, guiding you to see beyond physical forms and connect with the unseen. This skill set will lead to great success in your Naturotherapy career, enabling you to make ethical, insightful, and appropriate choices for your clients.

#### Description

These courses are marvelous studies in the art of being present to your deeper awareness and how to manifest it with ease. You will learn to understand the continuum of intuitive skills that you can provide in sessions with your client and the underlying needs that you fulfill through your efforts, such as; helping your client to understand the emotions and thought patterns that lead to illness, how to examine and release their emotions with ease, how to release stuck energy with ease and how to gather subtle energy awareness for use in personal and professional understanding.

#### **Intuitive Development Course Level I (40hrs-\$185)**

In this first level you will the fundamental principles of intuition and how to surrender to this, as well as the many aspects necessary in becoming an intuitive. You will also have a private intuitive session with your tutor to ensure that you are developing your intuition and look at any barriers to this process.

#### **Intuitive Development Course Level II (40hrs-\$185)**

In this second level you will further learn to cultivate the wonderful treasures of intuition that lay asleep until they are motivated through your own intentions. You will also have a private intuitive session with your tutor to ensure that you are developing your intuition and look at any barriers to this process.

### **Intuitive Development Course Level III (40hrs-\$185)**

In this third level you will go into the principles of the Clairs. These are Clairsentience, Clairaudience, Clairvoyance, Claircognizance. You will learn to develop these essential processes. You will also have a private intuitive session with your tutor to ensure that you are developing your intuition and look at any barriers to this process.

### **Intuitive Development Course Level IV (40hrs-\$185)**

In this fourth level you will go into surrendered intuitive states, learn a helpful intuitive expansion meditation and learn to work with synchronicities. You will also have a private intuitive session with your tutor to ensure that you are developing your intuition and look at any barriers to this process.

For RIN Course Only

### **Intuitive Development Course Level V (80 hours - \$285)**

In this final Intuitive study level, you will learn to do release techniques with yourself and your clients. You will learn the deep value of this process and how you can further your awareness of intuitive techniques through your personal commitment to this path. You will have to complete 10 one-hour sessions with clients and hand your reports into your tutor. A specialized reporting form will be made available.

You will also have private discussions with your tutor to ensure that you are more and more at peace with your intuitive flow and are aware as to how to use it ethically and wisely with clients and for personal care.

## **Applied Kinesiology (60hrs - \$245)**

### **Objective**

Practitioners of Energy Therapies have little to no access to methods of examination without Applied Kinesiology. Answers are often needed to ensure that the direction of the energy treatments are the most appropriate and effective path. Applied Kinesiology is a very well documented process for determining illness/disease/emotional and mental challenges and will guide the therapist in the direction of the best healing method choice.

### **Description**

This is the perfect course for Energy Workers from any background. Muscle Testing (AK) is invaluable to have as a technique to guide us in our work with others. This course will help you determine which organs and glands are in good order and which are out of balance. You can then apply your Naturotherapy and re-test.

You will learn about the:

- Triad of Health
- Neurovascular Points
- Alarm Points
- Hand and Arm Assessments
- Clinical Intake Form
- Examination Forms
- Therapy Localization and more

3 Written Assignments, 5 Reports and 1 Quiz

## **The Art of Grounding (20hrs \$87)**

**Course Author is Atherton Drenth - Medical Intuitive and Author of The Intuitive Dance and Following Body Wisdom**

### **Objective**

To prepare you before offering any energy work.

### **Description**

To ensure that the Naturotherapist has a way of preparing for each session by maintaining the energy balance required to work with heightened energy in a healthy way. We believe that this is the best energy balancing preparedness technique available. It is also used as a healing technique. Should the Naturotherapist be working with someone very ill, they can take that individual through the process to help with bringing forward greater health.

### **Using The Vertical Axis**

**The most powerful grounding technique you will ever learn to:**

- Control your thoughts and feelings
- Calm the mind
- Reduce stress and anxiety
- Control fear
- Enhance your intuition

**Bonus Feature: Get grounded using only One Word**

## **Chakras, The Living Matrix and Earth Resonance (40hrs \$185)**

### **Objective**

Science is now beginning to understand that illness or energy imbalances can first be seen within the Living Matrix, the energetic field surrounding our physical form. Within this field, we can train ourselves to perceive blocked energies, tears, and holes. It is essential for each student to deepen their awareness of the subtle energy aspects of themselves and the world around them, including the resonance of the Earth and its influence on the human condition and daily experience.

### **Description**

The Chakras, Living Matrix, and Earth Resonance play a crucial role in understanding how to apply the most effective healing methods for those seeking our care. Understanding how these systems interact to support our health and well-being is a key part of the education of any Naturotherapist or Energy Worker. How do our energy systems work together? How does illness develop, and where? How does the Earth influence our energy? There is much to explore about energy and the human form. What is the Living Matrix? What are the Schumann Resonances, and how do they relate to the Earth and the human body?

Includes 4 Short Written Assignments (200-300 words) and 3 Quizzes.

## **Counseling Fundamentals (80hrs -\$185)**

**Course Author is Lee Allard MSW**

### **Objectives**

The main objective is to ensure that each student/practitioner is efficient in listening skills and effective response skills.

### **Description**

This course is a marvelous practical study in the art of being present to your client and more. You will learn to understand the continuum of skills that you can provide in sessions with your client and the underlying needs that you fulfill through your efforts, such as; opening and closing sessions ethically and effectively, meeting your client and releasing your client, etc. This course is an opportunity to learn more about the human and relational aspects of working with clients.

## **Crisis Intervention (40hrs - \$185)**

### **Objective**

This is a book review. How a Naturotherapist handles a crisis will determine their reputation and how comfortable their clients feel with their care. It is the Naturotherapist's responsibility to manage any situation that arises within a session in a positive and healthy way. With this training you will outline how you would respond to numerous different circumstances with appropriate effective action.

### **Description**

You will learn how to work with people in crisis: Defining the Problem, Ensuring Client Safety, Providing Support, Examining Alternatives, Making Plans, and Obtaining Commitment. Using this model, you can then build specific strategies for handling a myriad of different crisis situations.

Text to be chosen with the student. 2 Written Assignments

## **Energy Connections of the Organs, Glands and Chakras, and Energy Self-Protection**

**(40hrs - \$185)**

### **Objective**

Every Energy Worker and Naturotherapist must grasp the profound connection between the chakras and the health of specific organs and glands. It's essential to understand how to balance the chakras, ensuring overall wellness and harmony. By doing so, you'll be able to strengthen both your own energy field and that of your clients, fostering vitality and balance in all aspects of life.

### **Description**

There are 7 main chakras connected through the body and with the world at large. Each chakra correlates to one or more main organs and glands as well as an energy field. Knowing how they work together and also the mental/emotional and physiological components of each will guide you easily in full understanding of your client's present health status and what they need to work on in order to regain full health and balance.

You will further learn that you need to maintain a healthy energy that is not opened to being negatively affected by external energies. Maintaining positive perceptions of yourself and your reality are a part of maintaining strong energy fields that are not easily penetrated by others and their influences.

5 Short Written Assignments and 2 Quizzes

## **Energy Nutrition (60hrs - \$185)**

### **Objective**

Each student is required to understand the foundations of our health coming from Nutrition. Nutrition is responsible for the maintenance of a healthy and strong Life Force Energy. Whether you are an Energy Worker or an individual who wants to vibrate health, this course is a wonderful guide to claiming your frequency through Nutrition and healthy habits.

### **Description**

Within this training you will learn:

- To work with a Food Diary and its profound benefits
- To increase your energy through good foods and release attachment to bad foods
- To understand the value of exercise
- To learn about the essential need of proper hydration
- To understand how specific foods may lead to disease, stress and anxiety
- To understand the alkaline and acidic body types and their outcomes

3 Short Written Assignments and 1 Quiz using the Text: The Food Connection, The Right Food at the Right Time by Sam Graci.

## **Energy Principles and Practice (60hrs - \$185)**

### **Objective**

This course lays the foundational understanding of using Energy as a therapeutic modality. As a student of Energy Therapies, it is essential to gain a solid grounding in the principles and practices that underpin this transformative approach. This well-rounded course will equip you with the core knowledge of Energy Therapy that will serve you throughout your entire career and life.

### **Description**

Anyone working with energy should be familiar with the key concepts in this course. What is energy, and how is it moved? What are the various energy practices accessible to the community? You will explore the different categories of energy therapies and much more. Key topics include the 7 levels of healing, the typology of energy therapies, the Benor and Dossey Theories, the Holographic Principle, the distinction between illness and disease, spontaneous remission, the meridians, and beyond. This course will deepen your understanding and expand your ability to apply energy healing effectively.

2 Written Assignments, 1 Quiz

## **Ethics and Responsibilities in Private Practice (40hrs - \$185)**

### **Objective**

This course is a book review. It will ensure that the student is apprised of their role as a Naturotherapist, their commitment, their intentions and their overall responsibilities and how these affect the clients they work with.

### **Description**

This course will equip the student with a sound understanding of the value-base of physical and mental health care and provide them with the skills and knowledge to demystify complex values in decision-making in order to reach outcomes which are focused on the needs of service users.

Text: The Ethics Handbook for Energy Healing Practitioners

<http://www.theinnersourcestore.com/ethics-handbook-for-energy-healing-practitioners/>

OR "Issues and Ethics in the helping profession" by Gerald Corey, Cindy Corey, Patrick Callahan, and Marianne Schneider Corey.

2 Extended Written Assignments using case examples to be discussed with your tutor

## **Practical Perspectives, Power and Process for Energy Therapy Practitioners (60hrs - \$185)**

**For Intuitive RIN Students Only. Please speak with your Tutor.**

### **Objective**

This course offers a profound exploration of how energy functions within the realm of Energy Therapy, with a focus on the practitioner's personal energy awareness. (It's also an excellent training for intuitive students!) While science plays a role, this course emphasizes the personal, experiential aspect of energy work. Your ability to connect with, expand, and allow your own



energy to flow freely will shape the success of your practice and your ability to support your clients. This foundational course will guide you in cultivating a deep awareness of your own energy nature, preparing you for self-healing and helping others.

### **Description**

Authored by Medical Intuitive and Energy Therapist Cheryl Jiala Driskell, this course brings almost 40 years of study into a practical and spiritual guide for Energy Therapists. Drawing from esoteric mystical traditions and the loving guidance of source energy itself, Cheryl provides insights that are rarely discussed in Western culture but are easily understood and deeply applicable in energy therapy. Topics include:

- Understanding Your Energy Evolution
- Positive Creation and Manifestation
- The Universal Web
- Embracing the Role of a Perpetual Energy Student
- Opening to Your Beautiful, Loving Energy Nature

This training will help you deepen your personal energy awareness and align your practice with the universal flow of energy. Includes 5 Practical Reports, 3 Assignments, and 1 Quiz.

## **Qi Gong Daily Warm-Ups For Energy Workers (40hrs - \$185)**

### **Objective**

This course will teach each student a daily practice to ensure that their energy is strong each day as they perform their work tasks.

### **Description**

You will learn to hold the life force energy strongly within yourself to help yourself and your clients in the best possible way, creating greater health, personal endurance, life flow, inner peace and overall body, mind and heart balance. Introductions and explanations are provided for the Cycle of Creation, the Governor Channel, the Lower Tan Tien, Microcosmic Orbit and the Psoas. You will then learn a daily routine to increase your energy.

One text, one essay and quiz: Awaken Healing Energy Through the Tao by Mantak Chia

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As an energy work student, you will learn how the organs function and how the conscious use of color and sound can support the healthy balance of each organ. This knowledge will empower you to enhance both your awareness and your practice for optimal health.

### **Description**

Energy Workers—and anyone passionate about maintaining the well-being of their body's major organs—will discover the powerful connection between sound, emotion, and organ health. You will learn techniques to clear blockages and promote vitality, improving overall life flow. The protocol taught in this course can help release emotional imbalances like anxiety and depression. You will explore how to elevate the energy of each organ, work with their corresponding colors, and express the healing sounds associated with each to restore balance and harmony.

One text, one essay and quiz: The 6 Healing Sounds by Mantak Chia

## **Reiki Levels I & II**

### **Objective**

**Each student will learn to practice and teach Reiki.** Learning Reiki has changed the lives of millions of individuals world-wide. It is for personal relaxation, improved health, happiness and increased consciousness. Just like electricity is accessible but unseen by us, so is Reiki. The body is the circuit through which it excels best. Reiki can provide excellent emotional, mental and physical support to you and those around you for the rest of your life.

### **Description**

Reiki is a wonderful practical everyday life-tool, used to benefit and increase the individual's positive life experience. It is a gentle relaxation/health technique provided through the practitioner's hands to assist the individual with improvement of their whole health; body, mind, heart and spirit.

This is a comprehensive course divided into three levels to train practitioners of Reiki and Registered Integrative Naturotherapists with a Reiki specialization. Each level of Reiki training assists the student in understanding the theoretical and practical applications of Reiki, as well as the ethical and legal necessities within a therapeutic practice. This course fills a crucial need in the community, helping to provide alternative and integrative support to client/patients in an overburdened health care system.

The first two levels of Reiki can be taken for certificates. Should the student wish to receive their Registered Integrative Therapist designation, they must then complete the more extensive training in Level III Reiki Fundamentals. Should they already be a Reiki practitioner or teacher and wish to receive their R.I.N. designation, some exemptions can be provided to gain advanced standing in our program.

We have developed a course of more than 1700 hours of training such that our Reiki graduates can be considered for positions in the professional health and spa communities and eventually gain access to insurance receipts for this work. This is an ongoing challenge that we will be a part of trying to achieve on behalf of Reiki Practitioners and Teachers in the future.

***Each course has modules within which there are assignments and a quiz to be completed with 80% or better to receive your certificate.***

### **Reiki I (120hrs) \$285**

Students will become familiar with the following:

- Learning valuable energy techniques to assist yourself and others in improving health
- Learning practical Reiki hand positions for self and other.
- Understanding the main theories of Reiki and universal energy
- Understanding when, why and how Reiki should be applied
- Learning the personal and professional Reiki hand positions
- Learning valuable risk management tools to minimize exposure to legal and regulatory actions
- Learning the practical information necessary to build and maintain a healthy Reiki practice
- based in respect and mutual understanding
- Understanding of ethical concepts in mind/body therapies
- How to Provide a Chair Reiki

### **Reiki II (120hrs) \$365**

- What is healing?
- How does healing happen?
- What are the 3 main symbols?
- What are the functions of each symbol?
- How can distance healing be applied?
- Understanding the living matrix that extends itself beyond the human form

## **Anatomy and Physiology - Universal Class \$90+US (120hrs)**

<https://www.universalclass.com/i/course/anatomy-and-physiology.htm>

### **Course Description**

This self-paced, online anatomy and physiology course covers all the bodily systems playing a major role in human anatomy. The material is presented in a practical and comprehensive manner. The focus of the course is on the need-to-know facts that must be understood in order to pursue any healthcare career or related education in the field of science. These easy to follow lessons are ideal for anyone requiring a solid understanding of how the human body works.

### **Lessons include the following topics:**

- The Skeletal System
- The Integumentary System
- The Muscular System
- The Nervous System
- The Sensory System
- The Endocrine System
- The Cardiovascular System
- The Lymphatic System
- The Respiratory System
- The Digestive System
- The Urinary System
- The Reproductive System

Anatomy and physiology are the opposite sides of the same biological coin. Anatomy is the study of the body's internal and external structures while physiology studies the function of those structures, both singularly and in conjunction with one another.

Anatomy, which is sometimes called *morphology*, provides a map of how a body is put together, human or otherwise. Physiology is akin to an instruction manual. Form and function must both be considered to fully understand the human body.

### **Educational Cost**

\$4035CA (internal training)

\$99US (external training)

# Energy Therapy Practitioner Program

17 Courses – 1180 Hours

## **Applied Kinesiology (60hrs - \$245)**

### **Objective**

Practitioners of Energy Therapies have little to no access to methods of examination without Applied Kinesiology. Answers are often needed to ensure that the direction of the energy treatments are the most appropriate and effective path. Applied Kinesiology is a very well documented process for determining illness/disease/emotional and mental challenges and will guide the therapist in the use of the best healing method.

### **Description**

This is the perfect course for Energy Workers from any background. Muscle Testing (AK) is invaluable to have as a technique to guide us in our work with others. This course will help you determine which organs and glands are functioning properly and which ones are out of balance. You can then apply your Naturotherapy and re-test.

You will learn about the:

- Triad of Health
- Neurovascular Points
- Alarm Points
- Hand and Arm Assessments
- Clinical Intake Form
- Examination Forms
- Therapy Localization and more

3 Written Assignments, 5 Reports and 1 Quiz

## **Be In Your Heart Training (40hrs - \$185)**

**Course Author is Cheryl Jiala Driskell – Be In Your Heart Book and The Warriors Guide to Resilience**

### **Objective**

Each student will be impacting many other people over their lifetime. In order to have a positive effect upon your clients and the world at large, working with the Heart Energy is essential.

What do you consider to be the attributes of the heart? Why be in your heart? The Heart Energy process asks you to take a good look at yourself and how you treat the world around you. Learning to be in your Heart more and more is the best and bravest decision you will ever make. Why?

### **Description**

This is the complete Be In Your Heart Training. It is an amazing course, within which you will learn about the:

Design of the Universe  
Web of Connection  
Scientific Theories that Relate to Compassion  
Contemplating Compassion  
Heart of Compassion Contemplation  
State of Just Being

Creation of Healthy Environments  
Energy of the Heart Brings Balance  
Stuck Energy Releases  
From Reactivity to Responsiveness  
Halo Light Technique

You will also receive several audio downloads to hear whenever you need that extra motivation and inspiration. There is 1 Quiz.

## **Chakras, The Living Matrix and Earth Resonance (40hrs \$185)**

### **Objective**

Science is now coming to understand that we are first able to see illness or energy imbalances in the Living Matrix that encircles our own physical form. Within the fields of the Living Matrix we can train our self to see the different blocked energies, tears, holes etc., within the fields. Each student must learn more about the subtle energy aspects of their self and the world at large, including the resonance of the Earth and how it affects the human condition and daily experience.

### **Description**

The Chakras, Living Matrix and Earth Resonance play a significant role in the process of understanding how to direct appropriate healing methods and processes for the people who come to us for care. How and why the Chakras, the Living Matrix and Earth Resonance support the healthy functioning of each of us is an essential part of the education of a Naturotherapist/Energy Worker. How do our energy systems work together? How does illness develop and where? How does the Earth affect our energy? There is so much to discover about energy and the human form. What is the Living Matrix? What are the Schumann Resonances and how do these relate to the earth and the human form?

4 Short Written Assignments (200-300 words) and 3 Quizzes

## **Counseling Fundamentals (80hrs -\$185)**

### **Objectives**

The main objective is to ensure that each student/practitioner is efficient in listening skills and effective response skills.

### **Description**

This course is a marvelous practical study in the art of being present with your client and more. You will learn to understand the continuum of skills that you can provide in sessions with your client and the underlying needs that you fulfill through your efforts, such as; opening and closing sessions ethically and effectively, meeting your client and releasing your client, etc. This course is an opportunity to learn more about the human and relational aspects of working with clients.

One Text: Counseling and Therapy Skills, Martin, David. 12 short essay and practical assignments.

## **Energy Nutrition (60hrs - \$185)**

### **Objective**

Each student is required to understand the foundations of our health coming from Nutrition. Nutrition is responsible for the maintenance of a healthy and strong Life Force Energy. Whether you are an Energy Worker or an individual who wants to vibrate good health, this course is a wonderful guide to claiming your frequency through Nutrition and healthy lifestyle choices.

## **Description**

Within this training you will learn:

- To work with a Food Diary and its profound benefits
- To increase your energy through good foods and release attachment to bad foods
- To understand the value of exercise
- To learn about the essential need of proper hydration
- To understand how specific foods may lead to disease, stress and anxiety
- To understand the alkaline and acidic body types and their outcomes

3 assignments and 1 Quiz using the Text: The Food Connection, The Right Food at the Right Time by Sam Graci.

## **Energy Principles and Practice (60hrs - \$185)**

### **Objective**

This provides the theoretical basis of using Energy as a Therapy. A student of Energy Therapies must have a background in the principles and practices of Energy Therapy. This is a well-rounded supportive course that will provide the basic understanding of Energy Therapy for the rest of the student's life.

### **Description**

Each of us who work with Energy should know the contents within this course. What is energy? How is energy moved and what are the various practices that are accessible to the community? What categories of Energy Practices are there? You will learn the 7 levels of healing, the typology of energy therapies, the Benor and Dossey Theories, the Holographic Principle, the difference between illness and disease, spontaneous remission, the meridians, etc.

2 Written Assignments, 1 Quiz

## **Ethics and Responsibilities in Private Practice (40hrs - \$185)**

### **Objective**

This course is a book review. It will ensure that the student is apprised of their role as a Naturotherapist, their commitment, their intentions and their overall responsibilities and how these affect the clients they work with.

### **Description**

This course will equip the student with a sound understanding of the value-base of physical and mental health care and provide them with the skills and knowledge to demystify complex values in decision-making in order to reach outcomes which are focused on the needs of the service users.

Text: The Ethics Handbook for Energy Healing Practitioners

<http://www.theinnersourcestore.com/ethics-handbook-for-energy-healing-practitioners/>

2 Extended Written Assignments using case examples to be discussed with your tutor

## **Qi Gong Daily Warm-Ups For Energy Workers (40hrs - \$185)**

### **Objective**

This course will teach each student a daily practice to ensure that their energy is strong and remains strong as they perform their healing work.



## **Description**

You will learn to hold the life force energy strongly within yourself to help yourself and your clients in the best possible way, creating greater health, personal endurance, life flow, inner peace and overall body, mind and heart balance. Introductions and explanations are provided for the Cycle of Creation, the Governor Channel, the Lower Tan Tien, Microcosmic Orbit and the Psoas. You will then learn a daily routine to increase your energy.

One Text, one essay and quiz: Awaken Healing Energy Through the Tao by Mantak Chia

## **Qi Gong Organs and Glands (40hrs - \$185)**

### **Objective**

As a student of energy work, you will learn how to use both the awareness and the use of colour and sounds to maintain and bring back the organs to a healthy state of balance.

### **Description**

Energy Workers or anyone with a significant interest in keeping their major body organs cleared, will discover the sounds and emotions associated with each organ and how to clear them for improved health and life flow. The protocol can assist in the release of anxiety, depression & more. You will learn to raise the energy of each organ, work with their associated colour and work with the sounds of each organ to bring them back to balance.

One Text, one essay and quiz: The 6 Healing Sounds by Mantak Chia

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**Each course assignment or quiz must be completed with 80% or better to receive your certificate. An assignment can be refined and a quiz can be taken twice.**

### **Reiki I (120hrs) \$285**

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### **Reiki II (120hrs) \$365**

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## **'I AM' – Inner Awakening Meditation Healing Program (60hrs \$185)**

The Course Author is Mohmood Valimohamed – Spiritual Teacher

### **Objective**

We want to ensure that each of our students has access to more than a few different unique Naturotherapies that they can offer clients one on one and at a distance. The I AM program truly suits our needs and is offered online only at our school coming from a special relationship developed with the Founder and Master Teacher.

### **Description**

**Inner Awakening Meditation (I AM)** is a unique concept that can help to transform every aspect of one's life. Through I AM, one can improve health on all levels and ultimately achieve physical, emotional, mental and spiritual balance and wellbeing. This program combines various holistic therapies to enhance its effectiveness including; Meditation, Reiki, the use of Chakras (energy centers within us), Progressive Relaxation, Guided Visualizations, and Deep Breathing Techniques.

I AM is a unique combination of simple dynamic meditations and universal energy therapy. It allows each person to transform themselves as well as others. What distinguishes I AM from other systems is that it teaches you how to first become familiar with your own energies and then, how to use your own unique energy most effectively for both meditation and therapeutic purposes.

5 short assignments and 1 quiz

## **The Art of Grounding (20hrs \$87)**

**Course Author is Atherton Drenth - Medical Intuitive and Author of The Intuitive Dance and Following Body Wisdom**

### **Objective**

To prepare you before offering any energy work.

### **Description**

To ensure that the Naturotherapist has a way of preparing for each session by maintaining the energy balance required to work with heightened energy in a healthy way. We believe that this is the best energy balancing preparedness technique available. It is also used as a healing technique. Should the Naturotherapist be working with someone very ill, they can take that individual through the process to help with bringing forward greater health.

### **Using The Vertical Axis**

**The most powerful grounding technique you will ever learn to:**

- Control your thoughts and feelings
- Calm the mind
- Reduce stress and anxiety
- Control fear
- Enhance your intuition

**Bonus Feature: Get grounded using only One Word**

## **Two Book Reviews – 80 hours (\$185ea x 2)**

At this point in their studies, the student will have a better awareness as to the main approaches they would like to take in assisting others with Energy. They are asked to consult with their main instructor about the 2 additional approaches they would like to study and review. Each review is a 1500 word essay.

The student may choose from many areas of study including: Feldenkrais, Quantum Touch, Rubenfeld, Bowen Therapy, Mystical Healing, Shamanic Healing, etc. Recommended books include Power vs. Force by David Hawkins, and Energy Relationships with Donna Eden – noting consciousness calibration and how we relate to others energetically are profound supports.

This study must be thorough, and they must be both an observant and critical thinker in their review. They will also include information about how they can fit this study into their own belief systems or how it changed their belief systems. They will also include information about how this study has changed them as a person and as an Energy Therapist. Please ensure proper citation of quotes and references.

## **Chakras, Auras and Protection Course + Release Methods for Physiological and Psychological Health/Cutting Cords/Disconnecting from Others' Fields – to be provided by Tutor (160hrs \$360)**

### **Objective**

This course is a journey of discussion and training with your instructor who will provide resources and guidance for you to explore the experience of changing energy to bring about flow.

With an invaluable awareness of release techniques and cord cutting, the Naturotherapist can assist their client in letting go of very deep energy blockages, releasing years of wounds and all kinds of emotions. These techniques often lead to incredible balancing breakthroughs.

### **Description**

There are numerous methods for ensuring that emotional and mental blockages are cleared so that a sense of inner peace and overall physical/mental/emotional health can be regained. These techniques come from a variety of philosophical and spiritual backgrounds. The course will do an overview of these methods and look at the great value of their use in professional Naturotherapeutic environments.

You will also have the opportunity to understand techniques from the Zen Buddhist community, the Sufi Community, the Sedona Method and even the Aborigines of South America.

There will also be information on using the body as the main conduit of energy change and movement. Understanding the tendency for Naturotherapists to want to leave their body when doing energy work is a vital awareness. How to encourage one's consciousness to maintain its connection with the energy fields, body, heart and brain are essential components of this training. We will also explore working with each energy field and how to work with another's higher wisdom for improvement of their health.

10 Personal or Professional Reports, 2 Written Assignments, 1 Quiz

## **Energy Medicine (120hrs)**

Well Within Natural Medicine [www.wellwithin.net](http://www.wellwithin.net) Direct Page at <http://www.energymedicinestore.com/>

You are required to take either 1 more extensive course or 2 smaller ones.

Anything under \$70 US is considered a smaller course.

ENERGY MASTERY FOR CANCER CARE ONLINE VIDEO SERIES

ENERGY MASTERY FOR HORMONE HAVOC ONLINE VIDEO SERIES

ENERGY MASTERY FOR BRAIN HEALTH ONLINE VIDEO SERIES

HARMONIZE THE FIRE ONLINE VIDEO

SOURCE THE FLOW ONLINE VIDEO

ADVANCED CLEARING AND MANIFESTING ONLINE VIDEO

CLEARING AND MANIFESTING ENERGIES ONLINE VIDEO

### **Expected Cost + some books**

\$3457 CA (internal training)

\$300-\$400 US (external training)