



THE CANADIAN SCHOOL
OF
NATUROTHERAPIES AND SPIRITUAL DEVELOPMENT



Energy Therapies – R.I.N. Program Outline



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

Energy Therapies Practice

33 Classes – 2310 Hours

(If you do not wish to become a Reiki teacher at the same time, you can omit taking the Reiki Fundamentals III and the final Reiki Assignment – that is a total of 240 hrs and \$405. It is however worth it to maintain that aspect of this training. You can support a lot of people and earn countless dollars as a Reiki trainer.)

Applied Kinesiology (60hrs - \$135)

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 - \$135)

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, where 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
Balance of the Energy of the Heart
Stuck Energy Releases
From Reactivity to Responsiveness
Halo Light Technique

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

Chakras, The Living Matrix and Earth Resonance (40hrs \$135)

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 ourselves 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 our 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 Written Assignments and 3 Quizzes

Counseling Fundamentals (80hrs -\$135)

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.

Crisis Intervention (40hrs - \$135)

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 learn how to 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. You can use this model to build specific strategies for handling a myriad of different crisis situations.

Text book to be used is chosen with the student.

2 Extended Written Assignments, 5 Reports

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

(40hrs - \$135)

Objective

Each Energy Worker/Naturotherapist needs to have an understanding of how each chakra is involved in the health of particular organs and glands. You will further need to understand how to balance the chakras to maintain overall health and to balance and keep your energy fields strong.

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 chakra will guide you easily in the 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 Written Assignments and 2 Quizzes

Energy Nutrition (60hrs - \$135)

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 - \$135)

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 - \$135)

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

Marma Points (60hrs - \$135)

Objective

The study of Marma points will assist each student in understanding and effectively treating specific illnesses in the body. Marma points are strong energy centers within the body and in the energy fields which are used to relieve and heal most clients through a process similar to acupuncture.

Description

Marma Therapy is one of the greatest tools of Ayurvedic and Yogic healing.

The ancient Ayurvedic sages discovered points distributed where PRANA (vital energy) must flow for one's well-being. There are 108 marma points in our body; these points are where the vein, artery, tendon, bone and flesh meet. Also it can be where VATA, PITTA, KAPHA, SATTVA, RAJAS and TAMAS meet.

Marma points are strong energy centers which are used to relieve and heal most clients through a process similar to acupuncture.

Using certain pressure and awareness, these points are massaged or pressed on their specific location. Massaging these Marma points helps to remove the toxic blocks from one's system. Through manipulating them, we can direct PRANA for health, wellbeing, and personal transformation.

Marma points are also connected to the CHAKRAS (energy centers) and NADIS (energy channels) of yoga and can be used for balancing both the body and mind. This also improves the function of the internal organs.

2 Written Assignments, 5 Reports and 1 Quiz

Qi Gong Daily Warm-Ups For Energy Workers (40hrs - \$135)

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 - \$135)

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

Reiki Levels I & II & Reiki Fundamentals III

3 @ \$285 each + Final Assignment of \$120 = \$975

Objective

Each student will learn to practice and teach Reiki. Learning Reiki has changed the lives of millions of individuals world-wide. It is used 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 practitioners hands too improve an individual's 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 so 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 are trying to achieve on behalf of Reiki Practitioners and Teachers in the future.

Each modules has assignments and a quiz to be completed with 80% or better to receive your certificate.

Reiki I (120hrs)

Students will become familiar with the following:

- Learning valuable energy techniques to assist yourself and others in improving health
- 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 the ethical concepts in mind/body therapies
- How to Provide Reiki in a chair

Reiki II (120hrs)

- 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)

- 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

Additional Courses Necessary to Complete RIN in Energy Therapies

Business of a Private Practice (40hrs \$135)

Objective

Each student is asked to prepare a business plan for their private practice. They will also be encouraged to come at this from a holistic perspective. This will not be your everyday business plan, although many of the usual components will be maintained.

Description

The course will examine the usual business structures and ask the student to think outside the box and create a plan that is motivational, inspirational, holistic, long-term, creative, positively intended and developed towards abundance.

What is the difference between an everyday business plan and one in which you are developing a holistic and creative model towards abundance? What are your intentions and which Naturotherapeutic ways do you feel you can manifest them? How will you ensure best business practices?

Business plan created, 1 essay

Consciousness Calibration and Assessment – How Aware Are We? (40hrs \$135)

Objective

To understand that consciousness is an energy that can be measured is a fascinating and invaluable understanding for any student to have in their professional toolkit.

Description

This course is a review of the work of David Hawkins. He is an enlightened doctor who developed numerous techniques to help us understand the world from different developmental perspectives. He shows us how emotions have levels of intensity and affects, how they are examples of levels of consciousness and how they lead us to be open or closed in our experiences of life. This is a fascinating journey for any Naturotherapy student.

Major essay on the utility of Dr. Hawkins work from two perspectives. 1 Quiz

Energy Assessments form, Following Standards, Forms – Client History and Follow-up, Policies & Regulations (40hrs \$135)

Objective

This course will prepare Naturotherapy students to be effective and organized leaders who maintain appropriate records and abide by the policies and regulations of their communities at each level of government.

Description

This course will review the standards, policies and regulations for Naturotherapies at the community, provincial and federal level. Forms will be completed after personal research has been undertaken. These forms will be reviewed by associates who know the system and can further guide each student to the correct government departments.

The student will also learn how to manage a full Energy Assessment so they can managed and maintain Naturotherapist files well. This is excellent preparation for Naturotherapy business owners in establishing healthy and appropriate guidelines for their work.

Completed forms in each area are necessary.

Energy Relationships – Connection and Balance (60hrs \$135)

Objective

Every student of Naturotherapies should be fully apprised of their own energy expansions and limitations and of the energies of those around them. How do you affect others and how do they affect you with their energy? How can you control your energy and act appropriately around energy you cannot control?

Description

This course includes a full review of two books, one by Donna Eden and her husband David Feinstein, available through her website entitled The Energies of Love and another book by Penny Pierce, Frequency – The Power of Personal Vibration. Through the study of both books, the student will discover two very interesting perspectives on how energy affects human relationships. You will learn about tangible energy and subtle energy, the conscious moving of energy and the unconscious moving of energy. There are many octaves of energy and it is fascinating to know how we are being affected. Are our experiences simply representations of our own inner experience or are we really living in a world where there is constant interaction amongst all people? You decide!

1 major essay, 1 quiz

ETM – Energy Transformation Meditation Level I – Distance Healing Work (60hrs \$185)

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. ETM 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

Energy Transformation Meditation (ETM) is a unique concept that can help to transform every aspect of one's life. Through ETM, 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.

ETM 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 ETM 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

Meditation, Mindfulness and Clearing the Mind (40hrs \$135)

Objective

A student who participates in a daily practice of clearing their mind is going to be an even more grounded and aware Naturotherapist. This training is an essential part of the path to self-discovery and we want to ensure each of our graduates is aware of and participates in it throughout their life.

Description

This course is a review of 2 books. One book is by Thich Nhat Hahn, *Peace in Every Step* and the other is by Jon Kabat-Zinn, *Wherever You Go There You Are*. Each of these books offers a similar view of meditation and mindfulness, but one comes out of a Buddhist tradition, while the other a psychological practice. A 2500 word essay explaining both perspectives and their originations is due for this course. How have these teachings been brought into the everyday experiences of countless people? How different are these teachings? Also, the student is required to research the effectiveness of Meditation and Mindfulness in the present culture.

Overview of Shamanic Studies – Practicing the 6 Directions for Increased Energy

(40hrs \$135)

Objective

We are asking our students to understand the value of all traditions. Shamanism is common to every culture. The original mystical teachings of any community come from their first nations. We encourage each student to open their hearts and minds to discover Shamanic practices that have existed for centuries, some of which are only being shared with the public in this century.

Description

We will begin with research from one book by Alberto Villoldo, *Shaman, Healer, Sage*. From this book we ask the student to understand the value of his effort to bring forth the Shamanic teachings of one area of South America. We also ask each student to begin the practice of opening the 6 Directions. We ask them to do this with great reverence for the practice and to use it wisely. We then require a second book, of the student's choice, to be purchased from a different Shamanic Culture, somewhere else in the world. It could be a North American Tribe or somewhere in the Far East or Eastern Europe. Two essays will be expected to answer questions that will be provided to the student at the beginning of the course. 10 reports using the 6 Directions will also be required. Report forms will be provided.

6 Personal Reports, 4 Professional Reports, 2 - 1000 Word Essays, 1 Quiz

Progressive Muscle Relaxation (40hrs \$135)

Objective

In this course, students will be expected to learn the PMR technique thoroughly in order to assist their future clients in how to become more easily relaxed and calm overall.

Description

PMR is a known kinesthetic and psychological practice used in the practice of stress management and anxiety/panic reduction. It is an essential practice for any Naturotherapy practice. Each student will need to study its historical origins, its purpose and it

outcomes (official studies included). They will also have to create their own 15 – 20 minute PMR audio MP3 and send it to their tutor.

2000 word research report, 1 audio MP3

Science Meets Spirituality (60hrs \$135)

Objective

This course will allow each student a peak into the world of how quantum physics and other sciences are re-telling the stories of the great mystics and proving what has been said for centuries while in other cases showing how they are just so different. Our students will learn about the latest scientific discoveries that are confirming the 'Truth' and 'Untruths' of the world.

Description

We will be examining the different sciences that converge to prove and disprove what we already believe through Spirituality. With science and religion we have two seemingly opposed views of how life, the universe and everything began. Scientists generally believe that a perfectly balanced universe spontaneously appeared out of nothingness, and that life, consciousness and intelligence randomly evolved from inert matter. Christians generally believe that an all-powerful and all-knowing God created the world and its myriad of life-forms (in just six days).

Not only do they both seem pretty unbelievable, they appear to share no common ground. However, recent scientific discoveries have unknowingly provided evidence that supports the multi-dimensional nature of reality that Hindus, Buddhists and Kabbalists have known about for thousands of years.

Studies will be taken from books such as:

The Universe in a Single Atom: The Convergence of Science and Spirituality by the Dalai Lama

War of the Worldviews: Where Science and Spirituality Meet and Do Not by Deepak Chopra and Leonard Mlodinow

The Science of Spirituality by Lee Bladon

3 essays, 1 quiz

Tapping Techniques for Release of Stuck Energies (40hrs \$135)

Objective

Practical skills that work well for trauma, addictions, physical and other mental/emotional challenges that come in an easy to do package are rare. Energy tapping is a necessary practice for any Naturotherapist.

Description

The body's energy system is a powerful force. When out of balance or disrupted, stress, anxiety, depression, and other negative emotions can take hold. Energy tapping, is based on energy psychology and acupuncture to balance the body's energy for renewed physical and mental vitality. These simple techniques can be used to tap into one's inherent potential for health, happiness, and confidence. Each student will be asked to look at their own life needs and use Energy Tapping to work through at least 3 areas of concern. They will be asked to follow their own progress over several weeks. A special form to record progress will be used for this process.

Text choices: Energy Tapping by Fred Gallo and Harry Vincenzi and/or Energy Psychology by Donna Eden, Feinstein and Craig.

3 areas for resolution over several weeks, 1 essay, 1 quiz

Theory of Release Methods for Physiological and Psychological Health/Cutting Cords/Disconnecting from Others' Fields (80hrs \$285)

Objective

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.

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

Understanding Your Energy Evolution and Being a Perpetual Energy Student (60hrs \$135)

Objective

Knowing how we evolve as spiritual energy beings and why we need to live in an attitude of being a perpetual student, is a key philosophy for the committed Naturotherapist. Learning never ends.

Description

This course will review the spiritual evolution that has been shared in the writings of many different authors over hundreds of years. Everything from the philosophies of the Sufis to those of some Buddhist and Hindus will be reviewed. There will then be an exploration of positive creation and how this energy perspective can explain the many changes, good and bad, that occur in all our lives.

There will be a personal examination of how to remain a perpetual student and the great need for this process. What are the areas where you are still stuck and where are you in flow? 2500 words

1 additional essay

Vibrational Health Techniques (40hrs \$135)

Objective

Energy is vibration. Each Naturotherapy student is asked to examine the many valued vibrational health techniques that are being used in the community.

Description

What are the many vibrational methods being used today in the Naturotherapy community? In this course there will be an exploration of the many methods used in Energy work and why vibration assists in creating body, mind, heart and spiritual balance.

You will explore the actual science of etheric energies, replacing the Newtonian worldview with a new model based on Einstein's physics of energy. Vibrational Medicine has gained widespread acceptance by individuals, schools, and health-care institutions

nationwide as alternative medicine. We will explore the many treatments of energetic healing, covering subtle-energy fields, acupuncture, Bach flower remedies, homeopathy, radionics, crystal healing, electrotherapy, radiology, chakras, meditation, and psychic healing. The author of the book *Vibrational Medicine* explains current theories about how various energy therapies work and offers readers new insights into the physical and spiritual perspectives of health and disease.

In-depth exploration of 3 different vibrational therapies as 3 essays and 1 quiz

Text: *Vibrational Medicine* by Richard Gerber

Whole-Spectrum Energy Therapy Techniques (Driskell Theories) (80hrs \$285)

Objective

This course is special only to the CSNSD. It has been created out of many years of development in energy therapies coming from the personal explorations of Cheryl Driskell, founder of the CSNSD. Only CSNSD Naturotherapy students will be taught these techniques.

Description

Using the body as the main conduit of energy change and movement is crucial to this work. 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 reports, 1 essay, 1 quiz

Including 150 Hours of Practicums/Labs/Reports

1 Elective Chosen From this List

Crystals in Technology and in Improving Health – including Grid Creation (40hrs \$135)

Objective

A lot of people enjoy wearing crystals or keeping them around the house. We would like each student to know that those crystals can change their life. If placed properly, they can continue to keep your home clear of energies that lead to negative experiences such as illness, mood swings, discomfort, etc.

Description

You will be guided in how to create an appropriate crystal grid for your home and what to do when specific circumstances arise and you want to address them with your crystals. You will also learn how much crystals are used in our lives already, in electronics and scans for the body and more. What are the origins of the use of crystals and which cultures used them for centuries? This is one of those areas where science definitely meets spirituality. This will be an enjoyable and fascinating course.

1 text, 2 essays, 1 quiz

Energy as Sound – Mantras, Japs, Solfeggio Frequencies, OM, Chants, discussion of Hz (40hrs \$135)

Objective

Everything is vibrating! All matter is not as solid as it looks. Our students may be surprised to know that for centuries, sound has been used for healing. In which areas of life is this happening?

Description

Each student will be asked to study the areas of life where sound has been used as a curative for many of the ills that have faced humanity, beginning with chants and frequencies known as the Solfeggio frequencies. There is so much outside of our awareness that is actively supporting us already. What else can the student discover and include in their life or offer their client? This will be a fun and investigative experience.

6 Personal Reports using a variety of sound therapies, 1 essay, 1 quiz

Energy Light Body Activation and the Pineal Gland (40hrs \$135)

Objective

How to activate or bring light to the body for a full clearing is an invaluable process. What does the Pineal Gland have to do with our connection to the energy of the Universe and its guiding system? These are important awarenesses for any energy student.

Description

You will look into the work of David Wilcox and Drunvalo Melchizedek, as well as other teachers who teach about the Pineal Gland and those who work with light activation. What are these awarenesses and what are their techniques for activation? Please review the several videos in the youtube community and the websites of these authors. Questions will be provided to ensure that a thorough investigation is made in these areas.

Several short essays.

Heart Work, Intention, Prayer and Positive Thinking (40hrs \$135)

Objective

Each student of the RIN program will have to learn to participate in profound intention work. Without positive and healthy intention, the work of using energy to support individuals in improved health is likely to be far less successful.

Description

Each student will learn how to use their heart and mind to create healthy intentions. They will learn about studies that prove that intention through prayer can change health in a person and can bring an end to physical conflicts in the world. Reviewing these studies is an important part of this course. If you were to set up a study, what would it be? Why would this be important to you?

1 faux study, 2 short essays, 1 quiz

Neuro-linguistic Awareness (40hrs \$135)

Objective

To ensure that RIN students are aware of the invaluable gift of Neuro-Linguistic Programming. NLP (Neuro-Linguistic Programming) has helped millions to overcome their fears, increase their confidence, and achieve greater success in their personal and professional lives and relationships.

Description

One of the classic uses in Neuro-Linguistic Programming is for programming a state of confidence into your future. Most adults have experienced a profound sense of confidence at some stage in their life. Maybe it only lasted a few seconds and was many

years ago. That is fine. The beauty of NLP allows us to capture that wonderful resource and create more of that state, and place it exactly where we desire!

The amount of different useful states of mind is vast and the fact is we hardly ever tap into these *hidden resources*. States of our minds include; *Confidence, Creativity, Relaxation, Playfulness, Concentration, Perseverance, Ecstasy....* and more. This is a book review. Each student is asked to purchase the book NLP: The Essential Guide to Neuro-Linguistic Programming by the NLP Comprehensive and Tom Dotz **OR** Neuro Linguistic Programming – NLP techniques Quick Start Guide by Colin G. Smith.

2500 word essay about your work, your client's needs and NLP – your thesis needs to be discussed with your tutor in advance

Noetic Science (40hrs \$135)

Objective

The Science of What Connects Us! RIN students need to have full awareness of the Noetic Sciences. This is the foundation of everything you will do with your diploma in Naturotherapies.

Description

For this course, we ask each student to purchase the movie Down the Rabbit Hole. Available here:

<http://store.noetic.org/What-the-Bleep-Down-the-Rabbit-Hole-10th-Anniv-Ed-DVD.html>

You will then be sent a study guide with a list of questions that need to be answered with great clarity in high quality essay format.

10 essay questions to be answered fully - 400-500 words each.

Entanglement Theories using Entangled Minds (40hrs \$135)

Objective

How aware are you of how entangled we really are in our energy? Our students are asked to take a good look at their present life using the theories in the Entangled Minds book. They will need to come up with the reasons for the many experiences of life they are having or have had. For instance, why did you meet the person you are in love with (or have been in love with), why are your parents your parents, are your neighbours affecting you, do your colleagues get you or not, does where you live matter, how can you tell whose calling on your phone before looking at the number, etc.

Description

This is a book review of Entangled Minds by Dean Radin.

IS EVERYTHING CONNECTED? Can we sense what's happening to loved ones thousands of miles away? Why are we sometimes certain of a caller's identity the instant the phone rings? Do intuitive hunches contain information about future events? Is it possible to perceive without the use of the ordinary senses?

Many people believe that such "psychic phenomena" are rare talents or divine gifts. Others don't believe they exist at all. But the latest scientific research shows that these phenomena are both real and widespread, and are an unavoidable consequence of the interconnected, entangled physical reality we live in.

Albert Einstein called entanglement "spooky action at a distance" -- the way two objects remain connected through time and space, without communicating in any conventional way, long after their initial interaction has taken place. Could a similar entanglement of minds explain our apparent psychic abilities? Dean Radin, senior scientist at the Institute of Noetic Sciences, believes it might.

3500 words about their personal experience, 1 quiz about the Entangled Minds book

Courses Taken Through Other Schools – Paid Separately

Anatomy and Physiology - Universal Class \$90US (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 Foundations – Starters Package \$199US (120hrs)

Well Within Natural Medicine www.wellwithin.net

http://www.energymedicinestore.com/ENERGY-MEDICINE-STARTER-PACKAGE_p_150.html

This course will ensure that each student understand the basics of life force energy and its channels within the body.

Studies include the following areas:

Energy Testing

Energy testing is a way to obtain information from your body's natural intelligence about what is happening internally. Dr. Melanie demonstrates how to do energy testing to better understand what energies add strength to your body and which energies weaken your body. Energy testing is used to identify which foods and supplements are actually good for you. But energy testing is not limited to just foods, it's an entire system on its own to better understand to how your internal and external environment are affecting you.

Daily Energy Routine

The Daily Energy Routine is a series of ten movements each designed to address specific challenges. The overall routine was developed to increase energy, relieve stress, improve concentration and memory, boost your immune system, help balance blood sugar, eliminate toxins, reduce feelings of confusion and overwhelm, relieve headaches, and create an overall sense of wellbeing.

Meridian Tracing and Flow Wheel

With this process you can learn how to better manage your bodies energies by noting when you experience challenges on a daily basis and tracing the appropriate meridians. The meridian flow wheel can address such daily challenges as jet lag, moodiness, difficulty sleeping, headaches, stomach upset and much more.

Nine Energy Systems and Working With The Meridians

Understanding the nine primary energy systems is essential to learning and practicing energy medicine. In this DVD you will learn about the nine energy systems and go into detail on how to work with the meridians to improve the flow of energy in your body.

Alarm Points

The Alarm Points are acupressure points that can help you detect when problems have occurred within the meridian system. This chart helps you to easily identify the alarm points to help you solve what is off in your body.

Alarm Points, Irregular Energies and Magnets

The Alarm Points are the bodies wake up call. They go off when something in your body needs attention. Dr. Melanie will demonstrate how the Alarm Points are the gateway into understanding your body's imbalances. She also teaches how to detect and remedy irregular energies and the importance of magnets in the healing process.

Strengthening and Sedating Points

You will learn the power of using your fingers to hold different acupressure points that are located throughout your body. Acupressure points are points along the meridians that when stimulated properly can help to heal a number of different illnesses.

Strengthening and Sedating Points

You will receive demonstration from Dr. Melanie on how to work with acupressure points. By learning when, where and how to strengthen, (or bring energy to) and when to sedate (or calm) to the body, you can become skilled in shifting physical challenges.

Energy Medicine - Harmonize the Fire – \$79.99US (8ohrs)

Well Within Natural Medicine www.wellwithin.net

http://www.energymedicinestore.com/HARMONIZE-THE-FIRE_c_66.html

Harmonize the Fire

This course is intended to provide the student with awareness of the common areas that women are becoming more and more depleted in their body's and how to easily and effectively offer support and increased health for them.

The training provides three live demonstrations, a clear explanation about what Harmonize The Fire is, how it was developed, what emotional and physical challenges it can be used for as well as questions and feedback from the audience. After you have watched the DVD, the compatible chart and 5-page eBook makes practicing the technique easy and effective. This technique is recommended for people who have some experience with energy medicine and it is very helpful for practitioners. This is not a self-care technique as some of the steps require another person.

Why Use Harmonize The Fire?

Harmonize the Fire technique is an energy medicine technique created by Dr. Melanie to Harmonize, calm and balance the body and is specifically helpful with:

- Adrenal Fatigue and Exhaustion
- Thyroid Imbalances
- Hormonal Imbalances
- Shifting hidden emotional and physical imbalances
- Creating a sense of inner calm and centeredness
- Stabilizing emotional patterns including chronic stress

- Helping with Infertility
- Balancing Chakras

This powerful technique is unique in that it integrates and balances a number of energy systems simultaneously which create a significant shift in a short period of time.

Expected Cost + some books

\$4970CA (internal training)

\$369US (external training)