



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



## **Intuitive Integrative Naturotherapist R.I.N. Program Outline**

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

### **Intuitive Integrative Naturotherapist (Counselor)**

**23 Classes – 1360Hours**

#### **Intuitive Development Certificate Levels I-IV**

##### **Objectives**

The main objective is to ensure that each student/practitioner is efficient in understanding their Intuition as subtle energy awareness and become proficient in intuitive listening, identification and awareness. Each student will learn about the appropriate path of the intuitive and how this path can be ethically and essentially useful as a Naturotherapist.

##### **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.

### **Intuitive Integrative Naturotherapist – will include all the following courses**

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

In this fifth level you will be encouraged to understand the value of colour as energy and how it can lend itself to intuitive awareness. You will look at the high-sensitivity intuitives often experience and learn to develop some psychic strength and protection. You will learn little fun things you can do to test your intuition using coins, movies, songs, etc.

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 VI (40hrs-\$185)**

In this sixth level you will learn to look at your environment for intuitive clues. You will also learn how intuition is essential an action of your heart energy. You will then learn how to experience intuitive dreaming and how to offer this technique and others to your clients. You will learn to release resistance to intuitive flow and to work with the additional intuitive treasures such as divination, remote viewing, psychometry, precognition and retrocognition. We will complete this training with learning to release self-doubt.

You will also have another private intuitive session with your tutor to ensure that there is a deepening of your intuition and look at any barriers to this process.

#### **Intuitive Development Course Level VII (80 hours - \$235)**

In this seventh level you will learn about directive writing, why you need to be careful with channeled energy and the great value of positive intention. You will learn how to work with your intuition to uncover your body's needs so you can do the same with others later. You will then learn to invoke awareness of the blocks in your clients for release. You will take a look at how love is always accessible with intuition and how you are being mirrored in relationships and how this can unfold as a deepening of your intuition. Finally, you will discover more about the meaning of 'Truth', your loving boundaries, why intuition should definitely be a part of everyday living and how it can make this world a better place to live.

You will be asked to begin working with yourself and handing in reports. 10 are necessary. A specialized form will be provided. You will also have private discussions with your tutor to ensure that you are more and more aware of the value of intuition and how to work with your clients well.

#### **Intuitive Development Course Level VIII (80 hours - \$235)**

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 20 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 - \$185)**

### **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

## **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, 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 \$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 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 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 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 - \$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 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 Extended Written Assignments, 5 Reports



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

**(40hrs - \$135)**

### **Objective**

Each Energy Worker/Naturopath needs to have an understanding of how each chakra is deeply 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 balance and to 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 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 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 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 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 is 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 variations of practices that are accessible to the community? What categories of Energy Practices are there and more? 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 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

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

#### **Objective**

This course is an amazing reminder of how the Universe works in terms of Energy Therapy and overall Energy Awareness, solely for and from the practitioner perspective. (Excellent training for the intuitive student as well.) This is not a scientific journey; it is a personal awareness one. Although science will come into play, how you work with your own energy, allow it through and expand it, will determine the course of your work with yourself and your clients. It is invaluable to be prepared with foundational energy awareness and to know how to gently enter a union with your own beautiful loving energy nature for self-healing and preparedness to support others in theirs.

#### **Description**

There are so many wonderful understandings and awakenings to be discovered in this training, written by Author and well respected Energy Therapist, Cheryl Jiala Driskell. After almost 30 years of study she has drawn from not only esoteric mystical traditions in her energy work, but also the loving guidance of the source energy itself. As such, her understandings are not typically discussed in the Western Culture, yet are easily explained and practical for any Energy Therapist. Topics for exploration include: Understanding Your Energy Evolution, Positive Creation, Being a Perpetual Energy Student and Opening to Your Beautiful Loving Energy Nature.

5 Practical Reports 3 Assignments 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 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 - \$135)**

### **Objective**

As a student of energy work each person will learn how the organs work in such a way that both the awareness and use of colour and sounds can assist them in maintaining their organ's healthy 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 express the sounds of each organ to bring balance to each organ.

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.

**Intuition and Reiki go so well together.** Reiki assists you in releasing more and more layers of unawareness. As such, you will continue to become more and more aware. Your intuition will soar! You will also have a way of keeping your energy fields and body clear of stuck energies to help you in being in the best of health and in greater flow of energy and energy awareness of yourself and others as a result.

### **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 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)**

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)**

- 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

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**Course below is 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.

#### **Educational Cost**

\$3870CA (internal training)

\$99US (external training)