



THE CANADIAN SCHOOL
OF
NATUROTHERAPIES AND SPIRITUAL DEVELOPMENT



Reiki Naturotherapist – R.I.N. Program Outline



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

Reiki Practice and Teaching Specialty

18 Classes – 1500Hours

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 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/Naturotherapist 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

Marma Points (60hrs - \$135)

Objective

The study of Marma will assist each student in understanding and effectively treating specific illnesses in the body. Marma Points are strong energy centers within the body and into 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 appropriately for ones 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 acupressure.

In this massage, with 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 ones system. Through manipulating them we can direct PRANA for health, wellbeing, and personal transformation.

Marma points are also connected to the CHAKRAS (energy center) 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 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 & Reiki Fundamentals III

3 @ \$285ea + 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 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 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

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

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 (12ohrs)

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 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 acupuncture 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 acupuncture points that are located throughout your body. Acupuncture 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 acupuncture 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.

Educational Cost

\$2595CA (internal training)

\$369US (external training)