



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



## **Outline**

# **Registered Integrative Naturotherapist in Energy Therapies**

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## **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

### **Anatomy and Physiology – External Training – Universal Courses (40 hours)**

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

#### **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 \$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 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? *The student must also research Energy Self Protection and the connections of the organs and glands to the chakras.*

4 Written Assignments 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

## **Reiki Level I & II (\$365ea) (120 hours)**

### **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 module 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

### **'I AM' – Inner Awakening Meditation Healing Program Level I (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. 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 Being Grounded (\$87) 20hrs**

This course is hosted by the CSNSD. Written by Energy Therapist Atherton Drenth.

It is vital to learn how to keep the body healthy through proper grounding.

Within this training you will learn how to:

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

### **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 (12ohrs)**

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)