
Energy Practitioner Program



2 Dundee Park, Suite 204

Andover, MA 01810

www.HealingWayCenter.com

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Owner's Statement

Summary of my experience

I have been an Occupational Therapist since 1981. I have been so blessed to work all over the United States and to work in a variety of settings.....Rehabilitation centers, outpatient upper extremity and hands, home health, medical and surgical units, NICU, ICU and trauma centers and skilled nursing centers. All of these have helped me to grow as a therapist but they also were teaching about energy. How to read "it".

What does reading energy mean? I found that I knew things that no one had told me or I was taught. I heard answers to questions like someone was whispering over my shoulder. I saw the space around people change as they were talking. I could feel in my body the place that was bothering the person in their body. I did not know what it was. I thought I was just over sensitive but what I started noticing is if I used this information, it informed the way I treated my patients. I would get better results.

My first formal experience was when I was taking a Myofascial Release workshop in Boston 20 plus years ago. I was amazed at how light the touch was and how significant the response was of the soft tissue. I was asking a question of one of the teaching assistants who then ran his hand over the front of my body without touching me. He said that I had a significant restriction in my spine and that I needed to get that taken care of. He blew me away because I was always in pain due to a scoliosis and multiple injuries from falling out of a barn and being thrown off horses as a child living on a farm. I had had several significant car accidents by that time too. I thought he had some kind of magical gift or power. I started using the same concept but using it from this place of knowing, hearing and feeling.

I started studying CranioSacral Therapy which is a light touch modality that is based in anatomy. From CranioSacral Therapy to Shamanic training to Usui Reiki to Karuna Reiki to Lightarian Reiki to a 4 year energy program, to a Polarity based

on Dr Randolph Stone's work. I also continued my light touch studies with Lymphatic Drainage and Visceral Manipulation. This light touch to subtle energy work felt like I was coming home.

The particle (energy) to wave (form) physics started to have a real meaning because I was having an experience of this concept in the different modalities. I could feel, sense, see the change for the person in both the body and the energy.

Now, how to evaluate, treat, communicate, describe, teach.....What shifted the pattern for this person? Where did the restriction hide? In what layer of the physical or energy the restriction/issue lie?

Needless to say I have been on a journey of information gathering and exploring other models, theories and paradigms. I believe that this is what I will be doing for the rest of my life. I am deeply grateful for all my clients who have listened to my theories and allowed me to use a new technique in their sessions. They have been my teachers and hopefully have benefitted with more access to their own health and well-being.

I will start teaching what I know in 2015. I look forward to sharing, learning and exploring this amazing world we live in of energy and form and its connection to our health and wellbeing.

Energy Practitioner Program

Mission

Good energy work is a pleasant experience but great energy work can transform your life!

An Energy Practitioner is a professional who knows and understands the physics and scientific principles around the energy modalities.

This program meets one weekend a month for 12 months (total of 24 classes). During the time between classes there are homework and book reading assignments. There will be a monthly 1 hour group call for support and questions. When the program is complete, you will receive certification as an Energy Practitioner.

There are 9 core classes (in Blue) which are mandatory to the program. Each class focuses on aspects of Energy principles, anatomy and assessment. Certification requires attendance of all classes, group calls and class assignments. Must provide certificates for workshops taken to be given credit toward certification.

Energy Practitioner Program – Class Schedule

March 19-20, 2016	Introduction & Principles of Energy	Energy Anatomy I
April 16-17, 2016	Holy Fire Reiki 1	Holy Fire Reiki 2
May 14-15, 2016	Energy Self-Care	Meditation
June 18-19, 2016	Intuitive Dowsing	Energy Anatomy II
July 16-17, 2016	Crystals	Energy Anatomy III
August 12-14, 2016 (Fri-Sat-Sun)	Holy Fire Reiki Master	Holy Fire Reiki Master
September 17-18, 2016	Setting up Your Space	Energy Session Intake
October 22-23, 2016	Magnified Healing 1	Magnified Healing 1
November 19-20, 2016	Sound	Energy Business Practices
December 16-18, 2016 (Fri-Sat-Sun)	Holy Fire Karuna Reiki Master	Holy Fire Karuna Reiki Master
January 21-22, 2017	Energy Treatment Planning	Energy Evaluation
February 18-19, 2017	Peer Review	Final Exam and Graduation

Class Descriptions

Month 1

Day 1: Introduction and Principle of Energy (\$200, 6 hours)

This class will cover

- What discoveries caused me to combine bodywork and energy work
- Physics of energy work
- How energy work can change a person's perception of their reality

This is a mandatory core class for anyone enrolled in the Energy Practitioner Program (EPC).

Day 2: Energetic Anatomy I (\$200, 6 hours)

Just like the physical body which has systems that take care of specific functions of the body, there are systems in the energetic body that function to support the health and wellness of your energy field.

The entire body is a system of energy fields and centers, wireless energy pathways, lines of force, geometric and harmonic relationships. The energies of the body are organized and derived around a central core of energy that feeds the vitality of the rest of the system. This energetic core is called the Sushumna.

The next energetic system is the Ida and Pingala. These tubes weave around the Sushumna and when they intersect will form a chakra or energy center.

The focus of Energetic Anatomy 1 is to review and discuss specific techniques to clear, rebuild and strengthen these systems. At the end of this workshop, you will have a basic toolkit for evaluating, setting up a treatment plan and treating the foundational energetic currents of the Sushumna, Ida and Pingala.

This is a mandatory core class for anyone enrolled in the Energy Practitioner Program (EPC).

Month 1 Assignment

- Complete daily clearing journal
- Book assignment – ‘Loving What Is’ by Byron Katie
- Brief book report
- Monthly group call Tuesday March 29, 2016 from 7-8 PM

Month 2

Day 1 & 2: Usui/Holy Fire Reiki 1 & 2 (\$325, 12 hours)

Holy Fire Reiki is both powerful and gentle and provides purification, healing, empowerment and guidance.

Reiki I and II are taught together during a weekend intensive. Both attunements are given. All the information and techniques for both levels are covered. Some examples of information covered are:

- Giving a complete Reiki treatment for self and others
- Japanese Reiki Techniques and Hayashi Healing Guide
- Distant healing

If you have already taken Reiki 1 & 2, please provide a copy of your certificates to the instructor for credit toward the EPC.

50% discount will be available to anyone who has already completed Reiki I. Must provide a copy of your certificate for the discount to apply

Month 2 Assignment

- 21 day Reiki Cleanse
- Write up the Daily Cleanse experience
- 6 Reiki sessions on others
- Write up the Reiki sessions

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- Book assignment – ‘The Field: The Quest For The Secret Force Of The Universe’ by Lynne McTaggart
 - Brief book report
 - Monthly group call Tuesday May 3, 2016 from 7-8 PM

Month 3

Day 1: Energetic Self-Care (\$200, 6 hours)

The physical, emotional, mental and spiritual aspects need constant attention to build the energetic stamina to be an Energy Practitioner. You cannot hold the space or container for someone else if yours is compromised.

This workshop will focus on each of the aspects with specific techniques and protocols to detoxify rebuild and strengthen your system so that you can expand to hold the energies for yourself and others.

[This is a mandatory core class for anyone enrolled in the Energy Practitioner Program \(EPC\).](#)

Day 2: Meditation (\$200, 6 hours)

This workshop will cover 6 different methods or models of meditation so that the participant can select ways that best suit their personal preferences. This is a significant part of the energetic self-care.

- Beginning journeying
- Object meditation
- Chanting
- Moving and/or walking
- Yoga
- Breath

[If you have already taken a Meditation workshop, please provide a copy of your certificate to the instructor for credit toward the EPC.](#)

Month 3 Assignment

- Add energetic self-care to yours and others Reiki sessions
 - 2 self Reiki sessions
 - 4 Reiki sessions for others
- Write up the Reiki sessions include the self-care recommendations
- Book assignment – ‘Power Verses Force’ by Dr. David Hawkins
- Brief book report
- Monthly group call Tuesday May 24, 2016 from 7-8 PM

Month 4

Day 1: Intuitive Dowsing (\$200, 6 hours)

Are you frustrated with your lack of claritySecond guessing your intuitive hit..... hearing an inner voice that tells you that the story is not true

There are many ways to connect to your intuition. This workshop is all about the experience of knowing that YOU know and that you connect consciously with that knowing.

In the second part of this workshop we will focus on how do you make your decisions.....*Asking others.....guessingclosing your eyes and jumping?*

Wouldn't it be great to have a better way to make good decisions? Dowsing is an easy way to make decisions and get clear confirmation before taking action. Know what you know and then move forward confidently.

You will learn how to dowse the energetic pulse and percentage of the energetic systems.

[If you have already taken an Intuitive Dowsing workshop, please provide a copy of your certificate to the instructor for credit toward the EPC.](#)

Day 2: Energy Anatomy II (\$200, 6 hours)

This workshop takes what was learned in Energy Anatomy 1 to the next level by focusing on Chakras.

Chakras are the meeting place for energy currents. They are vibrating and spinning the energies of the Sushumna. These cone-shaped centers direct the universal energy flow into and out of the body. There is a front and back for 5 of the 7 chakras on the body. It is through the chakras that the energy of Source (or Divine or higher power, etc....) manifest into a form called our physical body.

This workshop focuses on very specific methods to maximize the functioning of the Chakras.

[This is a mandatory core class for anyone enrolled in the Energy Practitioner Program \(EPC\).](#)

Month 4 Assignment

- 8 sessions – 4 self and 4 for others
- Write up the Reiki sessions
- Book assignment 'Frequency: the Power of Personal Vibration' by Penney Pierce
- Brief book report
- Monthly group call Tuesday June 28, 2016 from 7-8 PM

Month 5

Day 1: Crystals (\$200, 6 hours)

This workshop will introduce you to the science of the quartz crystal. Quartz is one of the stable crystalline forms of the elemental mineral silica. The body has silica as a key component of collagen and is found in every organ of the body from the blood circulatory system to the transmission of nerve signals.

- Crystals magnify, clarify, clear and align
- Crystals activate the glandular systems
- Crystals clear the chakra system
- Crystals move energy in the energy fields

The first part of the workshop will be on understanding quartz crystals and then on how to select, program and care for your crystals. There will be instruction in how to use in treatment with ample time to practice.

If you have already taken a Crystals workshop, please provide a copy of your certificate to the instructor for credit toward the EPC.

Day 2: Energy Anatomy III (\$200, 6 hours)

This workshop completes the picture of the energy anatomy system bringing the information learned in Energy Anatomy 1 & 2 i into the relationship of how everything works together.

Each one of the chakras reflexes to a layer in your energy field. These layers send, receive, release, store and process energetic information.

The vibrational frequency of each layer is reflected in the color that it emanates. The layers vary in depth, energy and color. These qualities can fluctuate in response to events, physical health, thoughts and feelings.

Upon completion of Energy Anatomy III the student will have a solid understanding of the human energy systems. They will be able to confidently clear, clean rebuild and strengthen their own and/or their client's energetic system so that they maximize their potential.

This is a mandatory core class for anyone enrolled in the Energy Practitioner Program (EPC).

Month 5 Assignment

- 8 sessions using all that you have learned up to this point
- Write up sessions
- Book assignment – 'Energetic Anatomy' by Mark Rich
- Brief book report
- Monthly group call Tuesday July 26, 2016 from 7-8 PM

Month 6

Day 1, 2 and 3: Holy Fire Advanced/ Reiki Master (\$600, 3 DAYS)

This course includes both Advanced Reiki Training and Reiki Master Training. You will be able to initiate students into all levels of Reiki including full Reiki master. The class is taught as the Usui/Holy Fire style of Reiki that is a combination of the Usui system as taught by Mrs. Takata, and a special Holy Fire style. The Usui and Holy Fire master symbols are included along with the Ocean of Holy Love and the Holy Love meditation experience, Reiki psychic surgery, and Reiki Healing Attunement.

This is an excellent class for those wanting to be Reiki masters as well as those Reiki masters who want to deepen their understanding of Reiki and increase the effectiveness of their Reiki energies.

You will be able to use RM (Reiki Master) after your name with the completion of this workshop.

50% discount will be available to anyone who has already completed Advanced Reiki. Must provide a copy of your certificate for the discount to apply.

If you have already taken a Holy Fire Reiki Master workshop, please provide a copy of your certificate to the instructor for credit toward the EPC.

Month 6 Assignment

- You are a Reiki Master
- Design a session intake form for evaluation and session notes
- 4 sessions where your new form was used
- Book assignment – ‘Anatomy of the Spirit’ by Caroline Myss
- Brief book report
- Monthly group call Tuesday August 23, 2016 from 7-8 PM

Month 7

Day 1: Setting up Your Space (\$200, 6 hours)

We all know when a room or office feels really good or even beautiful!

This workshop will highlight ways to give your space beauty, order, and safety. We will begin by practicing clearing ourselves and our space. Next, we will use Feng Shui principles to give our space order and balance. Finally, we will review techniques to keep our space clean and clear so that the beauty shines through and supports you no matter what your space is used for!

If you have already taken a Feng Shui workshop, please provide a copy of your certificate to the instructor for credit toward the EPC.

Day 2: Energy Session Intake (\$200, 6 hours)

What the client says or does not say is important. How do you gain this information? What questions can you ask that guides the client to say what is really going on?

Before deciding what or how to treat in a session, you the practitioner must gather the information or even more clearly put.....the energy of the session.

The morning portion of this workshop focuses on client intake skills. It is important to take in all different types of information. Gait patterns, color of their skin and voice qualities are some examples of what can be used to design an empowering session for your client.

The afternoon part of this workshop is about how to design the opening and closing affirmation that will strengthen the session's clarity for you and the client. This is the way to add vitality to the session by asking for exactly what is needed for you the practitioner to take it to the next level for your client.

This is a mandatory core class for anyone enrolled in the Energy Practitioner Program (EPC).

Month 7 Assignment

- See 2 people four weeks in a row
- Write up each session and 4 week summary
- Book assignment – 'Energy Medicine: The Scientific Basis' by James L Oschman and Candace Pert

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- Brief book report
 - Monthly group call Tuesday September 27, 2016 from 7-8 PM

Month 8

Day 1 and Day 2: Magnified Healing 1 (\$250, 14 hours)

Magnified Healing was first introduced in 1983 by Kathryn Anderson and Gisele King. There is a link established between the student and the beautiful energies of Kwan Yin over this 2 day workshop. An official Magnified Healing® manual is given at the beginning of the workshop. At the end of the second day, you will receive the Initiation, the official MH certificate prepared by the teacher, one bottle of Essence and a practice CD.

When you complete this weekend workshop you are able to teach Magnified Healing 1.

If you have already taken a Magnified Healing 1 workshop, please provide a copy of your certificate to the instructor for credit toward the EPC.

Month 8 Assignment

- Treat 6 people with Reiki, Magnified Healing and Crystals
- Write up the sessions
- Book assignment – ‘Body Electric: Electromagnetism and the Foundation of Life’ by Robert Becker
- Brief book report
- Monthly group call Tuesday November 1, 2016 from 7-8 PM

Month 9

Day 1: Sound (\$200, 6 hours)

The voice is the first instrument of sound. It is unique to each person. Toning is a useful tool to open up and modify energy patterns. It can be used to unblock and change the vibration so that the pattern can be cleared. We will use different

exercises to work with the voice and have an opportunity to experience the power of toning.

The second part of this workshop is to have a local sound therapist teach how to use tuning forks.

If you have already taken a Sound therapy workshop, please provide a copy of your certificate to the instructor for credit toward the EPC.

Day 2: Energy Business Practices (\$200, 6 hours)

This is taking business practices up a tier. This workshop focuses on the things not said out loud but implied.....and so energetically communicated. The information will guide you to make better decisions and have greater awareness in the areas of concerns. Ethics, morals, boundaries and financial considerations with clarity about confidentiality will be some of the topics discussed.

If you have already taken an Energetic Business Ethics workshop, please provide a copy of your certificate to the instructor for credit toward the EPC.

Month 9 Assignments

- Treat 6 people with Reiki, Magnified Healing and Crystals
- Write up the sessions
- Book assignment – ‘Energy Medicine’ by Donna Eden
- Brief book report
- Monthly group call Tuesday November 29, 2016 from 7-8 PM

Month 10

Day 1, 2 and 3: Holy Fire Karuna Reiki Master Teacher (\$600, 3 days)

This class is the next step after Reiki Master and is complete with two levels, two attunements, one master symbol and eight treatment symbols. It works on the emotional and spiritual levels and also can help one become more grounded.

A brief description of the four Karuna I symbols are given here: The first symbol prepares the client for deep healing and is useful with past life issues. It helps

release karma and deeply seated issues on the cellular level. The second symbol heals deeply and can be used to break up the negative patterns we unconsciously use to insulate ourselves from the truth, thus shattering delusion and denial. It heals the shadow self. The third symbol fills the person with love and restores balance. The fourth symbol completes the treatment by bringing the client back into the body and grounding. The Karuna II symbols are of a higher vibration and more powerful. They help connect directly with the Higher Self and work on a deeper level. While they have specific purposes discussed in class, the experience of their energy allows intuitive guidance in their use.

We will also be doing a Reiki meditation to be aware of and heal the Shadow Self and using chanting and toning with Karuna Reiki©. You will be able to teach all four levels of Karuna Reiki©, two practitioner levels and two master levels after taking this class.

[If you have already taken Holy Fire Karuna Reiki Master workshop, please provide a copy of your certificate to the instructor for credit toward the EPC.](#)

Month 10 Assignment

- Treat 6 people with Reiki, Magnified Healing and Crystals
- Write up the sessions
- Book assignment – ‘Vibrational Medicine’ by Richard Gerber
- Brief book report
- Monthly group call Tuesday January 3, 2017 from 7-8 PM

Month 11

Day 1: Energetic Treatment Planning (\$200, 6 hours)

This workshop will focus on putting the information together so that the session has an energetic container.

We will use the SOAP format to organize the information and create the container

Subjective – Objective- Assessment – Plan

Subjective – describe the client’s chief statement or reason why they are there

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- Onset, injury, event, etc....
 - Chronology – when is it better or worse
 - Quality and severity
 - What modifies “it”
 - Other issues
 - What other forms of treatment has the client done?

Objective – provide facts about the patient’s status

- Energetic vitals
 - Energetic pulse of overall function
 - Energetic weight of each system
 - Percentage of function in physical, emotional, cognitive and spiritual
 - Chronological age of system
 - Actual age of system

Assessment – one sentence summary of what is going on

Plan – How will you treat the client?

- Clear, rebuild and strengthen energetic systems
- Usui Reiki energies
- Magnified Healing
- Karuna Reiki Practitioner 1 energies
- Karuna Reiki Practitioner 2 energies
- Crystals
- Self care recommendations/ homework

This is a mandatory core class for anyone enrolled in the Energy Practitioner Program (EPC).

Day 2: Energy Evaluation (\$200, 6 hours)

This workshop takes the components that you have learned up to now and creates a complete session.....from start to finish. The first part of the time will be

about breaking down the components of a session and then putting it back together with demonstrations by instructor. The rest of the time will be practical application with in-class sessions by students with fellow students. Direct supervision by instructor for immediate feedback to build confidence.

Setting up yourself, the space and opening the session, treatment planning and closing the session

This is a mandatory core class for anyone enrolled in the Energy Practitioner Program (EPC).

Month 11 Assignment

- Complete 10 full sessions
- Write up the sessions
- Book assignment - 'Polarity Process' by Franklyn Sills
- Brief book report
- Monthly group call Tuesday January 31, 2017 from 7-8 PM

Month 12

Day 1: Peer Review (\$200, 6 hours)

This session will have each student bringing in a person from the outside to complete a session on with several of their peers observing. Once the outside person has left feedback will be given. The purpose is to promote clarity in the techniques of Energy Practitioner. Feedback will be given in a respectful way to promote the growth of the individual practitioner/student. Class discussion and question and answer time will be held following each block of peer reviews.

This is a mandatory core class for anyone enrolled in the Energy Practitioner Program (EPC).

Day 2: Final Exam/Graduation (\$200, 6 hours)

Each student will give and receive a session. This is a graded practicum.

Graduation will follow the completion

This is a mandatory core class for anyone enrolled in the Energy Practitioner Program (EPC).

Energy Practitioner Program Payment Options

Option 1: One Time Payment – In this option, the student pays all costs upfront and receives 10% off the total cost.

Option 2: Pay by Class – In this option, the student will pay by class. Payments must be processed before the start of class.

With no prior certifications, total cost for the Energy Practitioner program is \$4,975.

Cost may vary by student based on prior certifications.

Attendance Policy

If you miss a class, you will have the option to take it the following year or pay for private tutoring with Cindy.