



Novaturient

Hypnotherapy & Healing

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Information on Novaturient Hypnotherapy & Healing Courses

What you will learn on Usui Reiki Level One

1. The History of Reiki
2. Energy systems
3. Anatomy for Reiki
4. The 7 energy centres/chakras
5. How to heal with Reiki
6. How to perform a Reiki session
7. Practical application of techniques
8. Reiki and Children
9. Reiki and Animals
10. Reiki and Nature
11. Attunement to Reiki Energy

Reiki Level One teaches you what Reiki is, how to use it to heal yourself and others and how to become a practicing Reiki Practitioner. On Reiki level one you will experience first hand the healing power of universal life force energy, and implement it practically in a guided, supportive environment. Students who attend Reiki level one experience visible transformation in themselves and thinking patterns by the end of the weekend. Most reported by students is a sense of empowerment, heightened confidence, clarity of mind and a sense of calmness coupled with internal happiness. Strong friendship bonds are formed with like minded people and the term Reiki family takes on a tangible meaning. The course essentially carries on for 21 days after the 2-day workshop, as there are 21 days of practical self-treatments, ongoing group support and support from us and various prompts to help you grow as a Reiki Healer. Novaturient offers lifelong support and advice to our students as well.

What you will learn on Usui Reiki Level Two

1. The 7 Chakras expanded
2. Learning the 3 Reiki symbols
3. Symbol meanings
4. How to draw them
5. Mantras
6. How and when to use them
7. Attunement to the Symbols

While Reiki Level One focuses largely on the Theory of Usui Reiki Ryoho, Reiki Level Two takes a much more practical approach. More of your time, over the two-day workshop, will be spent practicing the symbols and mantras and performing sessions, than on Level One.

Reiki Level Two focuses on the inner teachings of Usui Reiki Ryoho, and is also known as the mental and emotional level. The teachings and symbols on Level Two will help you get in touch with your emotions and how they affect the quality of your life, while also learning to identify and heal learned patterns of behaviour. Reiki Level two also teaches you the ability to do distance healing sessions and the use of a Reiki box. These are powerful tools for a Reiki Healer. Once again, 21 days of ongoing support is provided for the duration of your integration process as a Reiki Level 2 Healer. These are in the form of energy exchange Reiki sessions and distance healing sessions, prompts and meditations.

What you will learn on Usui Reiki Level Three & Master/Teacher

1. About the Master symbol, its variations, how to activate it, and where to place it
2. In depth understanding of the Crown and Heart Chakras
3. The uses of Clear Quartz, Amethyst, Green Aventurine, and Rose Quarts in Usui Reiki
4. Basic Chakra meditations
5. Psychic Surgery
6. Preparation before attuning an initiate
7. Performing an attunement for Level One, Two, Three and Master
8. A guide to teaching topics and outlines for your own classes

Our Reiki Masters Attunement course takes your healing sessions to a higher level. The Masters Attunement is a very powerful, beautiful and peaceful attunement. This attunement raises your vibrations and Reiki skills to an advanced level.

You will be taught the Master Symbol and how to use it. Your Master symbol will enable you to give your recipients a very deep level of energetic healing. This course will empower you to teach all levels of Reiki healing to others, while mastering the art of passing on attunements. Included in the course is a 21-day authentic self, awareness program which follows the two-day workshop. These are a set of carefully selected prompts to complete daily to fully grow into the Reiki Master you are intended to be.

What you will learn on Basic Crystal Healing:

1. About Crystal Healing
2. The energy body and Chakra's
3. Caring for your crystals
4. Crystal healing techniques
5. Different types, shapes, colours, and their uses
6. Crystal Grids
7. A crystal healing session

Learn how Crystal Healing can empower you to help yourself and others and manifest the life you want using centuries old wisdom. Our Basic Crystal Healing workshop will teach you to harness the unique energetic vibrations of crystals in order to redirect and channel energy flow, clearing blockages which prevent physical and emotional health. You will also learn how to enhance focus and concentration and create a positive mindset. On this workshop we teach you how to best integrate Crystal Healing into your holistic healing practice such as Reiki, Massage Therapy, Aromatherapy or Energy Healing. Or perhaps you would simply like to join us to enhance your own life using the potent powers of Mother Earth's treasures.

What you will learn on Guided Visualisation & Meditation:

1. Visualisation and Meditation benefits
2. Why use guided visualisation and meditation
3. Breathwork and relaxation
4. Learn how to create your own client centred visualisations

Why offer guided visualisations and meditation as part of your healing sessions? Combining this valuable skill with your Reiki, Energy Healing, Yoga or Crystal Healing session will promote deeper relaxation in your client during their time with you. A deeply relaxed body and mind creates an internal environment perfectly primed for optimal healing. Add value to your already powerful sessions by being able to carefully craft visualisations unique to your client's life and healing journey which will have a lasting effect on their conscious and subconscious mind. These effects will continue to make changes and benefit them long after their session has ended. Supercharge your sessions with guided visualisation and meditation.

What you will learn on our Animal Reiki Workshop:

1. The animal energy system
2. Understand how to effectively share Reiki healing with animals
3. Receive the animal Reiki symbols
4. Perform Reiki sessions on domestic and large animals in person or from a distance
5. The human-animal spiritual bond and how to connect with the animal's intuition using various techniques.

Our animal Reiki workshop focuses on the healing power of Reiki with animals, teaching you to share your Reiki gift with animals in a more comprehensive manner than Reiki Level 1 and 2. Sharing Reiki healing with animals can help alleviate their stress, anxiety, fear and pain. Reiki on rescued animals

using the emotional symbol can help release blockages associated with their previous situation, allowing a more rapid acknowledgment and integration into feeling safe and loved.

What you will learn on our Animal Communication Workshop

1. Understanding the ethics behind animal communication
2. How to develop your communication skills
3. Receiving information with a pendulum
4. Communicating with animals living and in spirit using photos
5. Preparing for a communication session
6. Conducting a full communication session
7. Bonus: Animal psychology basics

Learning how to communicate with animals opens up a whole new world of understanding in yourself and empowers you to share that enlightenment with others. Communicating with our animal friends, can help understand root causes behind behaviours, understand illnesses or triggers and even find those lost and in distress. Learn to understand emotional and physical affects brought about by change, and how this can affect their emotions and behaviour. Receive information and possible solutions from animals which can then be used to educate pet owners on the unique needs of their pet. Raise your vibrational frequency by being intimately in tune with the natural world around you.