

Online Healers Course Prospective Student Guide



The eLearning Platform

A flexible and thorough course that will enable you to unleash your Inner Healer.

My Health Online Healers Course is a powerful journey of personal transformation and healing, as well as providing many tools and techniques for facilitating healing for others. Our graduates have gone on to run healing centres, healing retreats or work in various centres where healing therapies are offered. One of the main qualifications from this course is to become a Reiki Master, enabling you to run your own Reiki workshops. Whether you intend to practice as a qualified Healer or whether you wish to heal and restore yourself at a deep soul level, this course will elevate you to a new level of freedom, lightness and bliss. Be prepared to journey deep within, have the courage to explore the inner realms. Learn to laugh, cry, dance, make love, feast, sleep and be present to all of life with pure joy and lack of self-consciousness.

Upon completion you will be eligible for a Certificate in Level 1 Healing Therapies accredited with MHA and able to operate a professional healing business or work as a subcontractor anywhere in the world. On successful completion of the full training, you'll receive a 'Certificate of Level 1 Healing Therapies'.

There is also the option to take every module can be taken as single elective unit if you wish to learn more about any particular topics only (excluding Reiki Masters as in order to be a quality Reiki Master we believe all modules must be completed). Please note you may attend 2 free in-house Healers Course workshops as part of the online Healers Course (optional if you are in the area). A special half-price rate of \$90/workshop is applicable if you wish to attend more than 2 in-house workshops.

The Online Healers Course is divided into 14 Modules. Students who pay the whole course upfront will be able to get a significant discount and also gain access to all modules from the beginning. We do, however, encourage students to take the modules in the suggested order as progression is important. Students will be able move through the course at their own pace. It is estimated that done at full speed, a student can take approximately 3-4 months to finish, however, we feel that anywhere from 9-14 months is a perfect pace to allow the integration of all the Healing techniques and practices into your life. The certificate of Level 1 Healing Therapies will be issued only when all the modules, assignments, questionnaires, and activities have been completed and marked.

Students who choose the pay per module alternative will get access to 1 module every month. Done this way it will take at least 14 months to complete. Special arrangements may be made if a student wishes to pay more than 1 module per month, or pay as you go so you are in control of payments.

Once your first or full payment is received, you'll receive a welcome letter and your login and password. This will grant you access to out eLearning platform.

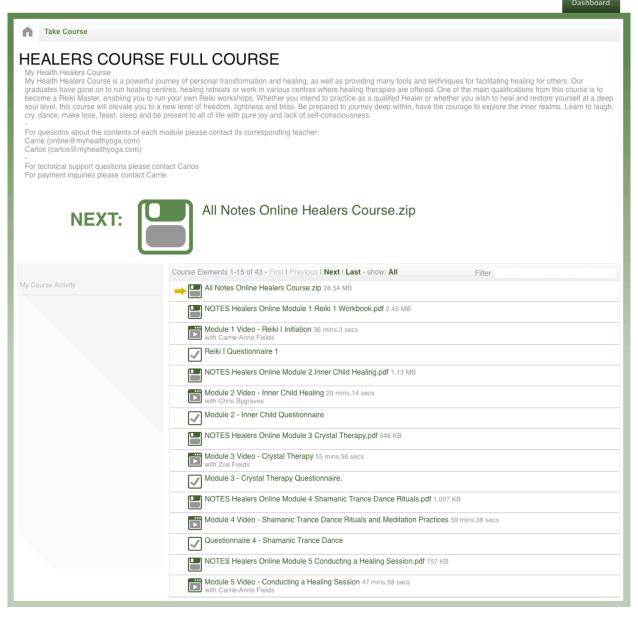
Our eLearning Platform.

The platform will show you the suggested sequence of topics. Every element you have downloaded/watched will be marked with a check mark. You'll be able to write your activities and assignments directly on the platform and then submit for review once you have completed them. The course has also 14 questionnaires pertaining to the content covered on each module. The passing grade is 70% however you can retake any questionnaire in case you fail.

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Online Healers Course	HEALERS COURSE - FULL COURSE







The Video Modules.



The core of teaching is done via videos and notes. You will be able to watch the videos over and over again if needed.

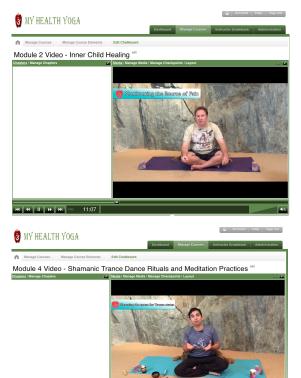
Because progression is important you will not be able to fast forward videos when you watch them for the first time. The second time and afterwards you'll be able to fast forward and rewind, and also skip to specific chapters you wish to review.

My Health Online Healers Course

If you need to stop the video and continue watching another time, the system will remember where you left and you'll be able to go back to where you were even if it is from a different device.

Remember you can access the platform from your PC/Mac/Smart Phones/Tablets and most modern devices. You will need Internet access to stream the videos and content.





You'll also be able to take notes inside the platform. No need to keep a notebook if you don't want to. Next to the video screen you will have writing tools that will allow you to write your own notes as you watch the video. These notes are saved in the system. You can print your notes directly from the platform as well.



Questionnaires.



You'll have 14 questionnaires to complete during the course. They pertain to information and topics discussed in the materials. Make sure you watch and study the module related to a questionnaire and thoroughly read the related notes before you submit your answers.

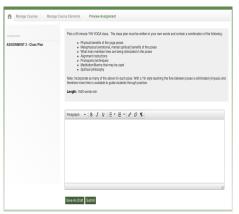
Questionnaires are a combination of multiple choice and True/False questions.

Assignments

Your assignments and activities can also be done inside the platform. The activities and assignment section provides you with typing tools for you to work with.

You do not need to finish it all in one go. You will have the option to "Save draft" and "Submit". Use "Save draft" to keep your progress saved in the system so you can come back to it and keep working on it.

The "Submit" button will send your work to your teacher for marking. After you have submitted you won't be able to edit your work, so be sure you are done and happy with it before you "submit".



Meet the facilitators.

Carrie, Zoe, Chris and Carlos are business partners and soul family.



Carrie-Anne Fields has owned and operated My Health since 1998, specialising in Yoga, Healing, counselling, acupuncture, reiki, tarot and ka huna bodywork. She holds a Bachelor of Psychology, is a Reiki Master, and is certified in acupuncture, kinesiology 1/11, Swedish Massage and Ka Huna Bodywork. Carrie-Anne is an accredited Level 3 Senior Yoga Teacher with Yoga Teacher's Association of Australia. She has studied yoga for over many years with various teachers in Australia, India, Thailand and America, has taught full time since 1999, and has spent regular retreat periods in silent meditation.

Zoe Fields has a background in Nursing and Diversional Therapy and has always investigated spirituality in both mainstream and alternative traditions. Art became her passion over 20 years ago and her interest in intuitive art developed as a result of workshops she undertook over the ensuing years. Due to her ability to psychically read the resultant intuitive paintings that many of the students paint, she has worked in this field

since 2003 for My Health at retreats. Zoe is also a qualified in Past Life Regression, having studied the Roger Woolger method. Zoe is continually humbled by the insights that are often revealed in many of the paintings she reads.

Chris Bygraves is a Reiki Master (under Martin Ray), trained Healer (under Debra Schembri) and member of the Yavapai Apache Tribe of Verde Valley, Arizona. His Native American Name is 'White Eagle Warrior' given to him by Wakan Tanka (Chief) for his unique ability to 'see' into the spirit realm (the 'Eagle' vision). Chris communicates with spirits who have crossed over, assisting 'stuck' souls to move towards the light.

Carlos Salazar has worked full-time with My Health since 2009, becoming a MHY Online co-founder in 2014. Carlos is a Reiki Master (Under Carrie-Anne Fields), level 2 senior Yoga Teacher, and a Naturopathic Doctor with specialty in Nutritional Medicine, trained in the Australian College of Natural Medicine. Carlos is also an IT Engineer with a Masters degree from the Institute of Technology in Kanazawa Japan. Carlos uses his eclectic skills to merge the ancient ethereal and energetic healing modalities to reach out to more souls, and spread healing and wellbeing with the aid of modern technology.

Module description

Here is a more detailed description of the contents of our modules:

1. Reiki 1 initiation

Carrie will teach you about the history and origins of Reiki in Japan. All the basic lingo and symbols are covered along with an introduction to energetic healing and the Reiki 1 initiation technique.

2. Inner Child Healing

Chris will teach you to heal and empower yourself through the delicate art of Inner Child Healing. This powerful yet often neglected and intimidating technique is covered in depth so you can practice it on yourself and your clients.

3. Crystal Therapy & Auras

Zoe teaches an enlightening introduction about the power, variety, and healing techniques that we can harness through the usage of Crystals. In this module you'll learn techniques that will enhance all your healing techniques whist keeping your own and the crystal's energy clean and vibrant.

4. Shamanic Trance Dance Rituals and Meditation Practices.

Carlos teaches the history and relevance of Shamanic practices through history and how they have evolved in modern times. The Shamanic art of Trance dance is explained and illustrated through sound, music, dance and movements to cleanse the flow of energy through the chakras. You'll also learn to conduct a trance dance session in a safe environment with cleansed energy for your clients.

5. Conducting a Healing Session & Spiritual Counselling & Voice Dialogue

Carrie covers and demonstrates techniques to achieve deep and honest communication with your clients in order to achieve soul healing to a high level. The contents of this module will definitely resonate and aid you in every kind of energetic healing modality you practice in the future.

6. Conscious Eating

Carlos delves into the realm of energetic food as medicine. It's often through our daily habits such as our diet that we can exert a deep and powerful influence in our energetic body, mind and soul. Topics such as food vibration, doctrine of signatures and the Doshas are included.

7. Reiki II initiation

Carrie explores the next level of becoming a Reiki practitioner in the 2^{nd} part of the Reiki Master series. In this module you'll learn further techniques, symbols and theory about the ancient art of Reiki.

8. Native American Healing & Rituals & Animal Therapy

Chris shares with you the knowledge he gained through his close interaction with the Yavapai Apache Tribe covering topics such as their ancient healing rituals, animal therapy and the powerful art of Recapitulation.

9. Art Therapy & Psychic Reading

Zoe will teach you to conduct an art therapy session in which you'll learn to intuitively interpret many forms of art created by your client, which will give you higher insight about any underlying issues that may need addressing.

10. Past Life Regression

Zoe will guide you through the powerful yet sometimes confronting art of Past Life Regression. You'll learn techniques to induce this state on a client, how to keep the client safe and how to deal with the insights and wisdom that this technique will yield.

11. Breathwork, Guided Meditation, Invocations & Incantations

Carrie gives a masterclass in Breathwork which can enhance any healing modality used. She'll teach you how to achieve a powerful and unique guided meditation for your client along with the art of Invocations and Incantations.

12. Aura Cleansing & Sound Healing

Chris will guide you through a series of powerful techniques to unleash your Inner self to cleanse your energetic body, mind and soul through physical motion and sound healing techniques.

13. Angel Therapy

Zoe will introduce you to the realm of Angels, Ascended Masters, Angel therapy meditation and archetypes. You'll learn to invite your guardian Angels into your life and harness their power and wisdom for yourself and your clients.

14. Reiki Masters initiation

Carrie will guide you through the culmination of the Reiki master journey. In this module you'll learn the final Reiki symbols, theory and techniques in order to initiate a client into Reiki. The full Reiki 1, 2 and Master sequences are demonstrated and illustrated.

The end of the journey and the beginning of a new one!

Congratulations!! After all your hard work, you have finally completed all the required elements. We will be sending you your Certificate of Level 1 Healing Therapies, formally certifying as a Healer and Reiki Master.

Remember that your access to the online platform remains even after you finished the course. You'll be able to come back and brush up on the topics you wish anytime in the future.



We are looking forward hearing from you. Let us know if you have any questions or enquiries and will be delighted to help.

My Health Online Healers Course FAQ:

Why is My Health offering an Online Healers course?

My Health is a Holistic Arts Training Academy established in 2003 who has trained thousands of the most charismatic, powerful and sought after Yoga Teachers and Healers in Australia. We have always offered our in house Brisbane, Gold Coast and Townsville intakes as well as a correspondence course for those who are not able to come physically to the workshops for different reasons such as living in another state, work and family commitments. We are proud to launch the new version of our highly popular Healers courses online training that captures the essence and soul of our traditional and proven Healers course. We honestly believe that this is the best option for those who are looking

for a radical change in their lives in the physical, mental and spiritual level while providing them with real world skills to generate steady income as a Healer. We also have beautiful students who have joined and become Healers without the aim to offer professional healing therapies but because they wish to deepen their understanding of the wisdom, philosophy and self practice of ancient healing modalities.

Can you commence anytime?

Yes. Because it's an Online Course, we have enrolments open all year round. As soon as your application and payment have been received and processed you'll be issued a login and password to access our eLearning platform.

How long do I have to complete the Online Healers course?

Strictly speaking all the My Health Online Healers Course have no set deadline because we believe that Healing is not something that can or should be rushed, rather it's all about your own journey and path. However we encourage students to finish within 14 months, as this will encourage the smooth flow of learning. Some students are very diligent and complete the course in 2-3 months when done at full speed.

Am I able to practice Healing after finishing the online course?

Yes! This course is designed to give you more than enough elements in many areas Healing and Reiki. My Health trained Healers have earned the reputation of being extremely knowledgeable and well trained, they are sought after by clinics, academies, retreats and many other entrepreneurial students open their own clinic immediately.

Can I get insurance?

Most certainly. Upon completing our online course you can immediately apply for accreditation and liability insurance so you can legally start healing. MHA is a world-wide cover (exc. USA). For those wishing to practice in the US, please contact us for more information.

Can I access the modules unlimited times?

Yes. Once you pay for a module or for the whole course you'll get unlimited access to them. Even if we update content in years to come you'll get access to it.

What are the technical requirements?

Since it is an online course, we strongly recommend having broadband internet access (eg. ADSL, Cable, 3G, etc). You will need to be online to access the video content at all times. The platform can be accessed from most mainstream browsers (Chrome, Firefox, Safari recommended). The platform is accessible from Windows, MacOSX, Android devices and iOS devices. If you have any technical questions please contact Carlos at carlos@myhealthyoga.com

Do I have to pay upfront?

Paying upfront attracts a considerable discount but we are also able to break down payments per module. We believe that the investment for this course will bring you

incredible value to you for the rest of your life. Becoming a healer is a life changing experience you can't afford to miss. Transform your body mind and soul today.

How long have you been running the online training for?

We have been running our correspondence courses since 2004 and updated in January 2014 to fully online (meaning if you choose, you can do the whole course online). Our yoga and healing business was established in 1998 and our In-House teacher training started in 2003.

How many students have completed this course so far?

As of August 2016, we have had around 2000 graduates for our teacher training courses, and over 200 online course graduates (and counting). There are over 700 online trainees spread throughout the world, with the majority of our trainees in regional areas in Australia.

Have there been any glitches with the system, or the technology?

We ourselves have had no glitches in the technology, however, some students have had to upgrade their internet usage to broadband to download all the module videos and class videos without them pausing.

Is there an assessment around teaching a class? If so how does that happen?

All activities, assignments and questionnaires can be done within the platform or sent by email.

What is the final process around getting registered with the appropriate national and international registration bodies? Is it as straight forward as submitting the certificate obtained at the end of your training or are there additional criteria/costs to meet?

Our school has done the work for approval regarding hours per subject so our graduates can simply fill out the basic contact details and attach a copy of our certificate. We recommend insuring through the scheme set up by our sister business, My Health Association. MHA, Through \$99/annum for association membership and this gives you access



My Health Online Healers Course

to the discounted insurance scheme, which is \$295/annum. This allows you to practice healing therapies anywhere or to open your own clinic. The insurance covers \$10million public liability, professional indemnity and medical malpractice.

Namaste

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