

CERTIFICATE OF COMPLETION

WE HEREBY DECLARE AND CERTIFY THAT

Sophia Renee Mecum

has successfully completed all the requirements to achieve the
minimum credit hours (20 total) to become a certified

Reiki Distance Healing Specialist

Presented 19 October 2022



A handwritten signature in black ink, appearing to read "Melissa Crowhurst".



Instructor: Melissa Crowhurst | Issued by: Natural Healer™
Box 333, Greensborough VIC 3088 Australia | naturalhealer.com.au

Natural Healer accreditation

This Natural Healer™ Reiki Distance Healing Specialist Certification is accredited by the following:



- The International Natural Healers Association (INHA) <https://www.internationalhealers.com/>
- The American Association of Drugless Practitioners (AADP) <https://aadp.net/>
- The International Association of Therapists (IAOTH) <https://www.iaoth.com/>
- The Complementary Therapists Accredited Association (CTAA) <https://www.ctaamembers.com/>
- The Natural Healer Society (NHS) <http://naturalhealersociety.com.au/>
- The Massage Association of Australia (MAA) <https://www.maa.org.au/>

Material covered & competencies acquired

What is Reiki?; What is energy healing?; Quantum Physics; What is distance healing?; Feeling the energy; 'Hand Energy Exercise'; Create the connection (the channel); Visualizing; For existing Reiki practitioners only: The distance symbol (Hon Sha Ze Sho Nen); Preparation; Step 1. Preparing your client; Step 2. Calm yourself; Steps 3 & 4. Where to place your hands and staying focused; Step 5. Letting go; Step 6. Complete release & restoring steps; Step 6. Partial release & restoring steps; Restoring your energy steps; About spiritual detoxing (energy cleansing); FAQ Spiritual detoxing; Step-by-step distance healing: single recipient; Dealing with specific physical & emotional issues; During an emergency; Dealing with the unconscious, gravely ill, and the spirit; Group healing; Step-by-step distance healing: group session; Event, situation, or location healing; Step-by-step distance healing: event, situation, or location session; Past (memory) or future (thought) healing; Step-by-step distance healing: past or future session; Extra tips and tools intro; How do I know a session went well?; Crystals for distance; Pendulums for answers; Sound and aromas for balancing; Photos, keepsakes, addresses, and technology; Taking care of yourself; Implementing distance healing into a business; Being prepared when working with the public.

Practice & assessment

Required practice: Hand energy exercise; creating the connection; complete release steps; restoring your energy steps; distance healing for single recipient; distance healing for a group; distance healing for an event or location; distance healing the past or future.

Assessment: via seven (7) online quizzes conducted throughout the course with one (1) online final exam at completion. Total course lecture completion, quiz+final 100% passing grade, pre-existing Reiki practitioner qualification submitted + confirmed, and a digitally signed student declaration is required for graduation.

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