

# Holistic Harmony Courses & Workshops Fact Sheet

## What courses and workshops are available?

**Crystal Healing Practitioner** – a three day accelerated course combining the ancient art of Crystal Healing and Metaphysical subjects (incorporating quantum science with spirituality).

**Crystal Reiki Practitioner** – incorporates the three day Crystal Healing and Metaphysics course along with Reiki Levels 1 & 11.

**Reiki Levels 1 & 11** workshops for self healing and practitioner level for healing others; animals, friends, family, clientelle etc.

**Psyche of The Chakras** - a one day workshop that looks at how we unconsciously give our energy/power away to others, events, circumstances etc. and how we can reinforce our energy system to improve the relationship with ourselves, others and the world around us.

In association with the Quantum Training Institute we now offer **Discovering NLP** - a one day introductory workshop on what is NLP, the full eight day **NLP Practitioner course**, and a three day course on **Emotional Intelligence** - visit website for details.

## Who should attend?

All workshops and courses are designed for people of all ages and levels of experience. Whether you are a novice, an experienced healer, a practitioner with your own practice, or whether you simply have a passion to acquire more knowledge for self-development, the courses are structured to help you to empower your life, provide clarity and insights into life purpose, techniques of self healing and healing others and to **'take your vibration to a higher level'** to facilitate personal growth and spiritual reconnection.

## What will I learn?

The crystal healing course covers both theory and practical application of crystals for healing and provides you with an understanding of how they interact with the body to promote healing and vibrational transformation. Crystals and Reiki access a certain vibrational frequency through the power of intent and focus of the mind. These frequencies are then resonated through our electromagnetic field (the aura), meridians, and the major energy centres in the body, known as chakras, to stimulate healing, promote insight, correct imbalances and release blockages.

Whether you choose to learn Reiki, Crystal Healing or would like to learn how to combine these two powerful healing modalities on our Crystal Reiki Practitioner course, they will each give you the skills needed to establish a healing practice, incorporate them with other modalities, and guide you on a journey of self discovery to fulfil your life's purpose.

## Crystal Healing and Metaphysics Course

This three day course is a hands-on informative and transformational experience that will take you to a deeper level of understanding of yourself and others, thus enabling you to become more empowered and in control of your life. This course will suit anyone wanting to develop themselves in all aspects of life; applying learnt techniques and using crystals as a tool to effect the necessary changes for a fulfilling life.

Subjects covered include:

- The Atlantean and Lemurian connection to crystals
- How crystals work and how to use them for healing
- Identifying the crystalline energies through colour
- Learn healing techniques on yourself and others using a pendulum
- Understand the seven main energy centres, called chakras, and the seven auric layers that surround and interpenetrate the body
- Shifting to the 'New Consciousness' - where we are heading through 2012 and beyond
- Learn techniques to balance, energise, and clear blockages from the chakras
- How to clear your 'space' and transmute negative energy into positive energy in your home or work environment
- Learn different ways of protection; including psychic, environment, and inner negativity
- Understand mirroring and projection and how we can dramatically improve our personal relationships
- Learn the Power of Intention to enhance the quality of life and enhance healings
- Understand how we attract the things in our lives through the Law of Attraction
- How to use Gem Elixirs for healing and well-being
- Learn to give healing at a distance, (past, present, and future), including self, others, animals, and planetary events
- Manifesting and projecting future goals, wants and desires
- Gain a deeper understanding of animals and how we can enhance and improve the lives of our animal companions
- Learn techniques to work on the subtle bodies and repair damage to the auric field caused by trauma, stress, depression, toxicity, and illness using crystal wands
- 'New' Science and Spirituality - how we can *consciously* participate in changing our lives and the world around us for the betterment of all
- Learn techniques to detect imbalances, blockages, and negativity in the auric field using the hands
- Learn layouts and placement of crystals on the body for healing and maintaining equilibrium
- Metaphysical causations of illness (adapted from 'You can Heal Your Life' by Louise Hay)
- Learn how to make crystal grids around the home, environment or workplace using quartz points

- Discover how the Power of Gratitude strengthens the immune system and learn a technique to improve the quality of life with little effort
- A two hour presentation by Quantum Training Institute on 'How our thoughts, feelings and emotions affect our bodies and the world around us'
- Understand how miasms, spirit attachments, negativity, and etheric cords form in our auric field and how to remove them
- How to enhance intuition and psychic abilities through the power of crystals
- Experience the powerful crystalline energies of the 'New Consciousness'
- How to prepare for a typical healing session in a professional capacity
- Learn ways to enhance or set up a business and how to implement crystal healing with other modalities

**A Certificate of Crystal Healing Practitioner** will be given to participants on completion of this three day course (recognised by the International Institute of Complementary Therapies) together with an extensive manual, handouts with research details from the course, and a gift.

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## Here's what people have to say about both our Crystal and Reiki Courses and workshops

I recently completed the three day accelerated Crystal Healing Course with Jacqui and would highly recommend it to anyone interested in learning about healing with crystals. Jacqui was very informative and answered any questions directed at her in a knowledgeable manner. Actually I found Jacqui to be a wealth of information on a lot of topics which made the course even more interesting. Jacqui was very generous with her time and also the materials we were given to take home, she radiates a lovely peaceful energy which makes you feel very at ease. I would definitely go on any further courses that Jacqui may provide in the future.

*Sha – Dawesville, WA*

Inspired, informed and insight is what I have achieved from Jacqui's Crystal Healing and Reiki courses. I look forward to spreading the knowledge and healing to others. Thank you Jacqui so very much.

*Tania – Mount Richon, WA*

Very informative and detailed workshops. Amazing hospitality and relaxed atmosphere. Also a great amount of information in the way of DVD and written handouts for future research and reference. Thanks Jacqui.

*Jonny – Bunbury, WA*

I really enjoyed both sections of this course; it has opened me up and has begun much needed healing. Jacqui was an amazing and very knowledgeable teacher

*Michelle – Karratha, WA*

A really well-rounded course. Jacqui you are clearly passionate about what you do which really shows in your teaching. Thank you for a wonderful five days.

*Lauren – Karrinyup, WA*

An amazingly informative course on crystals and metaphysics. I thoroughly enjoyed the vast information that was covered. Not only have I learnt about crystals but so much more with how to understand life itself. I feel empowered and ready to move to another level of understanding. Thank you so much this course has changed my life and my world.

*Jason – Currambine, WA*

Thank you! So much knowledge shared. I had a wonderful time learning and practising. You're a true inspiration!

*Michelle – Scarborough, WA*

Very interesting with lots of information and very well explained. Jacqui, you are very passionate about it! . . . that was great. Thank you very much.

*Laetitia – Palmyra, WA*

I thoroughly enjoyed Jacqui's class. I now feel very confident to heal and attune with crystals. Very well delivered . . . I found myself hanging on every word of the enlightened knowledge. Thank you so much. I look forward to doing more courses and workshops with you.

*Fiona – Perth, WA*

Thank you. Your course has been very enlightening.....it was great. Thank you for sharing your knowledge, light and love. You have supplied us with an abundance of extra material. What else can I say but...Wow.....it was wonderful. I look forward to our next session.

*Geraldine - Kardinya, WA*

Thank you for sharing your knowledge and passion. The course was very informative and uplifting. Looking forward to attending the upcoming workshops.

*Rhonda - Dianella, WA*

Vast knowledge and like-minded people made for an awesome combination. Really enjoyed the opportunities to experience and practice the new healing skills learnt during the course.

*Helen - Bibra Lake, WA*

Jacqui's knowledge on crystals is extremely extensive and vast. Valuable fountain of knowledge. Her passion for the subject is obvious as well. I have learnt so much and am looking forward to putting everything she's taught into practice.

*Kaiah - Melville, WA*

Attending Jacqui's courses have been life changing; through helping me to reconnect to my spiritual journey, something that I didn't expect and am truly grateful for. Jacqui's knowledge and passion is inspiring

*Jenean - Secret Harbour, WA*

Jacqui's knowledge of crystals has moved me emotionally, mentally and physically. Thank you for the experience.

*Deborah Anne - Busselton, WA*

Great energy, awesome course. I didn't want it to end!

*Karl - Secret Harbour, WA*

Thank you so much for creating such a magical space. It has been a beautiful and inspiring three days

*Natalia - Wandj, WA*

I found the workshop really exciting. I learnt so much, including the fact that there is still so much to learn and discover. Endless possibilities.

*Tracey - Bassendean, WA*

Amazing course. Highly informative. Jacqui and her husband, David, have a great energy which makes learning an easy and fun experience. Totally recommended. Thank you both from the bottom of my heart.

*Johnathan - Booragoon, WA*

Jacqui is simply warm, wonderful and caring. Her materials for the course are very relevant and meticulously prepared. She gives plenty of information and is extremely generous. David's talk was a mind and eye opener. Both are good speakers and I'm sure their courses will always be well received by others.

*Renaë - Singapore*

This course has given me so much for my own personal journey and tools to help heal myself, my family and others, and my pets. Jacqui is a wonderful teacher and soul on all levels. This has been such a great course.

*Patricia - Mandurah, WA*

Thank you. You have helped me find another piece of Me - it was beautiful !

*Liz - Subiaco, WA*

The course was the best experience. I can't thank you enough for sharing all your stuff with us Jacqui and David. Delivery of the workshop was nothing less than exceptional.

*Jan - Hopetown, WA*

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## Metaphysics

All our workshops cover a number of metaphysical subjects, incorporating the latest research in energy healing and quantum mechanics to give you an understanding of how energy works and how the mind-body-spirit connection affects our lives and the world around us.

Meta – means 'above or beyond.' Metaphysics then means 'above and beyond physics' – 'above or beyond the physical,' the world of form. 'Meta' is above that; it is the spirit of the mind, which is behind all things.

The wide range of subjects that can fall under metaphysics all have a common denominator, which is that they deal with the branch of philosophy that examines the true nature of, and understanding of reality, whether visible or invisible. Metaphysics includes the relationship between mind and matter, substance and attribute, and, fact and value. Basically, metaphysics is the philosophical study of being and knowing. It is very closely related to spirituality, but it is not a religion.

Metaphysics is the study of causation – concerned not with the effect that is now manifest, but rather with that which is causing the result. This discipline approaches spiritual ideas as scientists approach the world of form, just as they investigate the mind or causation from which the visible is formed, or derived. If a mind is changed, or a cause is changed, the effect is changed.

## Usui Reiki Healing Levels I & II

Reiki is an amazingly simple technique to learn. The ability to use Reiki is not taught in the usual sense, but is transferred to the student during a Reiki class. This ability is passed on during an 'attunement' given by a Reiki master which opens the crown, heart and palm chakras in a unique way and allows the student to tap into an unlimited supply of 'life force energy' to improve one's health, or the health of others, and enhance the quality of life.

### Reiki I – One Day

- History of Usui Reiki and the Principles
- Benefits and Ethics of becoming a Reiki channel
- Receive Four Attunements into Reiki healing energy
- The traditional hand positions and their physical and psychological benefits
- How to apply Reiki on friends, family, animals, plants & objects
- How to create an environment for a Reiki session
- Self cleansing and protection using Reiki
- Basics of the Aura and Chakra system

**A Certificate of the First Degree of the Usui System of Natural Healing** will be given on completion of the workshop together with a manual, handouts and DVD.

### Reiki II – One Day

- The three sacred Reiki symbols
- How to apply the symbols in healings and everyday life
- How to send Distant Healings
- How beliefs and emotions can affect our body
- The Code of Conduct and Ethics of becoming a Reiki Practitioner
- Receive two more Reiki Attunements
- How to set up a Business

**A Certificate of the Second Degree of the Usui System of Natural Healing** will be given on completion of the workshop together with a manual, handouts and DVD.

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## Why not sign up for our free newsletter

If you sign up for our free newsletter you will receive all the latest news on upcoming metaphysical and personal development workshops. You also qualify for discounts we provide for our newsletter subscribers throughout the year. There are some great articles and tips that you can simply enjoy the read or apply them in your daily life and begin to making powerful positive change very easily and quickly.

## Psyche of the Chakras - A Journey of Self Discovery

Life force or Prana permanently flows through us and is distributed into our seven major energy centres, called chakras, in order for us to function properly in our everyday lives. The function of these chakras also is to vitalize each layer of the human aura and to transmit energy to the physical body to bring about the development of different aspects of self-awareness.

Energy, also understood as information or consciousness, is transmitted between the auric layers through passageways in the tips of the chakras. In most people these tips become blocked through mismanagement. They open through spiritual purification work and living consciously. The chakras, sometimes known as energy vortexes, are metabolizing centres in the human energy body. Their healthy functioning is vital to having a healthy human body, mind and emotional life. They are also vital for our spiritual well-being which helps us to understand our true purpose and reason for being here on earth in this incarnation.

Each chakra is related to an organ, endocrine gland and nerve plexus and has a special psychological function. Whatever we 'invest' our energy in will depend of how much energy we have each day. If we lose too much energy on a daily basis we have to 'borrow' it from the cells and tissues in our body. This induces lethargy, ill health and speeds up the aging process. The chakras also represent levels of maturity of our human and spiritual experience. They are levels of consciousness that we must go through for us to understand our human existence. Most of our energy is lost in the lower three chakras, which represent the human self (as opposed to the higher chakras of the spiritual self). Each organ and corresponding chakra is related to a belief, perception and a behavioural pattern.

This workshop brings a **realistic** approach to what it means to be a spiritual being (the true essence of who you *really* are) having a human experience. You will learn how your chakras (energy centres) become blocked and where you give your energy away to other people, situations and events in your life, without even knowing it, and how to remove blockages and limitations you may have to live a more healthy and fulfilling life.

Subjects covered:

- Become more conscious and self-evolved
- How you unconsciously give your power away through thought patterns
- Learn how to release blocks in your seven energy centres
- Identify what steals your energy and how you can replenish it
- Experience powerful chakra meditations
- Learn various ways how you can balance and energize your chakras
- Enjoy an Illuminated and graphic DVD
- Understand the seven levels of consciousness and how they affect your life
- Develop a better understanding of the human experience
- How the mind is the 'cause' and the body is the 'effect'
- Improve the relationship with yourself, your loved ones and the world

## Emotional Intelligence -

This course is a hands-on informative and transformational 3 day course that will enable you to have more Emotional Intelligence; stability and balance throughout your life.

- Learn how Emotional Intelligence can really amplify your life to a higher level of understanding with yourself and others: apply it in the workplace; sports; business; management; relationships; communication; and many more places within your life?
- Learn how to intelligently control your emotions and become empowered rather than controlled?
- Do you feel you are capable of achieving so much more but something inside you keeps holding you back from achieving your desired outcomes?
- Learn the most powerful technique on the planet today - this will enhance your life immediately, through reflecting back the repressed unconscious patterns that are holding us back creating ongoing emotional and physical pain.
- Learn Powerful proven skills and techniques to become more in control of your mind and body, enabling you to be more assertive and self-assured.
- Upgrade any limiting beliefs that maybe holding you back from achieving success in both your life and/or career that is available to us all.
- Understanding The Secret Language of Feelings and what they are communicating to us can make a huge difference in our lives, once we know what our emotions are communicating.
- Become the Master of your own States ... and allow more freedom, clarity and focus in your life. Learn to choose your state in powerful moments for control.
- Learn how to shift those old negative habitual feelings that can make us feel stuck.
- Understand the Science of Emotion and how it attracts through the unconscious mind
- Learn how to finally deal with Stress, Anxiety, Overwhelm, and Depressive states and remove inner conflicts fast and simple.
- Discover The Science of the Heart and its Power to eliminate fear and how to become more intelligent and intuitive by harnessing your emotional power.
- Become more focused and clear minded through developing your brain power for clear rational more conscious decision making.

*'All the things that go on inside your mind affect your physiology, and they're all potentially within your control...'*

more information visit website.

## Crystal Reiki Practitioner Course

Crystal Reiki courses - you will learn Traditional **Usui Reiki** of Natural Healing and the ancient art of **Crystal Healing** and how to combine these two modalities.

The Crystal Reiki Practitioner Course incorporates Reiki levels I & II and the Crystal Healing Practitioner Course. For example, you can enrol in the 3 day Crystal Healing course followed by the next scheduled Reiki One and Two workshops, or alternatively enrol in the Reiki workshops first followed by the next scheduled Crystal Healing course...whatever suits you best!

**Certificates of the First and Second Degree of the Usui System of Natural Healing**, a **Certificate of Crystal Healing Practitioner** and a **Certificate of Crystal Reiki Practitioner** will be given on completion of this course together with extensive manuals, handouts with research material from course, DVD's and gift.

### Are the courses and workshops accredited?

Holistic Harmony certification courses and workshops are accredited with the International Institute for Complementary Therapists (IICT). Thus as a qualified Crystal Healing Practitioner, Crystal Reiki Practitioner or Reiki Practitioner (Level 11) one can apply to the Institute for full membership, and enjoy benefits such as International Practitioner recognition, professional indemnity insurance and discounted seminars.

### What is included in the courses and workshops?

As well as receiving the appropriate certificates, workbooks, handouts and gifts, all crystals and workshop materials are provided for together with filtered water, and morning and afternoon teas.

### What is not provided on the courses and workshops

You will need to bring along your own lunch. For courses attended in Applecross – Riseley Square has a good selection of cafes and restaurants within walking distance.

### Location

All Reiki workshops are held in Meadow Springs, 10 minutes north of Mandurah, W.A. The three day Crystal Healing and Metaphysics course, Discovering NLP workshop, eight day NLP Practitioner course, Emotional Intelligence three day course and Psyche of The Chakras workshop are held at the Vivacious Living Centre, Unit 9, Riseley Square, Applecross, W.A. The three day Crystal Healing and Metaphysics course and the eight day NLP Practitioner course is also held in the Gold Coast, Qld. Venue varies and will be advised upon request.

## Courses and workshops dates

All dates are listed on the website at [www.holisticharmony.com.au](http://www.holisticharmony.com.au) and [www.quantumtraininginstitute.com](http://www.quantumtraininginstitute.com)

## Courses and workshops times

Arrival for Reiki workshops held in Mandurah are 8.45 am for a 9.00 am start and finishing at 6 pm.

The Crystal Healing course held in W.A. and Qld is a 9.00 am arrival for a 9.15 am start and finishing at 5.30 pm.

## Bookings (Holistic Harmony)

A deposit of \$100 for each Reiki workshop confirms your place, or alternatively payment in full if booking the 'Reiki special'. Final payments must be received 14 days prior to commencement of the workshop.

The Crystal Healing and Metaphysics course requires a deposit of \$200 to secure your place. Final payments to be made 14 days prior to the course or payment in full at time of booking. To qualify for the Early Bird discount price, the final balance must be made 42 days (6 weeks) prior to commencement of course. Workshops under \$200 require full payment at time of booking to secure your place.

*Note: deposits and payments are non-refundable but can be transferred onto the next available workshop or course. Places are strictly limited.*

## Payment methods

**ON-LINE BANKING** or **CASH PAYMENT** paid directly into my account.  
J. E. Travis: BSB: 306-089, Account Number: 1512363.  
Please place your name in the narrative.

**PAYPAL** - If you do not have a paypal account you can open one which only takes a few minutes. All paypal payments can be made via my website. Paypal will give you an automatic receipt and I will be notified of your payment.

**CREDIT CARD** - You can pay direct from your credit card which will be processed through paypal's secure site. You do **NOT** have to have a paypal account to make payment using a credit card. Credit card payments can be made via my website. Paypal will give you an automatic receipt and I will be notified of your payment.

**NOTE:** Once payment has been made please email us notifying your name and contact details.

## Contact details

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