

CERTIFICATE OF COMPLETION

WE HEREBY DECLARE AND CERTIFY THAT

Jessica May Jensen

has been attuned to all levels and successfully completed the requirements to achieve **Level 1, Level 2 and Master** credit hours (40 total) and is granted certification as a

Usui Reiki Master

23 September 2021



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

Reiki Lineage: Mikao Usui, Chujiro Hayashi, Hawayo Takata, Phyllis Furomoto, Claudia Hoffman, Mary Shaw, Christine Henderson, Bruce Way, Ariane McMinn, Mona Khalaf, Dharmadevi, Melissa Crowhurst

CERTIFICATE OF COMPLETION

WE HEREBY DECLARE AND CERTIFY THAT

Jessica May Jensen

has been attuned to Reiki Level 2 and successfully completed the requirements to achieve Reiki Level 2 status thus is granted certification as a

Usui Reiki Level 2 Practitioner



23 September 2021

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

Natural
healer™

Instructor: Melissa Crowhurst | Issued by: Natural Healer™
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CERTIFICATE OF COMPLETION

WE HEREBY DECLARE AND CERTIFY THAT

Jessica May Jensen

has been attuned to Reiki Level 1 and successfully completed the requirements to achieve Reiki Level 1 status thus is granted certification as a

Usui Reiki Level 1 Practitioner

23 September 2021



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Natural Healer accreditation

The Natural Healer™ Usui Reiki Level 1, Level 2, and Master Certifications are 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

Reiki Level 1: What is Reiki?; The 5 Reiki Principles; Attunements versus healings; How to feel Reiki; Visualization; Determining your Power Hand; Letting go; Intentions; Protection (Disconnect); Restoring your own energy; Spiritual Detox (Energy Cleansing).

Reiki Level 2 + Reiki Master Level: The 5 Reiki Symbols; Activating the Symbols; purpose and understanding of Cho Ku Rei (Power Symbol), Sei Hei Ki (Emotional Symbol), Hon Sha Ze Sho Nen (Distance Symbol), Dai Ko Myo (Usui Master Symbol), Raku (Grounding Symbol); Symbol use; Introduction to Chakras; Chakra chart and diagram; Where to place your hands; Hands Off method; Hands On Method; Scanning; Healing Attunements (Sessions); Perform a General Healing Attunement; Perform a Specific Healing Attunement; The Traditional Reiki Hand Positions (Healing Others); Perform a Self Healing Attunement; Traditional Reiki Hand Position Session (Self Healing).

Reiki Master Level continued: Perform a General Distance Healing Attunement; Perform a Specific Distance Healing; Working with animals, objects, and situations; Perform a General Animal (Pet) Healing Attunement; large groups or natural disasters; Introduction to Crystal Healing; Using crystals with Reiki, Synchronicities, Spirit Guides & Angels; Developing your intuition; Tips on starting your Reiki business; Setting up your healing room; Getting your Reiki practice insured & first aid; Issues, Legalities, Acceptance and Regulations.

Practice & assessment

Required practice: Multiple practice sessions are mandatory for the Hand energy exercise; determining your Power Hand; visualization; preparation steps (letting go, intentions, protection, restoring); drawing and activating symbols (Cho Ku Rei, Sei Hei Ki, Hon Sha Ze Sho Nen, Dai Ko Myo, Raku); Chakras; hands on / hands off self scanning method; hands on / hands off scanning on another; self healing including 30 x self healing sessions; full general healing session; full specific healing session; traditional Reiki hand positions for self healing; traditional Reiki hand positions on another; full general distance healing session; full specific distance healing session.

Assessment: via nine (9) online quizzes conducted throughout the course with one (1) online final exam at completion. Total course lecture completion, quiz+final 100% passing grade, attunement ceremony completion, and a digitally signed student declaration is required for graduation.