

# Holistic Harmony

## Course 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, integrating the best of quantum science along with spirituality to promote the power of healing through understanding the mind-body-spirit connection.

**Reiki Levels I & II** - a one day workshop for each level. Level I is for self healing and Level II is the practitioner level for healing others; animals, friends, family, clientelle etc. Each level can be learned separately with a time frame in between to suit the individual. Or you may prefer to learn both levels over one weekend. See Training Schedule for dates on both.

**Advanced Reiki** - a two day intensive course will suit those who have enjoyed the benefits and skills learnt in levels 1 & 11 and wish to further their development with advanced Reiki techniques, learn how to apply the Master symbol and receive the Master attunement to increase the effectiveness and strength of their Reiki energy. This course is also of great benefit to the final level of Reiki Level 111 – Master/Teacher training should you have the ‘calling’ to teach.

**Reiki Master/Teacher** - The Master/Teacher Degree is predominantly for the purpose of becoming a teacher and to train courses and workshops of your own. On completion of this two day course you will be able to initiate students into levels I and II of the Usui System of Natural Healing, along with the Advanced and Master/Teacher Degree (although it is expected that a two year period has elapsed before the Teacher Degree is taught).

### 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 combine them both together, 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 and a more healthy, fulfilling and balanced life.

## Crystal Healing and Metaphysics Course

This three day Internationally Accredited and Certified 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 that may be needed to reach your full potential and attain a life of purpose.

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 pendulums
- Understand the seven main energy centres, called chakras, and the seven auric layers that surround and interpenetrate the body
- Transitioning into the 'Heart Centered' Golden Age - where we are heading through the massive SHIFT in consciousness and the Lightworkers commitment.
- 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 the Universal Laws of Vibration and Attraction and how we attract the things we do in our lives
- Connectedness and the Quantum Field
- 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 point.
- Discover how to strengthen the immune system and improve the quality of life with little effort
- Understand how our thoughts, feelings and emotions affect our bodies and the world around us
- Learn 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
- Understanding epi-genetics; genes are NOT deterministic - they are potentials. We are NOT victims of our genes - we are masters of our genes!
- 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
- Daily practice sessions - giving and receiving crystal healing

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

A wonderful, very informative course. A great balance of theory and practical application, covering a wide range of topics. The group numbers allowed for a personal and interactive environment. Highly recommended!

*Jenny - Hamilton, QLD*

Thank you!! An enlightening course where you learn about yourself. Priceless value with lots of knowledge, a great manual, and practice to give you skills to shine as a practitioner in the holistic field.

*Livvy - Doncaster, EAST VIC*

This course is truly life changing for me. I walked away loving the person I became. Thank you my "Earth Angel".

*Sue - Perth, 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*

*There was a lot of information provided over the three day course and opportunities to practice to give us confidence to go out and implement our learning after the course. Thank you Jacqui - I had a lovely time!*

*Julie - Alstonvale, NSW*

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 – Byron Bay, NSW*

I enjoyed learning Reiki Levels I & II from Jacqueline. She is a beautiful teacher, well informed and a great mentor. I feel honoured to have learned from her.

*Jenna, Coomera QLD*

The course was wonderful. I love how you teach and all the knowledge you share in your courses. I would highly recommend to anyone looking to do Reiki and I'm very excited to start my next journey after this weekend.

*Courtney, Moorooka, QLD*

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*

I enjoyed this crystal healing course immensely. I have not only learnt much about crystals but have also expanded my knowledge on other metaphysical areas as well. Thank you Jacqui - you are a true inspiration!

*Taze - Stafford, QLD*

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*

Jacqui shares her wisdom and practical information for conscious growth in a loving and open-hearted way. I would highly recommend her as a teacher.

*Alexi - Subiaco, 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*

What a great opportunity to attend this course. I learnt so much. Jacqui is lovely and very supportive. Professional and very encouraging to students to pursue their dreams and purposes.

*Sue, Tamborine QLD*

It was an amazing experience and I wish it would have been more than 3 days! I highly recommend it to anyone and can't wait for the Reiki course.

*Marie - Kewdale, 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*

The Crystal Healing & Metaphysics course was informative and nurturing for the soul. Jacqueline is a loving, informative, and patient teacher. What a joy to be her student.

*Keira - Bedforddale, WA*

The three day Crystal Healing & Metaphysics course was so wonderful and enjoyable. Jacqueline has a wealth of knowledge.

*Dianne - Pleystone, MACKAY, QLD*

*Thank you so much Jacqui. Your course has been life changing in so many ways. Your information and knowledge on this topic was so beneficial to me and I loved the 'proof' you provided us with. I found this course so professionally planned and implemented. Thank you so much.*

*Sonia - Warbro, WA*

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

*Natalia - Wandj, WA*

Thank you so much Jacqui. Your course has been life changing in so many ways. Your information and knowledge on this topic was so beneficial to me and I loved the 'proof' you provided us with. I found this course so professionally planned and implemented. Thank you so much.

*Sonia - Warbro, WA*

I loved this course and didn't want it to end! Thank you Jacqui. I look forward to doing more courses with you as my life heads in a new direction.

*Jenny - Ormeau, QLD*

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 crystal healing course helped me to understand more, not only about crystals, but our bodies as energy beings. I truly enjoyed learning new ideas and the experience the course gave me. Thank you Jacqueline for your thorough tutoring and sharing your knowledge.

*Dianna - Windaroo, QLD*

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

*Jan - Hopetown, WA*

## Metaphysics

We consider metaphysics to be a science, the most basic reason being that thought affects matter, as many scientists have proven with laboratory observations. Many people have also observed this phenomena in their own lives who suddenly recover from illness and disease simply by adjusting attitudes or thought forms about the self, others, or the world in general.

Metaphysics was something that was long ago taught in spiritual mystery schools only to those who had proven themselves worthy through long term observation by a master teacher. We are spiritual beings who have a human experience and we are here on the earth plane to experience all aspects of life for the evolution of the soul. Our purpose is to have mastery over, transcend, and understand the physical world and how to affect it, even while living in it as a human being. This is a science, not a phenomenon.

Natural laws of the universe exist, whether we are aware of them or not, and they are in operation all the time. Therefore, consciously learning how to use the law of cause and effect makes this practice not so magic anymore and it becomes quite available to anyone who takes the time to learn how to use this natural law of the universe by adjusting one's consciousness and therefore affecting reality.

When we learn how to work with universal laws of consciousness and the laws of nature, using the mind and emotions to effect change in the physical world, we can aspire to a purposeful and fulfilling life in alignment with our authentic self.

Mind power of the subconscious mind, with focused mind power attention, can be harnessed for healing. Harnessing the powers of the unconscious mind is the secret to healing..

## 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
- Practice giving and receiving Reiki on each other

**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 and handouts. On-going support is also provided.

## Reiki II – One Day

- The Basics of the seven Chakra System
- 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 the Level II Reiki Attunement
- How to give a typical Reiki session incorporating the symbols
- 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 and handouts. On-going support is also provided.

**\*Prerequisite – Must have completed Reiki Level 1**

## Advanced Reiki - Two Days

This two day intensive Advanced Reiki course will suit those who have enjoyed the benefits and skills learnt in levels 1 & 11 and wish to further their development with advanced Reiki techniques, learn how to apply the Master symbol, and receive the Master attunement to increase the effectiveness and strength of their Reiki energy.

This course will also benefit those keen to acquire further knowledge of metaphysical subjects that include ‘new science’ discoveries, the mind-body connection, an understanding of how the power of thought and emotions affect our lives and the world around us, together with the development and enhancement of psychic/intuitive abilities.

This Advanced Reiki course is also of great benefit to the final level of Reiki Level 111 – Master/Teacher training, although one does not necessarily need to go to the Master/Teacher level in order to learn the benefits of what the Advanced Reiki course has to offer.

*Some of the subjects covered include:*

- The Intuitive Heart – The Seat of the Soul
- Healing Karma – and understanding the concept “we are all one”
- Removing unwanted psychic energy/hooks and spirit attachments from the aura
- The Universal Law of Reflection – The Mirror and what it shows us
- Advanced Reiki Techniques
- Understanding the healing power of Gratitude and Appreciation
- Creativity and Problem Solving using Reiki
- Reiki Meditations
- Strengthening your aura using Reiki
- Working with your Guides and Enlightened Beings in a healing session
- Receive the Usui Master attunement which increases the effectiveness of Reiki energy
- The Usui Master symbol which increases the effectiveness of the Reiki 11 symbols and can be used for healing
- Healer ‘Heal Thyself’ – incorporating: Taking Responsibility - Dealing with Inner Conflict - Managing fear, stress & anxiety - Achieving & maintaining the physical, emotional, & spiritual bodies for optimum health and equilibrium

- The Lightworkers role in the Golden Age
- Techniques for processing emotions as they arise
- Achieving & maintaining a 'Light' Body to increase intuition & enhance psychic abilities
- Manifestation skills - creating prosperity with Reiki
- Understanding the transitional stages to higher consciousness
- Introduction to Crystal Healing; cleansing, programming, charging
- Understanding Crystal Grids and how to incorporate them with Reiki
- Crystal Reiki for Pets & Animals
- Ho'oponopono meditation - understanding the role of forgiveness
- Managing and understanding 'Empaths' and 'Sensitives'
- Understanding the next Level of humanity - our transition from 3D to 5D consciousness
- Information and guidance for those planning to take Reiki 111/ Master – Teacher training

**\*Prerequisite – Must have completed Reiki Levels 1 & 11**

**A Certificate for the Advanced Reiki System of Natural Healing** will be given on completion of this course together with an extensive manual and handouts. On-going support is also included.

## 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 or Reiki Practitioner (Level 11 and Advanced) one can apply to the Institute for full membership, and enjoy benefits such as International Practitioner recognition, professional indemnity insurance and discounted seminars. Jacqueline Travis is also acknowledged with the IICT as a '**Platinum** Training Provider' through her extensive training, qualifications, and 20 years of teaching experience.

## What is included in the courses and workshops?

As well as receiving the appropriate certificates, workbooks, and handouts, all crystals, massage tables, and workshop materials are provided for during the course together with filtered water, and morning and afternoon teas. On-going support is also included for all courses.

## What is not provided on the courses and workshops

You will need to bring along your lunch. For courses at Vivacious Living Centre, Applecross, WA - Riseley Square has a good selection of cafes and restaurants within walking distance. The Holistic Harmony Centre is held at a private residence in Carrara, Gold Coast, QLD and provides full kitchen facilities, excluding a microwave.

## Location

Our courses and workshops are held in Applecross, Perth, WA and in Carrara on the Gold Coast, QLD.

## Courses and workshops dates

All dates are listed on the website at [www.holisticharmony.com.au](http://www.holisticharmony.com.au) under the Training link on the home page - followed by 'Training Schedule'.

## Courses and workshops times

Arrival for Reiki workshops are 8.45 am for a 9.00 am start and finishing around 6.30 pm depending of number of attendees. The Crystal Healing and Metaphysics course is a 8.45am arrival for a 9.00 am start and finishing at 5.45pm.

## Bookings

A non-refundable deposit of \$200.00 for each Reiki workshop confirms your place, or alternatively payment in full. Final payments must be received 14 days prior to commencement of the workshop.

The Crystal Healing and Metaphysics course requires a non-refundable deposit of \$200.00 to secure your place. Final payments to be received 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 received 30 days (4 weeks) prior to commencement of the course.

*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 the account  
Account name: J. E. Travis, BSB: 124-001, Account Number: 21897626.  
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 our website. Paypal will give you an automatic receipt and we will be notified of your payment.

**CREDIT CARD** - You can pay direct from your credit card which will be processed through paypals 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 our website. Paypal will give you an automatic receipt and we will be notified of your payment

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

## Facebook - want to get updates on our courses and special events?

Like us on our facebook page: Holistic Harmony - Metaphysical Training for up and coming courses and private treatment sessions in Perth when on tour. Treatments on the Gold Coast available daily by appointment. The link is at the foot of each page of our website.

## Contact details

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