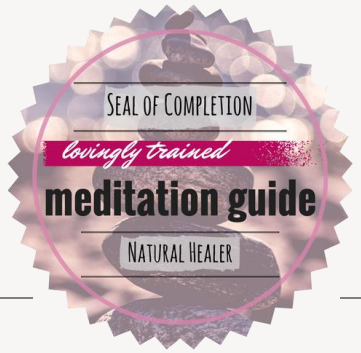
CERTIFICATE OF COMPLETION

PRESENTED ON **07 DECEMBER 2021** TO

NATALIE BROWN

has successfully completed all requirements to achieve the minimum credit hours (20 total), and is granted rights to use the techniques, audios and scripts with clients, as a certified

MEDITATION GUIDE



Instructor: Melissa Crowhurst
Issued by: Natural Healer™

PO Box 333, Greensborough, VIC 3088 Australia
naturalhealer.com.au

Natural Healer accreditation

This Natural Healer™ Meditation Guide 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 meditation; Proven benefits of meditation; Preparation steps; Where and how; Your breathing; What to do with your hands; 3 meditation steps: breathe slowly, keep your mind quiet (going deeper), repeat (opening the doorway); Facing fearful thoughts; In motion meditations; Spot meditations; Micro-meditations; Standard 'maintenance' meditation; Deep meditation; Chakra basics; Energy healing basics; Affirmations; Guiding others: Getting the atmosphere right, Being an 'anchor' and guiding, General meditation script & coming back, Being prepared when working with the public; Guiding your client or group; Steps to guiding a session.

Practice & assessment

Required practice: Breathing; the 3 meditation steps; two different styles of meditations; practice guiding a meditation.

Assessment: via six (6) online quizzes conducted throughout the course with one (1) online final exam at completion. Total course lecture completion, quiz+final 100% passing grade, and a digitally signed student declaration is required for graduation.