



SEARCH 4 EXCELLENCE

# EMPLOYEE MENTAL HEALTH

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# ESSENTIAL SPIRITUAL LAWS-1

# Key Takeaways

- **Understanding of the Relationship between Physical and Metaphysical World**
- **Ability to Clarify Desires and Align Manifestation Goals**
- **Law of Attraction Tools for Visual, Auditory and Kinesthetic People**
- **Using the Laws to improve Health, Relationships, and Career**

## Target Audience

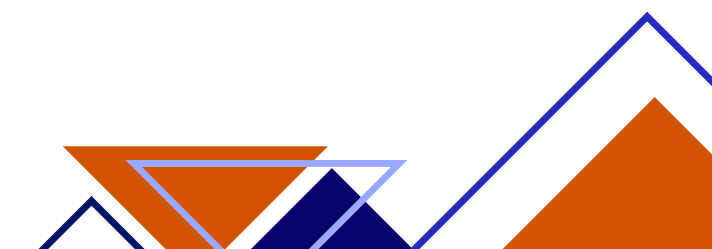
**EVERYONE INTERESTED IN  
SELF DEVELOPMENT**



**12 HOURS**

## Training Duration

|                      | The Metaphysical World                                                                                                                       | Manifesting Goals                                                                                                                                                                          | Tools of the Trade                                                                                                                                                                                                             | Removing Blocks                                                                                                                                                                                         |
|----------------------|----------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| KEY CONCEPTS COVERED | <ul style="list-style-type: none"> <li>• The Spiritual/Universal laws</li> <li>• Relation between Physical and Metaphysical world</li> </ul> | <ul style="list-style-type: none"> <li>• Creating Clarity, Focus and Acceptance</li> <li>• Setting Goals for Health, Relationships, Career and Finances</li> <li>• Ho'oponopono</li> </ul> | <ul style="list-style-type: none"> <li>• 3 Tools for Visual People</li> <li>• 3 Tools for Auditory People</li> <li>• 3 Tools for Kinesthetic People</li> <li>• Daily Practices for aligning the Laws with the Goals</li> </ul> | <ul style="list-style-type: none"> <li>• Avoiding Common Manifestation Mistakes</li> <li>• Deservability and Self Worth</li> <li>• Growth Mindset vs Fixed Mindset</li> </ul>                           |
| EXPECTED OUTCOME     | <p>Understanding how energy of intention affects our outcomes</p>                                                                            | <ul style="list-style-type: none"> <li>• Fixing Goals to work on in different life areas</li> <li>• Accepting Responsibility for Co-creating a Desired Life</li> </ul>                     | <ul style="list-style-type: none"> <li>• Figuring out primary perception ability and tools that work best with it</li> <li>• Creating a list of daily practices based on own preferences</li> </ul>                            | <ul style="list-style-type: none"> <li>• Fostering a positive Mindset and avoiding negativity</li> <li>• Conscientiously creating what is possible</li> <li>• Working on Shifting the Energy</li> </ul> |





# **ESSENTIAL SPIRITUAL LAWS - 2**

## Key Takeaways

- **Understanding of the Relationship between Physical and Metaphysical World**
- **Ability to Clarify Desires and Align Manifestation Goals**
- **Law of Attraction Tools for Daily Routine**
- **Using the Laws to improve Health, Relationships, and Career**

## Target Audience

**EVERYONE INTERESTED IN  
SELF DEVELOPMENT**

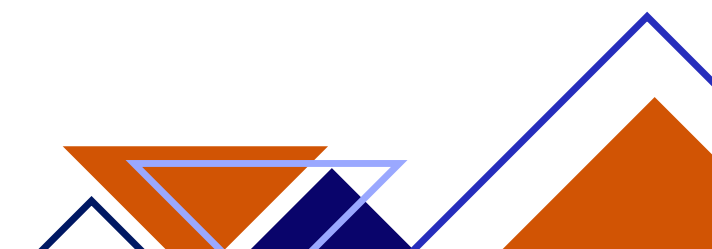


**6 HOURS**

## Training Duration



|                      | The Metaphysical World                                                                                                                       | Manifesting Goals                                                                                                                                                      | Tools of the Trade                                                                                                                                                    | Removing Blocks                                                                                                                                    |
|----------------------|----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| KEY CONCEPTS COVERED | <ul style="list-style-type: none"> <li>• The Spiritual/Universal laws</li> <li>• Relation between Physical and Metaphysical world</li> </ul> | <ul style="list-style-type: none"> <li>• Creating Clarity, Focus and Acceptance</li> <li>• Setting Goals for Health, Relationships, Career and Finances</li> </ul>     | <ul style="list-style-type: none"> <li>• 4 Tools for Manifestation</li> <li>• Daily Practices for aligning the Laws with the Goals</li> </ul>                         | <ul style="list-style-type: none"> <li>• Avoiding Common Manifestation Mistakes</li> <li>• Deservability and Self Worth</li> </ul>                 |
| EXPECTED OUTCOME     | <p>Understanding how energy of intention affects our outcomes</p>                                                                            | <ul style="list-style-type: none"> <li>• Fixing Goals to work on in different life areas</li> <li>• Accepting Responsibility for Co-creating a Desired Life</li> </ul> | <ul style="list-style-type: none"> <li>• Figuring out tools that work best for self</li> <li>• Creating a list of daily practices based on own preferences</li> </ul> | <ul style="list-style-type: none"> <li>• Fostering a positive Mindset and avoiding negativity</li> <li>• Working on Shifting the Energy</li> </ul> |







# REIKI LEVEL 1

## Key Takeaways

- **Stress buster and wellness booster**
- **Accelerated healing on physical, emotional and mental health issues**
- **Better connection with intuition**
- **Reconnects body, mind, and spirit with own natural ability to heal**

## Target Audience

**ADULTS LOOKING FOR  
SELF-HEALING**



**8 HOURS**

## Training Duration

|                      | What is Reiki                                                                                                                                                                | History of Reiki                                                                                                                                       | Healing with Reiki                                                                                                                                                              | Additional Tools                                                                                                                                      |
|----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| KEY CONCEPTS COVERED | <ul style="list-style-type: none"> <li>• How does Reiki Work</li> <li>• The Energy Body Composition</li> <li>• Relationship between Energy Body and Physical Body</li> </ul> | <ul style="list-style-type: none"> <li>• The 4 Miracles</li> <li>• The 5 levels of healing practices</li> <li>• Various schools of teaching</li> </ul> | <ul style="list-style-type: none"> <li>• Attitude of Gratitude</li> <li>• Gassho</li> <li>• Reiji Ho</li> <li>• Chiryō</li> <li>• Byosen Scanning</li> <li>• Kenyoku</li> </ul> | <ul style="list-style-type: none"> <li>• Framing Affirmations</li> <li>• Group Healing</li> <li>• Healing Crystals</li> <li>• Reiki Shares</li> </ul> |
| EXPECTED OUTCOME     | Exploring the concept of Energy Healing                                                                                                                                      | Better understanding of evolution of Reiki                                                                                                             | Performing a full energy healing for self and for others                                                                                                                        | Augmenting basic Reiki healing techniques with High Energy tools                                                                                      |





# THANK YOU

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