



Hedge-Witch

Intuitive Coaching, Tarot Consultancy &
Dowsing For Health & Wellbeing

Intuitive Spiritual Healing Diploma Course

This eight-module diploma course is designed to provide comprehensive training in intuitive spiritual healing, covering foundational principles, practical techniques, and ethical considerations. Each module spans two days, with six hours of dedicated learning time per day (a total of 12 hours per module).

Module 1: Foundations of Spiritual Healing

Theme: Introduction to spiritual healing, its history, principles, and the role of the healer.

Learning Hours: 12 hours

Day 1: Understanding Spiritual Healing

Introductions and Welcome

- Definition and philosophy of spiritual healing.
- Historical overview of healing traditions across cultures.
- The concept of energy, consciousness, and their role in healing.
- Different types of intuitive spiritual healing (e.g., distant, hands-on).
- Working in pairs, sensing the energy field
- The Healer's Role, Ethics, and Responsibilities.
- Self-Care Practices for the Student Healer.
- Grounding, centring, and protection techniques for healers and clients.

Day 2: Energy Anatomy and Assessment

- Introduction to the human energy field (aura).
- The seven layers of the Aura
- Physiology of the Aura
- In pairs, sensing the outer layers of the Auric field
- Understanding chakras, locations, functions, and associated aspects.
- Visualising the light and Colour
- Protecting and energising the chakra system
- Basic energy assessment techniques (e.g., sensing energy, pendulum dowsing).
- Introduction to intention setting and focused concentration.
- Q& A session, closing meditation



Module 2: The Healing Connection and Energetic Practices

Theme: Developing the healing connection and exploring fundamental energetic techniques.

Learning Hours: 12 hours

Day 1: Establishing the Healing Link

- The importance of presence, empathy, and active listening.
- Creating a sacred space for healing.
- Developing intuition and subtle perception.
- Connecting with the universal energy source and spiritual guidance.
- Guided meditations for enhancing healing faculties.
- Practical exercises in establishing energetic rapport (with partners).

Day 2: Cleansing and Balancing Energy

- Techniques for energetic cleansing (e.g., sweeping, clearing).
- Methods for balancing energy flow within the body.
- Introduction to specific hand positions for healing.
- Working with breath and sound in healing.
- Addressing energy blockages and stagnation.
- Practice sessions with partners for energy cleansing and balancing.

Module 3: Deepening the Healing Process

Theme: Advanced energetic techniques and understanding the emotional and mental aspects of healing. Learning Hours: 12 hours

Day 1: Working with Emotional and Mental Energy

- The mind-body-spirit connection in healing.
- Identifying emotional imprints and their energetic manifestations.
- Techniques for releasing stagnant emotional energy.
- Addressing negative thought patterns and beliefs.
- The role of forgiveness and acceptance in healing.
- Case studies and discussion on emotional healing.

Day 2: Distant Healing and Group Healing

- Principles and practice of distant spiritual healing.
- Setting up a distant healing session.
- Techniques for sending healing energy across space and time.
- Introduction to group healing dynamics and ethical considerations.
- Practical distant healing exercises.
- Discussing personal experiences and challenges in healing.



Module 4: The Healer's Presence and Self-Mastery

Theme: Cultivating personal power, ethical conduct, and continuous self-development.

Learning Hours: 12 hours

- **Day 1: Cultivating Personal Power**
- Understanding personal boundaries and energetic integrity.
- Strengthening the healer's energetic field.
- Maintaining a high vibrational state.
- Practices for resilience and preventing burnout.
- The importance of self-reflection and personal growth.
- Meditation and mindfulness for healers.
- **Day 2: Ethics, Professionalism, and Client Care**
- Detailed exploration of ethical guidelines for spiritual healers.
- Confidentiality, consent, and scope of practice.
- Building a professional healing practice (if applicable).
- Effective communication with clients.
- Referral systems and inter-professional collaboration.
- Role-playing client scenarios and ethical dilemmas.

Module 5: Spiritual Healing Modalities and Tools

Theme: Exploring various spiritual healing modalities and complementary tools. Learning

Hours: 12 hours

- **Day 1: Introduction to Specific Modalities**
- Overview of different spiritual healing traditions (e.g., Reiki, Therapeutic Touch, Pranic Healing – high-level introduction, not complete training).
- Understanding their unique principles and applications.
- Working with crystals and their energetic properties.
- Using sound healing (e.g., singing bowls, drumming) in practice.
- Aromatherapy and Essential Oils for Energetic Support.
- Soul retrieval concepts and practices (introductory).
- Working with past life energies (introductory).
- Practical demonstration and hands-on experience with selected tools.
- **Day 2: Incorporating Intuitive Guidance**
- Developing clairvoyance, clairsentience, and clairauidence for healing.
- Trusting intuitive insights during healing sessions.
- Using oracle cards or other divination tools for guidance (ethically).
- Communicating intuitive messages to clients.
- Practising intuitive scanning and interpretation.
- Ethical considerations when incorporating intuitive guidance.



Module 6: Addressing Specific Conditions Energetically

Theme: Applying spiritual healing principles to common physical, emotional, and spiritual challenges. Learning Hours: 12 hours

- **Day 1: Healing Physical Imbalances**
- Energetic approaches to pain relief.
- Supporting the body's natural healing mechanisms.
- Working with chronic conditions from an energetic perspective.
- Addressing fatigue and low vitality.
- The energetic connection to inflammation and immune function.
- Guided practice sessions focusing on physical well-being.
- **Day 2: Healing Spiritual and Ancestral Wounds and Protection**
- Understanding the spiritual root causes of dis-ease.
- Energetic clearing of ancestral patterns and inherited trauma.
- What is protection
- Protection exercises
- Ways to protect yourself and your clients
- Connecting with spiritual guides and helpers.
- Deep meditation and visualisation for spiritual healing.

Module 7: Creating a Professional Healing Practice

Theme: Practical aspects of setting up and managing a spiritual healing practice. Learning Hours: 12 hours

- **Day 1: Business Fundamentals for Healers**
- Developing a mission and vision for your practice.
- Legal and Insurance Considerations (Country-Specific Overview).
- Marketing and client attraction strategies.
- Pricing services and managing finances.
- Creating a professional healing space.
- Networking with other holistic practitioners.
- **Day 2: Client Management and Follow-up**
- Initial consultations and client intake forms.
- Session structuring and flow.
- Maintaining client records (confidentiality).
- Follow-up strategies and post-session care.
- Handling difficult client situations.
- Building long-term client relationships.



Module 8: Integration, Supervision, and Future Growth

Theme: Consolidating learning, seeking supervision, and planning for continued development.

Learning Hours: 12 hours

- **Day 1: Review and Integration**
- Review of all core concepts and techniques learned throughout the course.
- Q&A session and clarification of advanced topics.
- Group healing exercises integrating multiple techniques.
- Sharing personal healing journeys and insights.
- Identifying personal strengths and areas for further development.
- Advanced grounding and protection techniques.
- **Day 2: Practical Application and Certification**
- Supervised practical healing sessions with peers or guests.
- Feedback and constructive critique.
- Discussion on ongoing supervision and mentoring.
- Resources for continuous learning and professional development.
- Final assessment/demonstration of healing abilities.
- Certification ceremony and celebration.

Each module is practical and experiential, and students will work both individually and in pairs to develop their skills, knowledge, and confidence.

Support notes will be provided for each module.

At the end of each weekend module, you will be given a homework assignment that must be completed and returned for marking two weeks before the next module.

Each student will be expected to complete one hundred healings, which includes four case studies, each comprising four treatments.

Each student is expected to complete the required number of case studies and the remaining eighty-four healings before taking their final assessment in Module Eight.