**Initiation into the Crystal Heart**

**with Reiki–Sekh’m**

Crystal Heart Reiki is an initiation into your own crystal heart. It is the path to self-mastery through personal discovery and self- empowerment.

The aim of this course is to open the door to your own spiritual development. One of its by-products is hands on healing, for self and others. During the workshop you will learn how to access your higher self and ask simple “yes/no” questions about what frequency is appropriate for you, how to clear your aura of any negative influences and create an energetic cloak of protection.

In this workshop you will learn tools to address any issues hidden in your shadow self and bring them to the surface to be healed. It will also give you symbols to create energy healing banks to heal or manifest situations in the future.

As opposed to traditional Reiki which has a very strong male energy, Crystal Heart Reiki is also infused with a feminine nurturing energy and carries the ray of unconditional love of the Goddess Quan Yin.

Once you learn to be in your own truth and integrity you will open the door to self-empowerment and self-mastery.

Participants are energetically empowered to the equivalent of traditional Usui Reiki I & II, by the ritual of individual attunement where the teacher activates and enhances their innate ability to source Rei Ki – sky and earth energies. The attunement reawakens ancient wisdom in your energy field that goes far beyond what we know as Reiki.

Bernadette teaches 6 levels of soul development and spiritual service workshops called “The Path of the Bodhisattva Warrior”:

* **1-Reiki Initiation into the Crystal Heart**
* **2- Activation of the Rings of the Thymus Chakra**
* **2a-Advanced insights into the Chakra system**
* **3- Initiation into the magic of Sekh’m**
* **4- Introduction to the Buddha Within**
* **5- Connection with the Warrior’s Shadow**

**1- Initiation into the Crystal Heart**

* **History and principles of Crystal Heart Reiki**
* **Introduction to the Rings of the Thymus**
* **Six Crystal Heart Reiki Symbols for:**
  + Unconditional Love / Balance
  + Cleansing & Energetic Protection
  + Grounding or Connection to Spirit
  + Distant healing
  + Creating Energy Healing Banks
  + Empowerment
  + And more….
* **Hands-on Positions**
* **Energy balance / Chakra balance**

**2a - Activation of the energetic Rings of the Thymus Chakra**

A fun, hands-on, workshop, explaining energy healing and expansion of the human energy field via the Thymus Chakra, working with symbols, meditations, toning, and chanting mantras.

Rings of the Thymus Workshop is a bridging course, teaching how to connect chakras and energetic rings in order to empower our relationships with others and improve our discernment in order to survive our environment and grow spiritually.

**2b -Advanced spiritual insights into the Chakra system**

Participants are taught how to clear and balance chakras with colours, sounds, foods, specific exercises, mudras and meditations.

There is a section on chakra development in children in relation to behavioural patterns.

Another section lists common ailments and their corresponding chakras. This course is a mixture of theory and hands-on work on the chakra system, giving you insights into the source of dis-ease and tools to create wellness. There is no prerequisite.

**3**- **Initiation into the magic of Sekh’m**

Sekh’m means the “sacred might or sacred power, from the mystery schools of Egypt.

This course looks into your shadow self, your hidden motives, your family patterns, your karmic miasms and basically the old, outdated programs that run your life. In this workshop you will be empowered to look into your past, heal the wounds and create a new program to take you safely through “the shift of the ages”.

The course includes 15 empowering symbols for:

* Letting go
* Balancing of Yin and Yang
* Infusing light
* Protecting & cleansing the aura
* Sending energy beyond linear time
* Manifesting abundance
* Connecting to Earth/Spirit
* Transcending time/space/matter
* Giving Unconditional love
* Magnifying energy
* Achieving energetic integrity
* Releasing & severing energetic ties
* Expressing Gratitude
* Accessing and healing cellular & karmic memories through time
* Communicating on all dimensions

For bookings please contact Bernadette on : 9752 0202

or email: [bernadette@crystalheartsanctuary.com](mailto:bernadette@crystalheartsanctuary.com).

**A deposit is required with your application, to secure your place**.

**CRYSTAL HEART REIKI / SEKH’M ADULT WORKSHOPS**

(Application form attached, or see [www.crystalheartsanctuary.com](http://www.crystalheartsanctuary.com)

to download another)

**Workshops 1-2-3 will only run if enough people are interested. Please contact me for possible dates by email or phone.**

**1-Reiki Initiation into the Crystal Heart**

Saturday & Sunday from 9 am till 6 pm

**2a-Activation of the Rings of the Thymus**

Saturday & Sunday from 9 am till 6 pm

**3-Initiation into the Magic of Sekh’m**

Saturday & Sunday from 9 am till 6 pm

**4-Introduction to the Buddha within**

**5-Connection to the Warrior’s shadow**

*(Level 4 & 5 are by invitation only & after completing all other levels.*

*They are based on Buddhist philosophy.)*

**Reiki for Kids – Level 1**

On request, (2 to 5 pm)

**Permaculture**

On request

Bernadette Saulenier graduated in 1988 in clinical nutrition and went on to complete a post- graduate diploma in Naturopathy in 1990.

Her first passion was Herbalism and as she studied the effects of particular herbs on specific symptoms, she started to feel the vibration or resonance of each herb - that discovery led her to seek further information on Vibrational Medicine. She then studied homeopathy and graduated in 1995. In the meantime she discovered the gift of Reiki/Seichim and eventually did her training with Margot Deepa Slater to become a Newlife Reiki Seichim teacher.

Bernadette has now retired as a Naturopath and only teaches a couple of workshops a year.

In order to teach Reiki, she has served an extensive two-year apprenticeship involving seminar co-ordination, facilitation and organisation, community service and commitment, spiritual discipline and training as well as a retreat involving a minimum of 300 hours supervised teacher training with Margot Deepa. She is empowered to teach Level 1 Newlife Reiki Seichim.\* After a further 5 year training with Deepa, ending in November 2003, Bernadette decided to break away from the lineage and teach her own version of Reiki and Sekh’m. She is committed to sharing her resources in a way that personally empowers seminar participants.

As a teacher, Bernadette has created a flexible and relaxed teaching programme that flows freely, saves time and, above all, encourages participants to explore and express their creativity while discovering their very own way of enriching their lives with this new-found knowledge.

\*Now called Crystal Heart Reiki

**Crystal heart**

**REIKI-SEKH’M**

**An Initiation into your crystal heart**



**Presented by**

**Bernadette Saulenier**

**Phone: 9752 0202**

**Email: bernadette@crystalheartsanctuary.com**

**Website: crystalheartsanctuary.com**

**CRYSTAL HEART REIKI SEKH’M**

**Bernadette Saulenier**

**14 Mt. Pleasant Rd, Monbulk Vic 3793**

**Telephone: 9752 0202**

[**www.crystalheartsanctuary.com**](http://www.crystalheartsanctuary.com)

Thank you for your enquiry regarding our various spiritual development workshops.

**Place and Time:**

The venue is in Monbulk**.**

The seminars run from 9.00am to 6.00pm on both Saturday and Sunday.

Refreshments will be provided but please **BYO food for lunch.** Bakeries may be open a short walk away.

**Attunement:**

Attunementsfor some of the workshops take place during the week prior to the seminar and you will be required for about an hour. We will contact you to arrange a convenient time for you to attend.

**Costs:**

**Reiki cost:** **$350.00 including GST**

**Rings of the Thymus cost:** **$350.00 including GST**

**Sekh’m cost: $350.00 including GST**

**A 50% deposit** **is required to secure your place in any of the above seminars** **with balance of payment due at attunement or earlier if desired.**

Should circumstances preclude you from participating, and you provide fair notice, you may choose to transfer to another seminar, otherwise you forfeit your deposit. No refunds will be issued after attunement.

**Application:**

**Please complete the application slip and return with your deposit at your earliest** **convenience**, **usually at least a month before the workshop, but early bookings will ensure a place, whereas later ones may not.**

Again, we thank you for your interest and look forward to meeting with you.

Love and Light,

**CRYSTAL HEART REIKI SEKH’M**

Kindly complete and return to*:* **[bernadette@crystalheartsanctuary.com](mailto:bernadette@crystalheartsanctuary.com)**

Please reserve a place for me in the (*tick the correct workshop*):

🞏 Reiki Initiation into the Crystal Heart

🞏 Activation of the Rings of the Thymus Chakra

🞏 Initiation into the magic of Sekh’m

workshop to be held -

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