

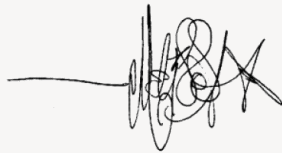
# CERTIFICATE OF COMPLETION

PRESENTED ON 27 JANUARY 2025 TO

## TAMATHA FLORENE HICKS

who has successfully completed the basic '*Learn to Meditate in Minutes*' course requirements to achieve the minimum credit hours (16 total) to become a certified

## MEDITATION GUIDE



Instructor: Melissa Crowhurst  
Issued by: Natural Healer™

The logo for "Natural Healer" features the word "Natural" in a large, green, sans-serif font. Below it, the word "healer" is written in a smaller, black, cursive font. A green leaf graphic is positioned between the two words.

PO Box 333, Greensborough, VIC 3088 Australia  
[naturalhealer.com.au](http://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

Theory: What is meditation; History of meditation; Transcendental vs. mindfulness meditation; Guided meditation; Proven physical, mental, and spiritual benefits of meditation; Basics: 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; Methods: In motion meditations; Spot meditations; Micro-meditations; Standard 'maintenance' meditation; Deep meditation; Additional Learning: Chakra basics; Energy healing basics; Affirmations; Guiding a Session Method: 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**: 2 x breathing exercises; 3 x the 3 meditation steps practice; 4 x own meditations (one each: in motion, spot, micro, standard) practice; 5 x themed meditation practice sessions; 2 x guiding a meditation session practice with at least one other person.

**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 digitally signed declaration is required for graduation.

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