

Tools for Healing and Transformational Wellness

Master your energy ~ Embody the Life You Choose ~ Fall in Love with Your Wholeness

Class and retreat offerings by Diana Maria Chapin, Energy Healer and Yoga Nidra Meditation Guide

Reiki I

Awaken the healer within you by learning the art and science of energy healing. In this beginner's course you'll learn the Japanese healing art called Reiki. Reiki means "Universal Life Force energy," and is sometimes called "hands-on healing," or "laying-on-of-hands." It is the practice of using the body as an instrument of consciousness to facilitate the increased flow of life-giving energy to yourself or other beings.

In this certification course, Diana shares the traditional teachings of Reiki I, plus a significant amount of material not offered in typical Reiki I training. No previous knowledge or experience is necessary!

Learn how to facilitate healing and the flow of universal healing energy to support your own healing, your family, and friends, and even your pets. Develop skills in feeling energy and practice the basic hand positions for administering the flow of energy in and around the human body.

Learn the history of this Japanese healing art form, which is used to facilitate a relaxation and stress-relief response in the physical body and which soothes the nervous system. Reiki is one form of energy healing, a biofield therapy that supports spiritual, mental, emotional, and physical healing, and is a tool for personal transformation and mental and emotional self-regulation.

In this certification course, you'll learn about the Human Energy Field (also called HEF.) Diana will share some basic but potentially life-changing information regarding the seven main energy centers of the body (the Chakra system) and how the bodymind processes the energy and information of life. You'll discover how the energy centers are neurologically and hormonally "mini brains." They are intelligent energy centers of consciousness, and you'll learn how they are always offering guidance for your life. You'll practice increasing your awareness of energy within and around your body and how to sense and perceive into the energy fields of those who consent to your care.

You'll learn a valuable, practical, easy meditation technique which promotes heart-brain coherence, a foundational state of being from which healing and feelings of peace and well-being arise. You'll develop and practice skills to support others in attaining sensations of well-being and harmony within their body.



Reiki II

A natural progression following Reiki I certification, this second-degree training is for those who have been certified in Reiki I by Diana or another Reiki Master Teacher. This certification class teaches all the traditional Reiki II coursework along with some additional behavioral wellness content.

Diana includes a review of first-degree training, with a primer of the art and the science of energy healing. Enjoy a refresher explanation of the "how and why" behind this healing modality.

Students learn the meaning of Reiki signatures for placing Divine Love during a healing session, creating emotional balance, and holding intentions that transcend time and space. Students learn how to use and share these Reiki tools and develop some insights and skills around facilitating healing sessions with others.

Dive deeper into the practice and science of heart-brain coherence, the foundational state of well-being and the state-of-being which increases and amplifies the flow of life-force energy to self and others.

Diana shares the transformational wellness science that informs the "how and why" behind Reiki, energy healing and meditation. She helps students understand more deeply that the body is an electromagnetic instrument of consciousness. She shares information about the energy of thinking-felling loops, and the energy medicine view of mental, emotional, and behavioral wellness.

Students learn a number of distorted thinking patterns that can create unhelpful "vicious cycles," habits, patterns, and programs within the mental, emotional and physical body. Diana shares how to unlearn and unwind these patterns and how to connect to creative energy and a better-feeling future.

Participants implement their new healing skills through practice with each other, as they end the day with Reiki II certification.

Learn more by reading Diana's blog:

The Anatomy of Self Love at
www.dianamariachapin.com

Call or text 207-249-2261
or email dianamaraichapin@gmail.com.

Advanced Reiki Training (ART)

Advanced Reiki Training supports and certifies those who are interested in learning more about the more subtle aspects of spiritual and emotional healing, which can precipitate healing in the physical body. Diana teaches the traditional content of ART, as well as some behavioral and relational content.

Students will learn about the electromagnetic biofield around the human body, and how it is a template for the physical expression of the body. They will dive deeper into the non-local aspects of mental and emotional energy and will develop advanced skills in supporting the liberation of stored or incoherent energy from within and around the body of the receiver.

The group will learn and practice the Reiki signature that describes and empowers the benevolent relationship between the healer and Universal life-force energy. Students learn and practice a moving meditation to inspire their own healing and discover how to increase the flow of energy within and around their body.

The group will explore the heart of the healer: the role of an objective witness of sacred events between their healee/receiver and the Divine. Students learn how to encounter their own biases and conditioning, to transform their awareness and be present as an objective facilitator of energy for another being. The group will role play relational scenarios to develop the skills of an advanced healer who is skilled at providing support and guidance for another person in need.

(ART) certification

Yoga Nidra Meditation Retreats

for Healing & Transformation

Yoga Nidra is an easy-to-learn meditation which entrains the body to linger in the state of consciousness between being awake and asleep. In Yoga Nidra, the mind is awake and aware and the body is deeply at rest. This state opens the door between the conscious and subconscious mind...for those interested in mystical experiences, this state of consciousness is the doorway to a greater understanding and experience of the Divine Self and Oneness.

Learn the basic art and science behind transformational wellness. Learn steps for navigating transformational change, discover your energy anatomy, and learn about your innate emotional guidance system. Gain clarity and skills around how to gently challenge your habitual thinking patterns and implement new concepts for your healing and wellness. Develop skills for implementing these and some easy meditations in your everyday life.

Diana will teach you the “why and how” behind this guided form of meditation, which will inform your understanding of the practice. Enjoy a centering, grounding, creative day of healing as you learn and practice Yoga Nidra meditation and heart-brain coherence-based breathwork and meditation. These practices are used to increase awareness of the healing universe within the body and to empower a greater level of conscious awareness of the creative healing energy that is within and all around us.

Heart-brain coherence is the harmonic state of being that is felt by us as sensations of peace, love, joy, gratitude and is the foundational state-of-being for wellness. Learn to entrain your body to a coherent state through an easy, natural technique you can use anytime, anywhere.

Yoga Nidra meditation, heart-brain coherence meditation and energy healing are tools for creating the life you want. They have been



About Diana

Diana is a clairsentient, intuitive energy healer, a Reiki Master Teacher and meditation guide with a strong background in behavioral and relational wellness. Her practice blends science and mysticism, and she helps people develop practical strategies for self-regulation and mastery of their inner environment no matter what is happening in their life. Diana’s practice is informed by the awareness that we each have a natural pharmacy within us which we can learn to activate and balance through the natural, drugless, holistic ancient healing practices of meditation and energy healing. These ages-old modalities are being validated by the cutting-edge studies of quantum physics, cardioneurology, epigenetics and psychoneuroimmunology.

Diana shares the art and science of transformational wellness, supporting others in conceiving of a reality beyond their current thoughts, feelings, and state-of-being. She helps them connect with and feel into creative healing energy and empowers others by teaching a model of reality based in wholeness. This model is based in the laws of energy and nature—and the conviction that we are energy beings designed to **enjoy** the experience of being human.

A natural teacher, Diana views meditation and energy healing as therapies of inclusion: they are birthrights of every human being—and they are learnable skills and practices. Meditation and energy healing support us through change and transformation, and energetically nurture mental, emotional, physical and spiritual wellness.

Schedule a private or group session for relaxation, stress relief or healing, or enjoy learning more about how your body is an instrument of consciousness and creation. Check Diana’s website for scheduled retreats and trainings, or book a private one for your family, group or business.

Reduce Anxiety with Energy Medicine and Meditation

Looking for ways to reduce anxiety and sensations of fear and dread in your life? An energy medicine perspective can help you. Learn about how your body is organized energetically and how it offers you guidance for change and growth. Learn how to interrupt unhelpful thinking-feeling patterns and change how your body feels. Learn easy and simple meditation skills that are not just struggling against your thoughts. A new perspective on transformational wellness could change your life.

Yoga Nidra Small Group Meditation

Get a taste of healing Yoga Nidra meditation with a small group of those who are also healing through scheduled sessions below. Alternatively, create your own group and schedule a private session with Diana. In just 2 hours you'll learn the basics of Yoga Nidra meditation and heart brain coherence, a foundational state of wellness.

Yoga Nidra (meaning Awake-Asleep) is a guided form of meditation. Diana will teach you the "why and how" behind this easy-to-learn meditation which entrains the body to linger in the state of consciousness between being alert and asleep. In Yoga Nidra, the mind is awake and aware and the body is deeply at rest. In this state-of-being, the parasympathetic (rest and digest) nervous system engages, and feelings of relaxation, soothing peace and healing can be felt.

Lingering as awareness in the state of Yoga Nidra opens the door between the conscious and subconscious mind. In this state people often experience feelings of deep connection, have sudden helpful epiphanies and feel into their own healing and wellness. For those interested in mystical experiences, this state of consciousness can be a doorway to a greater understanding and experience of the Divine Self.

Renewal Series: Transform Your Self-Image & Fall in Love with Your Wholeness

This series will support you in broadening your awareness and understanding of your body as physical AND non-physical energy. You'll develop a holistic model of your body beyond just the physical you. Learn how your whole body is an intelligent mind, and it's always offering you very specific information and guidance for your life.

This information will help you master your energy and create harmony between your thoughts, feelings and physical state-of-being. Gain new awareness that supports a model of wellness that honors, heals and synchronizes the whole you.

Through practice, this whole-istic model will support your transformation to a more self-accepting and a more self-loving state-of-being, as you learn to use your body as an instrument of consciousness. You'll learn how to create, become and embody the transformational change you seek in your own life.

You'll learn and practice heart-brain coherence, meditation and practice soothing, centering breathwork. You'll learn and practice Yoga Nidra meditation, an easy lying down or sitting up meditation that can transform you, heal you and open opportunities in your life.

Week 1

Learn how your body is organized energetically--the biofield & the koshas
Practice Heart Brain Coherence
Breathwork and Meditation
Practice Yoga Nidra meditation for relaxation

Week 2

Learn how your body is organized energetically--the energy centers
Practice Heart Brain Coherence
Breathwork and Meditation
Practice Yoga Nidra meditation for your healing intentions

Week 3

Learn about Meta-Reality, the reality beyond this known 3-D world
Learn what Heart-Brain Coherence means (foundational state of wellness and peace)
Practice Coherence and Yoga Nidra for your healing intention and the intentions of the group