

LEARN THE ART OF HEALING,  
THE NATURAL WAY!

The mission of the Institute of Natural Healing is to raise our consciousness, to awaken our intuition, and live a more meaningful life and existence.

The Institute of Natural Healing empowers the human spirit, through self-discovery, personal transformation, healing.

The **Art of Healing® Training** is a collection of metaphysical and spiritual healing methods and techniques, which include a variety of practical tools. This training helps to make the invisible world useful and understandable. Your own psychic abilities will be more awakened and activated, and you will find your own sense of spiritual direction.

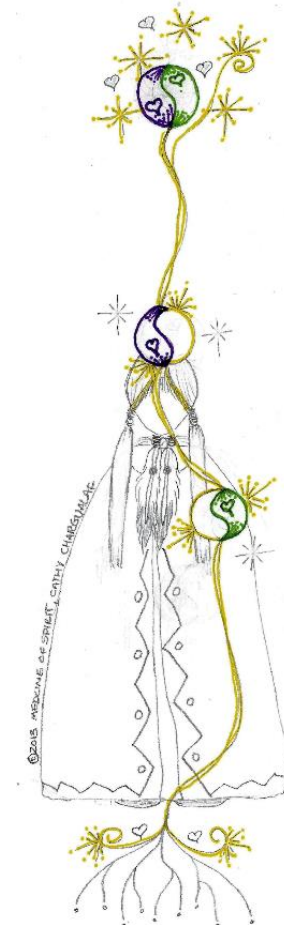
You will learn the **principles, methods, and techniques** of many **metaphysical modalities**. Apply what you learn immediately, whether you use these techniques for yourself, or to help others.

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Healing. The Natural  
Way!



Life Esteem LLC  
Dr. Cathy Chargualaf  
P.O. Box 772, Perris, CA 92572

# The Institute of Natural Healing



## The Art of Healing® Training

# The Institute of Natural Healing (IoNH)



The Institute of Natural Healing (IoNH) is the sole certifying agency for the Art of Healing® Practitioner.

The Art of Healing® Practitioner Certification Program is administered under the direction and tutelage of Dr. Cathy Chargualaf who has researched and taught metaphysical training, and accelerated human performance for nearly two decades.



## Dr. Cathy Chargualaf

Dr. Chargualaf is a Metaphysical Spiritual Counselor, Teacher, Intuitive Energy Healer, author, and owner and founder of [Life Esteem, LLC](#), [Life Esteem Wellness Center](#), and the [Institute of Natural Healing](#) in Southern. She received her PhD in Metaphysical Humanistic Science, with a specialization in Spiritual Counseling and Transformational Coaching. She also has a doctorate in Clinical Hypnotherapy, attained certifications in a variety of metaphysical modalities, and worked with Anaheim's Community Services Program as a California State Certified Counselor. Her extensive experience, compassionate approach will help you go deeper in uncovering your inner wisdom, and connecting to your higher power.

## Curriculum

All students will receive a Certificate of Completion for each course completed. Students are welcome to take courses independently, if certification is not your goal.

### Art of Healing® Core Curriculum:

The Meaning of Metaphysics (AoH.A1)  
Metaphysical Self-Mastery (AoH.A2)  
Metaphysical Critical Thinking and Problem-Solving (AoH.A3)  
Metaphysical Communication (AoH.A4)  
Metaphysical Healthy Relationships (AoH.A5)

### The Art of Healing® Elective Curriculum:

Focused Attention and Meditation (AoH.B1)  
Guided Imagery and Visualization (AoH.B2)  
Aromatherapy & Essential Oils (AoH.B3)  
Chakra Therapy (AoH.B4)  
Aura Therapy (AoH.B5)  
Crystal Vibrational Healing (AoH.B6)  
Herbal Therapy (AoH.B7)  
Psychic Development (AoH.B8)  
Advanced Clairvoyant Techniques (AoH.B9)  
Universal Law #1: Law of Attraction (AoH.L1)  
Universal Law #2: Law of Intention (AoH.L2)  
Universal Law #3: Law of Allowance (AoH.L3)  
Universal Law #4: Law of Balance (AoH.L4)  
Transformational Coaching (AoH.C1)  
Bioenergy Healing - Fundamentals (AoH.H1)  
Bioenergy Healing - Advanced (AoH.H2)  
Business & Marketing 101 (AoH.H3)

For more details on course descriptions, go to [www.instituteofnaturalhealing.com](http://www.instituteofnaturalhealing.com)



Dr. Cathy Chargualaf PhD, DCH, CSC  
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## Art of Healing® Practitioner Certification

Students that desire to obtain certification as an Art of Healing® Practitioner are required to complete all Core Curriculum and seven additional courses (Art of Healing® Elective Curriculum) that best fits the needs of the student goals. Students are welcome to take additional courses beyond the 12 required, if desired, for listed tuition rate.



Students are welcome to take courses independently, if certification is not your goal.

## Contact

The Institute of Natural Healing (IoNH)

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