



Phase #2 Courses

111: Awakening to Your True Self

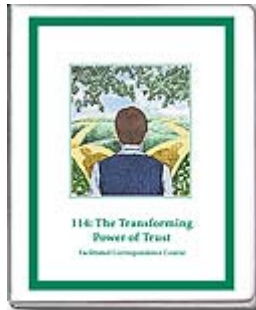


In this course you will look at core aspects of your personality which are holding onto ideas that do not come from your true Self. Some of the ways these aspects express themselves include self-righteousness, suffering, victimhood and projecting guilt and blame onto others. If you still find yourself sabotaging your innate happiness, this course will give you practice in identifying and healing those self-defeating aspects. You will learn how to quiet your mind to let your true Self lovingly transform your mind — your thoughts and feelings — to higher levels of awareness.

As you learn to quiet your mind and listen, you awaken to the real you - to your true Self. As you gradually welcome awakening to your inner Spirit, your experience changes to allow in more joy, love and the knowing that you are safe in God. Your true Self is your true nature, the essence of what you are. You will learn to allow in the awareness of your true Self more fully and receive helpful insight. Your true Self is your inner Teacher and will help you transform your thinking to see the outer world differently to live a happier and more purposeful life.

As your thinking increasingly comes from your true Self, you become more gentle with yourself and others. You are able to see past the fearful thinking and resulting behavior in yourself and others, to see the true reality of Love that lies behind all fear. You are able to make choices and decisions from a place of Wisdom and peace.

114: The Transforming Power of Trust



This course will help you feel more confident about trusting your Inner Guidance, spiritual intuition and your ability to know what is right for you. Trust opens the door to living a purposeful life, following Spirit. Trust helps you experience the quiet peace that comes with letting go of fearful thinking. When you trust that your Source is working for you and with you, you relax and allow It to lead you.

Learn how to let go of the doubt that cuts you off from experiencing trust in areas of:

- Knowing your innate abundance
- Allowing loving relationships
- Becoming increasingly aware of quieting your mind to listen to Inner Wisdom.

Learn what pushes your buttons, causing you to lose your trust, and how to get back to trusting your true Self as your source of Guidance. Trusting your inner Teacher changes how you see everyone and everything. This trust allows you to see the world from a new perspective of oneness. As you place your trust in your true Self, you see through the false veils of ego thoughts of conflict, limitation and lack. You are unlimited Love and Light. The more you can trust in the Christ within, the more it will be reflected in your life.

115: How to Be Loving, How to Be Loved



Within everyone is a desire to return to Love, our Source. In our search for Love, we may look to someone outside of ourselves to give it to us. In this stage we are not aware of the Love within. We don't recognize our inner worth, our Light, our own perfection. As long as we continue to look outside ourselves to fill this sense of emptiness, we will feel unfulfilled.

When you realize that you have not found Love by looking for it from others, you are ready to go into a new stage of your life. You are ready to walk into an expanded awareness of Love. You are ready to consistently express your true unconditional loving nature. You are ready to wake up to What you are. In this course you will practice healing and releasing your barriers to Love. With the support of others, you will experience the depth of unconditional Love which lies within you. You will learn how to tap into this reservoir and bring Love to situations in your life which need healing.

You will learn to let go and let Love take over, seeing the world from a new perspective. You recognize that Love is giving, not getting. As Love extends from you, the sense of scarcity and lack gently falls away. Extending the Love that you are is your top priority. It is what you are here to learn and teach. You will focus on opening up to that Love and letting It shine through. Love is the healer. It will change your life.