

## ENERGY SERIES

# Your Evolving Energy Anatomy

You'll examine your personal experience of life and ask...

What is the energetic definition for this issue?

How is my energy moving to create it?

What is the energetic solution to change it?

Humanity's spiritual evolution is an energetic process. This process takes place through the functioning of our energy anatomy, just as our physical growth results from food assimilation that takes place through the functioning of the digestive system. When your digestive system is functioning properly for the optimum uptake of nutrients, physical health and growth are enhanced. Similarly, when your energy anatomy is functioning optimally, it allows you to process and hold higher frequencies, enabling you to experience higher levels of consciousness - hence spiritual evolution! This course gives you the knowledge and tools to clear, balance and optimize your energy anatomy and raise your vibration!

## EVOLUTION SERIES

# Exploring your Spiritual Heritage

You'll examine your personal experience of life and ask...

Why am I experiencing this?

What higher purpose does this serve for me?

Where is this leading me?

Just as energy facilitates the process of evolution, evolution is the result of the process of raising consciousness. Herein lies the exquisite relationship - the cause cannot be separated from the effect. Evolution is energetic. Consciousness reflects evolution. Energy is an expression of consciousness. Evolution is a cycle - just as we left our celestial Home, we are now heading back. During this provocative series, we will explore our spiritual heritage as it relates to our energetic evolutionary process, answering the timeless questions:

Who am I? And...why am I here?

## ENERGY SERIES TOPICS

### Your Evolving Energy Anatomy

#### Part One: Unpacking your Baggage

1. **It's All About Me:** Stop projection and take responsibility for your life.
2. **Energetic Forgiveness:** Releasing the energy of the past.
3. **Thanks, But No Thanks:** Changing old patterns that no longer serve you.

#### Part Two: Balancing your Connection with Life

1. **Giving & Receiving:** What do I give? What do I receive? I am open to the flow?
2. **What Goes Around, Comes Around:** Energy ALWAYS seeks balance
3. **Energetic Stalking:** Learn how to energetically disconnect from relationships

#### Part Three: The Power of Now

1. **Energetic Definition of NOW:** Learn how to be fully present to life
2. **Spiritual Intelligence:** The answers are within - learn how to connect with them
3. **Finding the Solution:** Getting beyond the problem to access the solution

#### Part Four: Empowered Creatorship

1. **You Created It, You Can Change It!** Get unstuck and move forward!
2. **Be Careful What You Ask For:** Setting clear intentions for what you desire
3. **Turn Up The Volume!** Add emotional energy to your intentions to fuel manifestation

## EVOLUTION SERIES TOPICS

### Exploring your Spiritual Heritage

1. **What Am I?**
2. **Where Did I Come From?**
3. **How Did I Get Here?**
4. **How Did I Evolve?**
5. **Why Am I Here?**

## CONSCIOUSNESS SERIES

### *Experience your True Magnificence!*

You'll examine your personal experience of life and ask...

What is my current level of awareness?

How can I change my perspective and find the solution?

What have I learned from this?

A significant aspect of how energetics influence evolution is this: energy is information...information is energy. Just as we store and process information electromagnetically through our computers, we store, translate and process energetic information through our energy anatomy. This information may not always be consciously understood by our brains, but our DNA and cells communicate energetically and respond. When our energy anatomy is at peak performance, we enhance its ability to interpret and integrate energetic information that supports our evolution - spiritually and physically. The degree to which we are able to utilize energetic information has a direct bearing on our consciousness level. In this series we will explore frequency, vibration and consciousness and how we can proactively impact and expand our awareness of our spiritual nature, bringing a deeper understanding of life for peace and harmony. You'll learn tools and processes to speed your evolution and deepen your connection to Spirit.

## TRANSITION SERIES

### *Embrace Change & Claim your Power*

You'll examine your personal experience of life and ask...

Where am I being challenged to grow?

What is my resistance to change?

What beliefs can I change to support my transition?

As we grow and evolve, we continually examine and adapt our paradigms as we stretch to understand more about our existence and our purpose on the planet. This is not always a comfortable or easy process. Change provides the opportunity for growth in all areas of our lives, but change is difficult for some. Resisting change can take a great deal of our energy! Understanding why we change allows us to rise above the fear of the unknown and flow more gracefully with life's transitions. Facing transition with a healthy perspective is essential for continued growth and evolution. Join us as we examine and challenge our concept of truth and the beliefs we hold so dear...

*"There is nothing...NOTHING more important for you to do than to increase your awareness of who you are as spiritual being so you can come to KNOW your true magnificence!"*

Yeshua, March 2008

## CONSCIOUSNESS SERIES TOPICS

### *Experience your True Magnificence!*

1. What is Consciousness?
2. How to Raise your Vibration
3. Intentional Emotions
4. Resonance & Entrainment
5. Multi-Dimensionality & Circular Time
6. Holons & Group Entrainment

## TRANSITION SERIES TOPICS

### *Embrace Change & Claim your Power!*

1. Truth & Beliefs: Releasing attachments to allow your truth to evolve
2. Change & Resistance: Accepting Ego's role while moving forward
3. Overcoming Inner Conflict: Identifying beliefs that no longer serve you
4. Facing the Fear of Change: Exploring the source of fear relating to change
5. Religion vs Spirituality: Learn to resolve inner conflict and embrace evolving beliefs