

KNOW THYSELF 1A COURSE OUTLINE

Self -Awareness through the Enneagram

FIRST ASCENSION ACCELERATION: BUILDING THE FOUNDATION

This is the first Ascension acceleration activation as part of the full 9 Acceleration Activation Program. It forms part of the theme of KNOW THYSELF. This theme has 3 parts and is directed at getting to understand one's Human- self more fully. Aristotle said "Knowing yourself is the beginning of Wisdom".

OneHealingPresence

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Introduction

Getting to know new people can be a great joy especially if one meets someone whom one seems destined to meet. A person, who really significantly alters the course of one's life, taking one to new depths of understanding, intimacy and connection.

The journey one is undertakes in Know Thyself 1 is a journey to meet a very significant person in one's life. One might call this person the most important person one will ever meet.

This person is one's personal self, or Human self. Initially it might seem as one really knows one's personal self but as one will discover one might not know this person much at all.

Does one really know much about the people one is closest to? One might spend a lifetime with someone yet never really get past knowing their behaviors, likes and dislikes.

For many of us this is also true of oneself.

What makes up the Personal self? Why does one react in certain Ways? Why does one seem to sabotage the very things one wants in one's life? What is one's uniqueness and special Gift for oneself and this world?

These are some of the questions this First Step undertakes to answer.

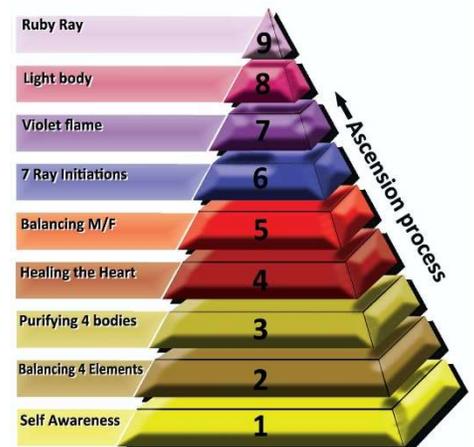
There is so much more about oneself to discover as one scratches past one's Name, nationality, identifying features, characteristics and past histories.

One must realize at this initial stage, that one is building a pyramid of awakened consciousness right to the peak of one's unification with one's Higher Self. As with any building project, it is of crucial importance to build a solid and stable foundation.

This foundation is the clearing of the personal self (the 4 lower bodies of which you will learn more in the next modules) by understanding one's human conditioning, one's patterns of behavior and the stabilizing of one's consciousness so that one may start to absorb higher and higher frequencies. One is truly building an Ascension Portal here (one's Pyramid).

How exciting!

Each clearing and understanding gained, catapults one deeper and deeper in the return to One's Healing Presence.



About the Course

The course is designed to be self-study as much as possible. It is also not designed to completely exhaustive on every aspect of one's self discovery process but rather provide one with the tools so that one maybe one's own Self Ascension Coach. Once one has set an intention for Self – Discovery, then automatically and in perfect divine timing everything that one needs to balance, heal and clear will arise spontaneously. That is why method is more important that content.

Integrating one's Witness:

The key component that runs through all of the 9 modules in the development of one's Witness or Observer. Self-Discovery is very difficult if one has no way of observing one's conditioning. The Witness and development thereof is stressed at every significant juncture.

Coaching Process:

A very simple and useful self- coaching process is as follows: This is the DIG model of What, So What and Now What?



Discover

(What?)

Investigate

(So What)

Grow

(Now What?)

Step 1: Discover

PROBING, UNCOVERING and DISCOVERING one's human DNA.

Step 2: Investigate

INVESTIGATING, IDENTIFYING and REFLECTING on the root causes of one's DNA discoveries.

Step 3: Grow

GROWING, INTEGRATING and ACTIVATING through one's conscious will.
Creating a path for growth



Time Frame

There is no time frame to complete all the requirements of the course but it is recommended to do it thoroughly to build a secure foundation.

9 level process

The full 9 level course is designed to be a step by step process. Although the Ascension process is not sequential, certain parts of it need to be completed before the next step can be undertaken. This is mainly due to the architecture of one's Ascension Portal (4 lower bodies plus ones lightbody). One cannot receive the highest frequencies until one has cleared sufficient space in one's Mental, emotional and physical vehicles. However, one may have tremendous advancement on one of the steps already.

Everyone does have a different journey although the ultimate curriculum is the same.

Activations

One will receive activations throughout the process as guided by OneHealingPresence. These activations will significantly accelerate one's journey. These are grateful gifts to be received by everyone.

No Experience needed

There is no experience needed to undertake this course. What does help tremendously is a beginner's mind. In this way one is open to receive rather than just to confirm to what one already thinks one has learned.

Non-Denominational

The course is completely non-denominational. At certain however times certain texts may be referenced for wisdom. All paths lead to the same place and we honor all faiths.

Who is this course for?

This course is for anyone who would want to live a more joyful and self-expressed life for that is the outcome. However, it is not for anyone who is not willing to do the work required for transformation. One's own conscious will and determination are important components of this work. One does not Ascend by chance, luck or pre destination.

Who wrote this course?

This course is a co-creation of OneHealingPresence. It has been co created in the sense of Connection, Communication and Communion of the One HealingPresence that is in all things, all expressions of life. The OneHealingPresence that is you.



KNOW THYSELF 1A

Course Outline

Course Structure and Outline

This section contains the Course outline for Know Thyself 1

There are two main modules here being:

- The Wisdom of the Enneagram



Course Structure and Outline: Know Thyself 1a

The course consists of the following OneHealingPresence interventions:

Note that if one is only looking to take the Enneagram Self-Discovery workshop (and not Ascension Certification for this module) then interventions 1 and 2 are not required.

1. Introductory Healing Session with Ah Nah / Michael (90 minutes) in person or remote
 - a. Get to know one another
 - b. Review of one's energy system (Chakras / 4 lower bodies/ physical imbalances)
 - c. Alignment, rebalancing and clearing of 4 lower bodies
 - d. Soul star reading and guidance

2. Ascension coaching session with Ah Nah / Michael (45 minutes) remote
 - a. Getting to know each other.
 - b. Answering of any questions on the program
 - c. Creating an intention
 - d. Guidance for the journey
 - e. Discussion on one's enneagram type.

3. 2 ½ day Enneagram workshop on understanding One's Human conditioning

Brief Summary of the Enneagram:

- Archetypal model of 9 Types used for personal development from open systems perspective
- Provides deeper insight into core motivations and fears driving behavior, needs and interactions
- Explores deeper layers of personality in understanding human nature and consciousness
- It includes a conflict profile, communication style, center of expression, leadership guides.
- Provides us with a clear picture of the expression of our essence and a guide for integration thereof.
- The Enneagram is an online test of 175 multiple choice questions and takes only approximately 35 minutes to complete.



Topics to be covered

- One's Witness / Observer
- Archeological Self- Discovery Process
- The Enneagram Types. The Passion of each type
- Motivations of the Types
- Enneagram: Avoidance / Bind spot
- Core Fears of each type
- Defense mechanisms of each type
- Excuses and the hold outs of the type
- Awareness of One's life Strategy
- Unconscious Childhood messages
- How each type manipulates:
- Cognitive mistakes of each type
- Social style and Inner conflict strategy:
- Growth Model: Developing a growth plan
- Invitation of each type for oneself and the world
- Path of Healing
- Path of Mastery



Assignments to be submitted for Certification:

- Written essay on one's life strategy as identified. (A paper on one's human conditioning and key themes one has identified.)
- Growth plan from the 3 Enneagram paths. The plan completed using the format provided in the manual.

Requirements of the Course for Certification

The following are the minimum requirements for the course to complete this module for entry to the next module.

(KNOW THYSELF 1a)

- Complete the Enneagram online questionnaire.
- Attend all of the above interventions
- Submit all Assignments



Recommended Reading and viewing

The following books are recommended to be read during this module

- *Shamballa: The sacred path of the Warrior* Chogyam Trumpa
- *Autobiography of a Yogi* Paramahansa Yogananda

Recommended Viewing

- Forest Gump with Tom Hanks (The theme to consider here is although Forest was not particularly bright, he was incredible free of Human conditioning! Observe!)
- Field of Dreams with Kevin Costner (Build it and they will come)

Investment for Know Thyself 1a:

The total required investment for Know Thyself 1a is as follows:

- | | |
|-----------------------------|------------------|
| • 90 min Healing session | \$ 150 (CAD 200) |
| • 45 min Ascension Coaching | \$ 95 (CAD 133) |
| • 2 ½ Day Enneagram Retreat | \$ 555 (CAD 700) |

Total for all above including Certification \$ 800 (CAD 1033)

Note The enneagram retreat may be taken alone for the price as indicated above (\$ 555)

Non- refundable deposit of \$ 350 (CAD 470) for the Entire program.

This includes: One's manuals / Venues for the training / all interventions listed as well as the 21-page Enneagram report (normally \$ 50 (CAD 67)).

This excludes:

- All travel costs for interventions
- All meals, accommodations during interventions.



Transformation: making a million right choices.

One has to understand right from the get go that for most of one's life one has been engaged in a certain strategy to get what one wanted. The strategy conceived in the unconscious parts of oneself and focused with much intensity attention and engagement.

The patterns of thinking, feeling and behaving in this strategy have been repeated so many times that they are autonomous and seem to have a life of their own.

To realize the Self which is the aim of all transformation, requires the same intensity, attention and engagement. In this way transformation is like a rocket ship that requires tremendous power in the beginning (when it is close to the earth) to only go a short distance. However, once it is in space the rocket ship only requires a small burst of power to cover infinite distances.

One has to overcome the gravity of one's fearful mind (Ego) and in the beginning it seems that this part of oneself has so much power. It is an illusion that this part of one's awareness has any power at all yet one can feel daunted and overwhelmed.

One does not have to transform through pain. Neither does one have to transform through sacrifice for what may initially be seen as sacrifice or pain is later viewed with gratitude.

The journey of Ascension is a daily practice of ascending in consciousness. Whilst there may be so many ups and downs in our journey much like a roller coaster, the direction is always upward like a spiral that returns to the same point but on a higher level.

The journey of 1000 miles begins with a single step.

No step is ever taken alone.

Each step raises and shifts the entire world.

This is the power of one's transformation.



Key things that assist one's transformation process

Consistency of practice and purpose

Creating time for reflection each day.

Spending time in Nature.

Daily journaling

Beginners mind and being open to new awareness.

Spending time with likeminded persons

Finding a processing partner to mirror back awareness.

Self-care, eating right and being impeccable with one's energy.

Remove oneself from any abuse whether emotional, physical or mental.

Avoiding distractions and habitual patterns that side track one for long periods especially when one is in a healing crisis.

Deciding on what is really valuable.



Key themes that may arise in self-discovery

There are so many questions that may arise when one starts one's journey of exploration. What is one's next step? How can one do this quickly? Why does one still not feel good about oneself? It seems the more one gets answers so many more questions arise.

Herewith are a collection of some basic questions one encounters often:

What is one's next step?

- The next step is the step that is right in front of one. It is the door that is open. To be able to see which door is opening and closing is to be lovingly honest with oneself as what no longer serves one. Is to practice discernment in considering the wisdom of any step. Is this step the one I always take? It is to choose the highest version of love for oneself and others that one can perceive in any moment. Look for what one is really valuing in any step that one is considering.
- Consider the simple framework of Yes, No and Maybe. A Yes is always a Yes. It is a knowing of one's truth and it has no doubt as to the choice but it may still contact fear as to the consequences and outcomes of the choice. A Maybe is a No and A No is obviously a no. Into this bring one's discernment of one's patterning. Is one's default pattern to procrastinate, withdraw, run away or ignore and what is in front of one in this moment?

Can one do transformation more quickly?

- Living in the current world takes a tremendous toll on one's nervous system. A peaceful nervous system is a key component of transformation. Thus, paradoxically slowing down one's life actually speeds up one's transformation. (Try to be completely quiet for a bit and see how difficult this is actually is.)
- One's physical body requires immense care as one transcends as one is not just healing our hearts and minds but also one's beautiful body. This process cannot be rushed as one's body cannot go through these changes in a short period of time.
- The key to transcending time in this context is consistency and self-care.

Is one transforming if lots of stuff is coming up for one?

- Absolutely! As one shines the light of one's own love into one's heart and mind, lots of stuff will emerge for healing. Often times one's most profound step forward is exactly when so much stuff is coming up. One may feel that one's life feels worse during self-discovery but truly one is making giant steps. To feel is to heal.



How is one doing on the journey?

- Becoming self-referent takes time. In the beginning one might not be able to even know how one feels. After each shift or integration, one's energy system is different and one might but not always feel new and transformed. Yet this sensation passes and becomes the normal way of feeling.
- Unless one is able to perceive oneself or another from the completely integrated perspective, one has no real definitive way of knowing exactly how far one is along the journey. There are however milestones that stand out such as: the point when one is able to witness anything and remain centered or the experience of an integrated Lightbody or the knowing that one's heart remains open no matter what is occurring around one, or the point when one experiences a moment of knowing one's true identity. These milestones are not in them self-important but loving the part of oneself who needs to know the answer is.
- A more simplified version of this how much joy does one consistency feel? How loving is one when one does not get one's own way or when others don't get their way? This is a true test of mastery.

How does one become comfortable with not knowing?

- Any great guide only directs one to the point where one becomes one's own guide. Initially as one takes one's first steps guidance is plentiful but not codependent. After a while there is no need for external guidance. At this time one can simultaneously have the experience of not knowing what is yet to come, and be the most certain one has ever been about who one is and what one loves.
- Not knowing and being in joy is the journey of developing trust. Practicing trust slowly reduces the need to know. In this way one knows less and experiences more.

Will I ever get the things I want? When will my abundance come?

- Everything is here to help us. Thus, one will get the things one wants but only if they serve to help one. This may feel like one is being victimized as abundance is being withheld. In truth one's higher self only wants complete abundance for oneself but not at the cost of one's transformation. Practicing gratitude for what is arising and what one has is the single biggest way to work with and perceived lack one may feel. Gratitude is the state of abundance.
- The key understanding that develops is that one needs less but receives more.



How does one's romantic relationship affect Self Discovery?

- Relationships are primarily the way in which one practices mastery. It is the practical rubber that hits the road on the spiritual highway. One is here to transform one's relationship to life, to oneself and then to one another. In this way relationships are of enormous importance if they are used in this context. The context of bringing oneself and one's relations (romantic partner, family etc.) into deeper levels of love.
- However, one is not here to transform one's relations if they are resistant or not willing.
- One is not also responsible for one's relations (except to one's children)
- Staying in any abusive relationships does not serve anyone.

When will one's moments of Transcendence come?

- There is common practice among awakening souls to look for the glamorous parts of the spirituality. It is wonderful to awaken and become enthusiastic and want to dive into saving the world.
- As one shifts our focus from the things of this world into the unseen realms, often one is a yearning for peak moments of transcendence. That one moment when one will eternally feel in perfect peace and harmony with everything.
- These moments do happen spontaneously perfectly guided by grace but the transcendence does not last and we often crash back into our lives and become enmeshed in emotional turmoil and mental anguish. Our fears and worries arise as well as our need to know what is the next step to take.
- The cultivation of real joy is really the bridge to transcendence because once one is in continual joy on needs nothing else and in this state the gap may be closed.

