Living Beyond Perception

 Course of Awakening

Course Index

**Part 1**

Course Welcome

* Introduction
* About Me
* Working with the Course
* Keeping an Open Mind
* Continuing the Journey
* Opening Thoughts
* 5 Starter Questions

Section 2: The Chakras

* What are the Chakras?
* Keeping Them in Balance
* Opening the Chakras
* Closing the Chakras
* Video: Exercise on Opening the Chakras
* Video: Exercise on Closing the Chakras

Section 3: Life Purpose

* What Does This Mean?
* Belief System Blockages

Section 4: Belief Systems Questionnaire - Basis for Perceptions & Beliefs:

* Starting With You
* The World
* Friends & Family
* Belief Platforms
* Generalised Themes

Section 5: What Do We Know About Ourselves?

* Looking at Accepted Facts
* Discerning a Grey Area
* Taking Another Look
* Exploring Perceptions

Section 6: The God Factor

* Exploring Us and God
* Exercise 1 on Feelings
* Power in a Name
* Exercise 2 on feelings
* Our Energy Fields – Aura
* Exercise: Feeling our Energy – Energy Ball

Section 7: Why are you here?

* Play Theory
* Origins
* Illusion of Reality
* The Original Guilt
* What Did This Create For Us?
* The Never Ending Cycle
* Lessons

Section 8: Karma, Choices & Incarnation

* Choosing to Incarnate
* Understanding These Choices
* What is Karma?
* What are the Akashic Records?
* The Process of Choice
* Self-Judgement
* Personal Guilt
* Repayment of Karmic Debts
* Soul Contracts
* The Forgotten Promise

Section 9: The Forgiveness Factor

* Forgiveness as a Soul Promise
* Playing Negative Roles
* Amnesia - Becoming a Victim
* Trapped Traumas & Withholding Forgiveness
* Cycle of Guilt
* Cycle of Reincarnation
* Waking Up
* The Real Meaning of Forgiveness
* Why Forgiveness Programmes Tend to Fail
* Video: Forgiveness Exercise

Section 10: After The Forgiveness Exercise

* Going Through Your experience

Section 11: Clearing Karma From The Akashic Records

* Why Karmic Debts Stack Up
* How Do They Affect Us?
* Energy Attached to The Debts
* How Can We Clear Karmic Debts?
* Soul Realignment & Other Processes
* Understanding Your Divinity
* Video: Soul Realignment Presentation

Section 12: Getting Beyond Judgement

* Looking at Judgement
* Foundation of Beliefs
* The Illusion of Differences
* Looking at Rights & Wrongs?
* Judging What You See Happening in the World
* Seeing Through Divine Eyes
* Back to Forgiveness!
* Mass Consciousness

Section 13: Your Divinity to Not Guilty!

* Spirit in the Physical Form
* Separation From Truth
* Feeling Less Than Divine
* Claiming Back Control
* Everything is a Choice
* Choices From a Place of Awareness
* Accepting Your Divinity to Allow Change
* You Are Powerful!
* Creating Your Own Destiny
* Thoughts Creating Outcomes
* Manifestation Process
* Manifestation Diagram
* Bringing it Together
* Seeing the Illusion
* Not Guilty!
* Poem: Bearer of The Poisoned Shiv - By Toni Jehan

Section 14: How to Escape the Dream?

* Using the Information Provided
* Asking for Help – Who to Call Upon?
* Embracing the Understanding of Why You Are Here
* Using the Forgiveness Exercise
* Knowing Your Power to Manifest
* So, Your Life Purpose Is?
* Walking Off Stage – A Nod to Time
* Return to First 5 Starter Questions
* Exercise: Answering the Questions Again

Section 15: Spirit Guides

* What Are They?
* Do We All Have Them?
* Why You Have Your Team
* What is the Higher Self?
* Reasons They Are With You
* Video: Exercise to Connect to Your Guides

Section 16: Affirmations

* What Are Affirmations?
* How Can They Help?
* How Do You Use Them?
* Things to Remember
* Repetition
* Making Your Own Affirmations
* End of Part 1

**Part 2 - Ascension, Disclosure & You**

Section 17: Ascension

* What is Ascension?
* Personal & Planetary Ascension
* Changes in Energy
* Earth Cycles
* Pole Reversal and the Solar Flash
* Shift in Consciousness
* Recommended Video on Ascension
* 51% Service to Other
* What This Means
* Personal Journey

Section 18: Hidden Truths

* Conspiracy Theories?
* Hidden Technology
* Medical Cures & Advancements
* Free Energy
* Extra-Terrestrial Civilizations & Federations
* Star Seeds & DNA

Section 20: Breaking Free – Course Conclusion

* Freedom From Control
* How to Break Free
* The Great Awakening
* Doing Your Own Research
* Living Your Truth
* Claiming Your Power – Making a Difference
* Divine Seeds
* Poem: Welcome - by Toni Jehan
* Course Completion

Extra Information You May Find Useful

* Exercise: Old & New Ways of Thinking - PDF
* Some Guided Thoughts About Your Divinity - PDF
* A Prayer of Consciousness – Some Words to Say - PDF
* Personal Recommendations for Further Reading or Research - PDF

Spirit Inspired Guidance Handouts

* Asking for Help - PDF
* Forgiveness - PDF
* Slide Puzzles – The Picture of our Lives - PDF
* 10 Step Guide to Meditation - PDF