



# KNOW THYSELF 1B WEBINAR COURSE OUTLINE: RELATIONSHIPS

Self -Awareness of our Roles in Relationships

## 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](#)

# Table of Contents

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Introduction .....	2
About the Course .....	3
Growth paths in this workshop .....	6
Enneagram report .....	7
About the Role Triangle .....	8
What is a Role?.....	9
What is a life Script?.....	10
Facilitators of the workshop.....	11
Course Structure and Outline: Know Thyself 1b.....	14
Requirements of the Course.....	15
Investment for Know Thyself 1b:.....	16



# Introduction

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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? Why do relationships fail? Why do we keep recreating the same patterns in relationships? How do we become whole?

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

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### Key take ways from the course:

- Understanding one's habitual roles that one plays in all relationships
- Self -awareness of where one gives one's power away and how to regain it.
- Withdrawing from self- destructive patterns of relationship creation.
- How to manifest loving relationships in one's life.
- Finding the key ingredient missing in one's journey of self – realization
- Fleshing out one's complete life story up to this moment
- Creating a plan to bring resolution to all relationships
- Crafting a new life plan and scripting new actors in one's life.
- Finding the missing ingredient in ones path of personal development.

### Integrating one's Witness:

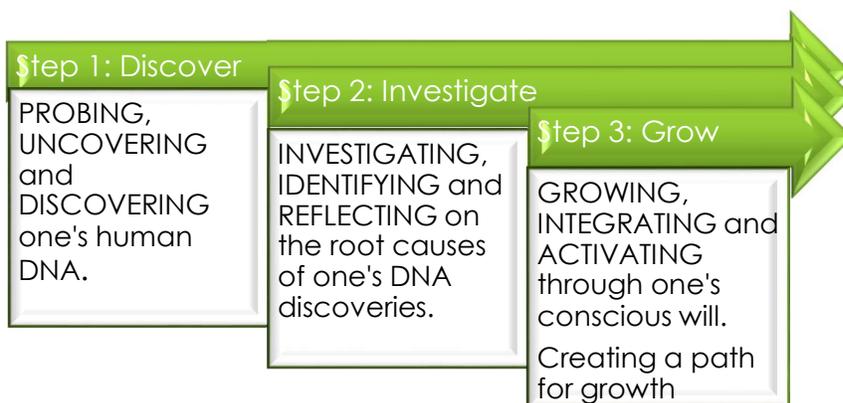
The key component that runs through all of the 9 modules in the development of one's Witness or Observer. Self-Discovery is very difficult if one has no way of observing one's conditioning. The Witness and development thereof are stressed at every significant juncture.



## Self- Coaching Process:

A very simple and useful self- coaching process we will follow is:

This is the DIG model of Discover, Investigate and Grow.



The course will be run via Free conference call. Each participant will receive one manual per module and a copy of the recording following the workshop.



## Time Frame

The Course will be run over 4 webinar sessions of 4 hours each including a 20-minute break. Each session starts at 08: 00 Pacific time and ends at 12: 00 noon. For time zones please consult the internet.

## 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.



## Growth paths in this workshop

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We will explore 3 spiritual paths of growth in this workshop.

### Integrating, Healing and Mastering from the Enneagram

- Knowing one's overall Healing Plan

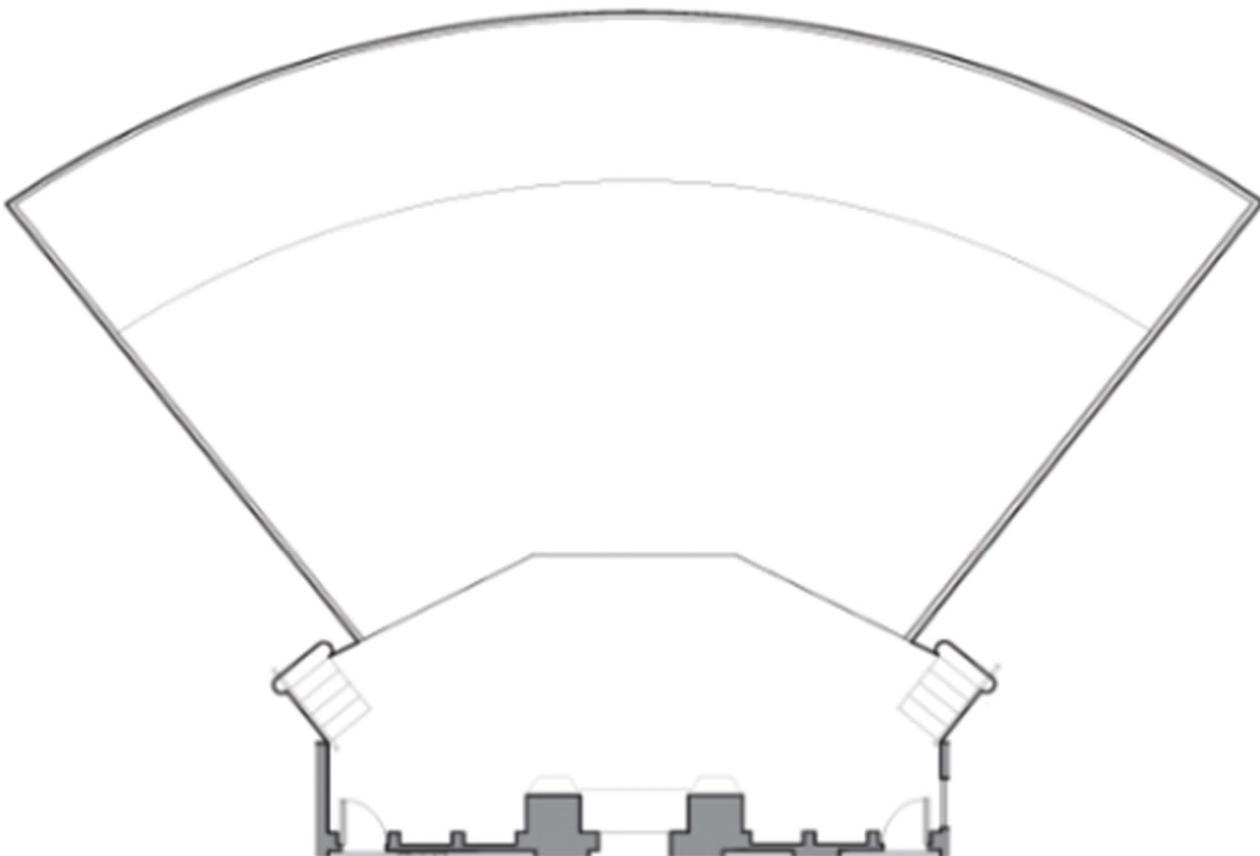
### Bring resolution to one's current Movie

- Drafting a plan for the resolution of one's current movie.

### Scripting a new movie and writing a new Role

- Writing up a new script and new movie role for one.

Scripting a new life for oneself and creating the actors and settings for one's masterpiece.



# Enneagram report

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Each person will be required to complete an enneagram report (unless completed already). This is an online questionnaire of 175 questions which takes about 30 minutes to complete. A 21 page in depth report is then provided for self-awareness.

## 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 that are covered in the Enneagram

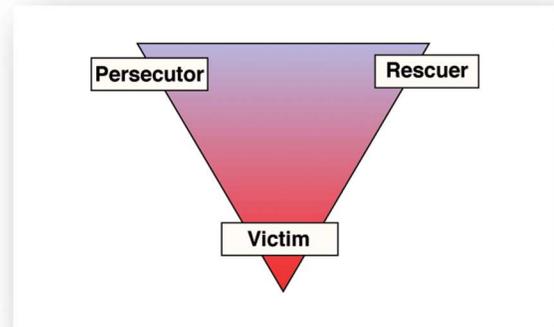
- The Enneagram Types. The Passion of each type
- Motivations of the Types
- Enneagram: Avoidance / Bind spot
- Core Fears of each type
- Defense mechanisms of each type
- Excuses and the hold outs of the type
- Awareness of One's life Strategy
- Unconscious Childhood messages
- How each type manipulates:
- 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



## About the Role Triangle

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These are archetypal roles one plays out in one's relationships. Most often one has a primary role one plays out. Behind each behavioral role is a psychological motivation to get a perceived need met. Often the motivation behind each one is a reaction to a core fear of being deprived, a feeling of guilt or unworthiness.



### Persecutor/ Tyrant/ Abuser

- Shadow aspect of the Father
- Carries Shame
- Dominance and Anger

### Victim / Rebel

- Shadow aspect of the wounded inner child
- Feels damaged and incapable
- Creates dependencies on others
- The Rebel is a victim who decides to fight against his persecutor but from the stance of a victim.

### Rescuer / Savior

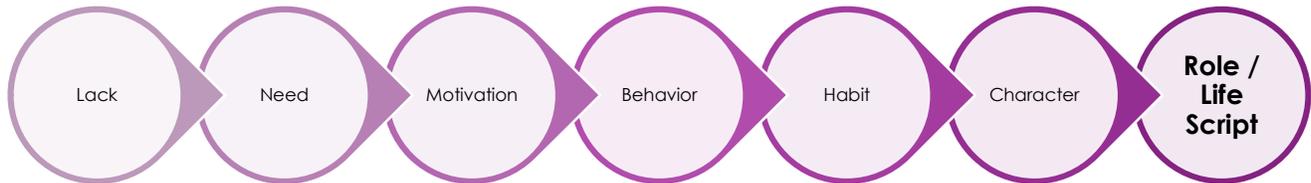
- Shadow aspect of the Mother
- Carries fear of being alone
- Manipulation and Co-dependencies.



# What is a Role?

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Algorithm of the personality



- A role is the habitual character we play or express most often in our life.
- In this way life can be thought of as a theater production and we most often play one specific role.
- Imagine your favorite actor or actress most often plays one specific type of character in his or her movies. This is the same for us.
- A role is the character we have chosen consciously or unconsciously to play to bring us happiness.
- If we continually play a certain character, then we must perceive that there is a reward for this habit?
- Consider this, if the character we have chosen is not getting the result we want, then why are we still playing this role?



## What is a life Script?

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Once Life becomes a set of habitual experience this results in the formation of a Life Script, we habitually experience.

- A life Script is a story we tell our self and others (consciously or unconsciously) about:
  - Who we are?
  - What we have experienced
  - What the meaning of what we have experienced is
  - Why we are the way we are (justification for our character and habits)
  - A formula that we have derived for living based on the events of our life
  - It is the reinforced neurological hardwired statement of our identity based on past events.
- It determines what we experience in the present moment and also what we will experience in the future.



## Facilitators of the workshop

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### AH NAH

Meeting Ah Nah-- a spiritual teacher, an empathic healer and an ordained Self-Ascension and Interfaith minister. Ah Nah's compassionate and curious nature has led her to fulfill many different roles in her life's journey -- school teacher, owner of a few independent businesses (one of them being a Polish bookshop and cafe), mother, wife and more -- prior to dedicating herself to the Ascension Ministry of support, healing and spiritual teaching.



Ah Nah has natural healing inclinations and a deep desire to assist and support others in their healing journey, to free themselves and to find their authentic expression (as she has going through her own).

This led her to seek and study many modalities of healing arts, some of them being: nutrition, herbology, Reiki, Integrated Energy Therapy (IET), Avesa Quantum Healing, Seven Ray Mystery School, Energy Mirrors, Self-Ascension Ministry, Comparative Religion, "A Course in Miracles" Interfaith ministerial studies.

In addition to guiding others with tools for their awakening journey of self-ascension through her intuitive abilities of direct knowing, seeing, hearing and feeling, Ah Nah assists others in re-cognizing and clearing energetic blocks, congested, unwanted energies and imprints.

*"It is my honor and joy to share with you my life's living, breathing Presence of the Ministry of Thy Self. There is no other, only One of us -- Love expressing It-Self through each one of us as we allow it and accept it -- Universal Spirit."*

*Deeply Grateful*

*Ah Nah*



## Michael

In 2004, Michael experienced a spontaneous awakening experience whilst living in his native home of South Africa. At the time he was pursuing a successful corporate career as Managing Director of a Financial Services Company. The awakening experience brought much of his true soul mission to light but it left him with little understanding of how to live as an awakened human being.

In 2008 he left the corporate world full time and started a service consultancy dedicated to serving others. He earned his certifications in Neurolinguistic Programming (NLP), Master Conscious Coaching, Master Enneagram Practitioner and Barrett Cultural Transformation Tools practitioner. In the next few years, he engaged in transformation work with Corporations in Culture Change interventions.

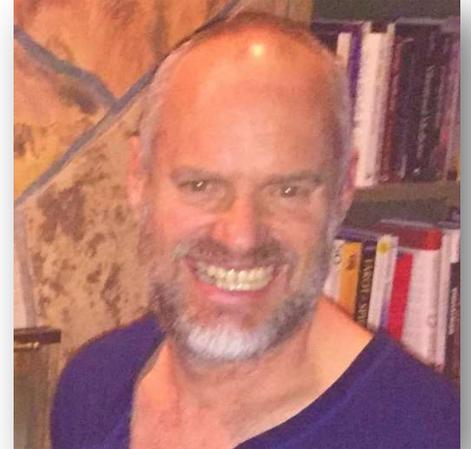
As a natural consequence of this work, through divine grace, his psychic and visionary ability opened up allowing him to access symbolic and visionary messages from Spirit. Following this he completed his advanced training in Integrative Energy Therapy (Cellular healing) and Reiki.

Michael offerings are guided by Spirit's wisdom and grace through his open channel of One Healing Presence. His passion is awakening a person's true soul's potential, including the freedom and expansion that comes from expressing one's Inner Self. He is cognizant of maintaining a balance between the practical, grounded requirements of day-to-day living and the deep, mystical, unseen realms.

*"I have long struggled to live my own life free from fear, limitation and stress. It would be my greatest joy to assist you in freeing yourself from fear and finding your own center of joy and freedom. I look forward to assisting you in becoming your own beautiful healing presence."*

*Deeply grateful,*

*Michael John*



# KNOW THYSELF 1B

## Course Outline

### Course Structure and Outline

This section contains the Course outline for Know Thyself 1

There are 4 main modules of 4 hours each.



# Course Structure and Outline: Know Thyself 1b

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The course consists of 4 Modules of 4 hours each.

One module per week.

The 4 Modules are:

Habitual Experience Creation and the Roles we play.

Becoming Whole : Relationship projections

Bringing resolution to relationships and relationship mastery.

The 3 fold Path of Relationship Mastery.



# Course Pre-Work

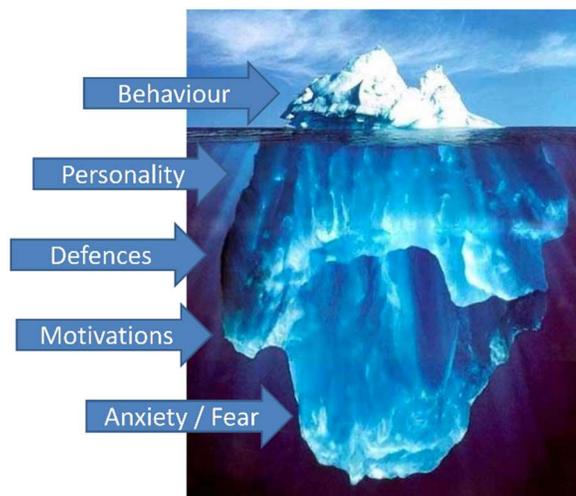
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There are 3 main topics to be explored and understood prior to the course. A basic understanding of these topics is crucial for the deep work of self-discovery offered in this course.

The topics are:

The Principle of Projection	How to deal with Shadow	Developing the Witness
<ul style="list-style-type: none"><li>• Understanding how we create separation and cut off parts of ourself we don't like.</li></ul>	<ul style="list-style-type: none"><li>• Exploring the unconscious and subconscious parts of ourself.</li></ul>	<ul style="list-style-type: none"><li>• Anchoring the higher self as the observer in our awareness.</li></ul>

A video and slide presentation will be provided to each participant. Each video is approximately 90 minutes long.



## Requirements of the Course

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The following are the minimum requirements for the course

- Complete the Enneagram online questionnaire.
- Watch the Video recordings of The Principle of Projection, how to deal with shadow and Integrating the witness. Each video is about 2 hours long.
- Attend all of the above modules
- Submit all Assignments

## Investment for Know Thyself 1b:

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

- 4 modules plus input on Assignments                      \$ 250
- Enneagram Report                                                      \$ 50

This includes:

- Workshop Manual and exercise practice manuals.
- Copy of video recordings
- Enneagram report 21-page

Please contact us if one would like to discuss a payment plan.

OneHealingPresence

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