

KNOW THYSELF 3 WEBINAR COURSE OUTLINE: HEALING OF THE 4 LOWER BODIES

Self -Awareness of how to heal your subtle
bodies

FIRST ASCENSION ACCELERATION: BUILDING THE FOUNDATION

This is the 3rd 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".

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Introduction

4 Lower bodies – 4 elements

The physical world, as we know it, has four main elements which make up the whole of physical existence. The descension of the soul into physical reality traces the path of stepping down our frequencies through the 4 elements.

Four sheaths consisting of four distinct frequencies that surround the soul—the physical, emotional, mental, and etheric—providing vehicles for the soul in her journey through time and space.

The vehicles provided by God for his individualization of the God flame and for the soul's expression in the world of material form. As interpenetrating forcefields, these bodies are focal points for the step-down transformation of the energies of Spirit which coalesce as Matter.

In a practical sense the four main bodies are utilized as the vehicle for the soul during its earthly journey. Each body corresponds to a different element:

- Fire Element corresponds to our etheric body (memory body);
- Air element corresponds to our mental body (mind);
- Water element corresponds to our emotional body (feelings);
- Earth element corresponds to our physical body;



Interaction of the 4 Lower bodies

Although each of the four planes corresponding to the four bodies has a unique atomic frequency, providing the opportunity for a unique expression of the soul's potential, the four lower bodies interpenetrate one another and are connected through the etheric chakras anchored in the physical body through the central nervous system and the endocrine system. In this way the bodies function as a unit; and thought, feeling, and memory patterns passing through the physical body create ripples of vibration simultaneously on the mental, emotional, and etheric planes.



The four vehicles may be thought of as four colanders or drums, one inside of the other. The etheric body is the largest; within that is the mental body, then the emotional body, and finally the physical body. The light of the Christ consciousness flows through a dot pattern perforated upon the fabric of each of man's bodies. The dot pattern of each body is different. (They also vary from one individual to the next according to the divine blueprint.) However, certain corresponding keys within the patterns provide for the meshing of the energies of the four "drums," allowing each individual to integrate his four body functions and his personality.

Only when the perforations are in perfect alignment (when the holes of the four "colanders" are directly opposite each other) can the light flow brilliantly and steadfastly. When the holes of the "colanders" are completely out of alignment, the light can at best only seep through and the individual becomes sluggish and inefficient.

Often the imbalance or blockage in one body creates instability in other bodies because they are greatly influenced by each other's state. Thus, it is crucial to be vigilant by checking all of them daily. They can be literally "scrubbed", purifying them until they are clear enough to hold more and more of the Light, love and wisdom for the **One Healing Presence** to radiate through.



About the Course

Key take ways from the course:

- Identifying blockages, clearing and purifying the four lower bodies
- Identifying imprints of old memories, clearing and purifying the memory (etheric) body
- Identifying imprints of old feelings, clearing emotional attachments and healing the emotional layer of the body
- Identifying imprints of old limiting beliefs and mental habitual patterns, clearing and healing the mental layer of the body
- Identifying physical discomforts and blockages, clearing and healing the imbalances within the physical layer of the body; nutritional guidelines for the nourishment of all the four layers of our body

Time Frame and DATES

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. The course commences on the 21st August 2021 and finishes on the 11th September 2021.

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.



Facilitators of the workshop

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."

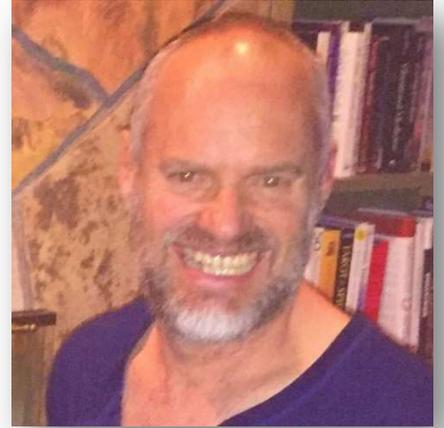
Deeply Grateful

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 3

Course Outline

Course Structure and Outline

This section contains the Course outline for Know Thyself 3

There are 4 main modules of 4 hours each.



Course Structure and Outline: Know Thyself 1b

The course consists of 4 Modules of 4 hours each.

One module per week.

The 4 Modules are:

Anatomy of the Spirit- 4 Lower bodies
Physical body blockages

Emotional Body understanding, diagnosis, remedy

Mental Body understanding, diagnosis, remedy

Etheric Body understanding, diagnosis, remedy



Investment for Know Thyself 3:

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

- 4 modules plus input on Assignments \$ 300

This includes:

- Workshop Manual and exercise practice manuals.
- Copy of video recordings

OneHealingPresence

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