

KNOW THYSELF 1A WEBINAR 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

Key take ways from the course:

- Learning how to become your own self- realization coach.
- Moving past self-limiting beliefs and self- defeating behaviors.
- Learning how to master yourself.
- Understanding Transformation.
- What does Authenticity look like?
- What is your gift to the world and what holds you back from expressing it?
- Development of your own inner witness.

Note that in terms of the course the process is more important than the content.

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 intention and 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 are stressed at every significant juncture.

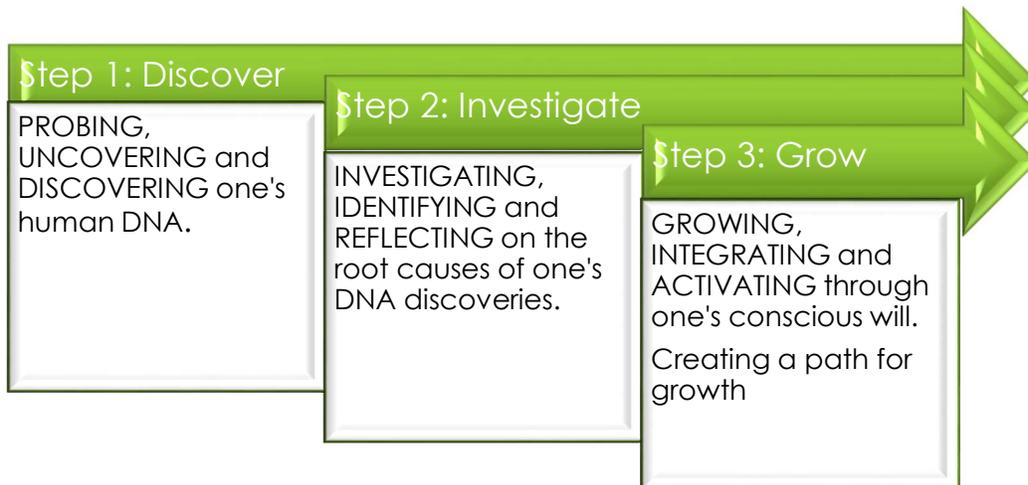


Self- Coaching Process:

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



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



Time Frame

The Course will be run over 6 webinar sessions of 4 hours each including a 20-minute break.

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.



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

- 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



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."

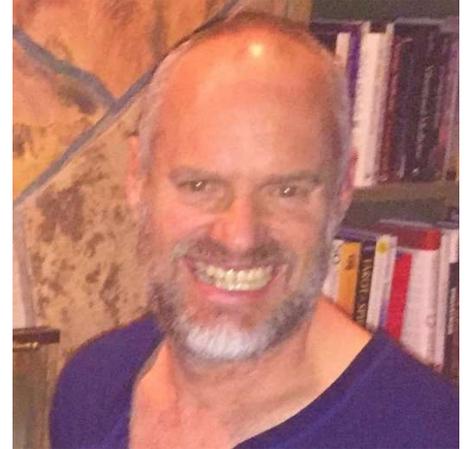
Deeply Grateful

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 1A

Course Outline

Course Structure and Outline

This section contains the Course outline for Know Thyself 1

There are 6 main modules here being:

- Human Design and Transformation.
- Introduction to the Enneagram
- The Wisdom of the Enneagram. Taking it Deeper. Topic 1 to 7
- The Wisdom of the Enneagram. Taking it Deeper. Topic 8 to 13.
- Unlocking Life Strategy. My masterpiece.
- Growth paths. Now What?



Course Structure and Outline: Know Thyself 1a

The course consists of 6 Modules of 4 hours each.

One module per week.

The 6 Modules are:

- Human Design and Transformation.
- Introduction to the Enneagram and how to use it.
- The Wisdom of the Enneagram. Diving into the Subconscious
- The Wisdom of the Enneagram. Diving into the Subconscious 2.
- Unlocking one's Life Strategy. One's masterpiece.
- Growth paths. Path of Mastery. Healing and Authenticity.



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 1b)

- Complete the Enneagram online questionnaire.
- Attend all of the above modules
- 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!)

Investment for Know Thyself 1a:

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

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|---------------------------------------|--------|
| • 6 modules plus input on Assignments | \$ 250 |
| • Enneagram Report | \$ 50 |

This includes:

- Manuals
- Copy of video recordings
- Enneagram report 21-page

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

