

Syllabus

1. The Ego- Week one Talking Points

- What is The Ego?
- Where did it come from?
- Why do we have it?
- What is its goal?

2. Handling ego flare ups - Week Two Talking Points

- What does that look like?
- Why does it happen?
- Whose job it is to deal with it?
- Tips and Techniques for Relief

3. Who Made This world

- Who made the world?
- What is the world?
- Who made the body?
- What are people?
- God Creates, Ego Makes

4. Miracles- Week Three Talking Points

- What is a Miracle?
- How do we ask for one?
- Whose controls the Miracle?
- Timing of the Miracle?

5. What is your inner altar- Week 4 Talking Point

- What is your inner altar?
- How do we see what's on it?
- How do we clear it?

6. What is forgiveness - Week Five Talking Points

- Why is forgiveness important?
- Three levels of forgiveness?
- How to practice forgiveness practically?

7. BE like little children- Week Six Talking Points

- What does this mean?
- How do we achieve this in a practical way?

8. Setting up your day- Week Seven

- Reading and reviewing Chapter 30 in ACIM(A Course in Miracles)

9. judge not- Week Nine Talking Points

- Why we judge and Where judgement comes from?
- How do we start the process of stopping?
- What are we really judging?

10. Don't let God be your copilot let him fly the plane.- Week Ten Talking Points

- Why do we want control?
- How to start letting go of control?
- Learning to trust?
- The development of trust

This class can be taken as a group or as an individual.

The class start date for both groups or individuals is March 5 202, all sessions are recorded and sent out to participants to rewatch.

Included Bonus within the class:

1. Two one on one coaching calls with me for 30min
2. Free access to all course material for life.
3. Block to happiness Reading