

Become an Adept

WALK THE PATH OF SPIRITUAL LEADERSHIP

A SIX MONTH INTENSIVE TO GROUND YOUR WORK IN THE WORLD

As an Adept you will

- >>> Step into your true power
- >>> Align your frequency
- >>> Establish clear ethics and boundaries
- >>> Build confidence to offer your unique work in the world
- >>> Develop a platform and process for your gift to be shared
- >>> Gain a network of trusted advisors
- >>> Be a facilitator and lead by example
- >>> Eradicate your fears
- >>> Become a powerful space holder
- >>> Assist in the development of other Council members

Six month program includes

- >>> Ten Activation Sessions
- >>> Ten MASTERMIND Sessions
- >>> Three Private One-to-One Sessions with Amelia
- >>> One New Moon Group or Remote Ritual per Month
- >>> One Virtual Retreat
- >>> One in person retreat in Shasta

Tuition

- >>> Six Payments of \$600
- >>> Save \$300 if paid in full by May 25, 2018
- >>> 5 DAY SHASTA RETREAT (FOOD & ROOM) \$500



Know the Self

A Mystery School for Modern Day Living



KNOW THE SELF

A MYSTERY SCHOOL FOR MODERN DAY LIVING

INFO@KNOWTHESELF.COM

510-985-4333

REGISTRATION CLOSING MAY 25TH

knowtheself.com/ADEPT

SUMMER 2018

ADEPT CLASS SCHEDULE

All times shown in Pacific Standard Time

VIRTUAL RETREAT

SAT & SUN JUNE 9TH & 10TH

10AM - 1PM

6-13 WEDNESDAY NEW MOON NOON - 1:30PM

6-19 TUESDAY ACTIVATION #1 3PM- 5PM

6-26 TUESDAY MASTERMIND #1 3PM- 4:30PM

7-5 THURSDAY ACTIVATION #2 3PM- 5PM

7-10 TUESDAY MASTERMIND #2 3PM- 4:30PM

7-12 THURSDAY NEW MOON (REMOTE) 7PM

7-17 TUESDAY ACTIVATION #3 3PM- 5PM

7-19 THURSDAY MASTERMIND #3 3PM- 4:30PM

8-3 FRIDAY ACTIVATION #4 3PM- 5PM

8-7 TUESDAY MASTERMIND #4 3PM- 4:30PM

8-10 FRIDAY NEW MOON (REMOTE) 8PM

8-14 TUESDAY ACTIVATION #5 3PM- 5PM

8-21 TUESDAY MASTERMIND #5 3PM- 4:30PM

8-28 TUESDAY ACTIVATION #6 3PM- 5PM

9-4 TUESDAY MASTERMIND #6 3PM- 4:30PM

9-9 SUNDAY NEW MOON (REMOTE) 11AM

9-11 TUESDAY ACTIVATION #7 3PM- 5PM

9-18 TUESDAY MASTERMIND #7 3PM- 4:30PM

9-25 TUESDAY ACTIVATION #8 3PM- 5PM

10-2 TUESDAY MASTERMIND #8 3PM- 4:30PM

10-8 MONDAY NEW MOON 8PM - 9:30 PM

10-9 TUESDAY ACTIVATION #9 3PM- 5PM

10-16 TUESDAY MASTERMIND #9 3PM- 4:30PM

10-23 TUESDAY ACTIVATION #10 3PM- 5PM

10-30 TUESDAY MASTERMIND #10 3PM- 4:30PM

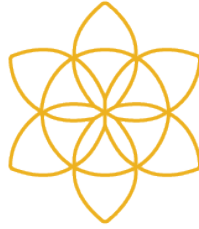
11/1 THURSDAY - 11/6 MONDAY

MOUNT SHASTA RETREAT

ADEPT GRADUATION

11-7 WEDNESDAY NEW MOON 8AM - 9:30AM

11-13 TUESDAY CLOSING CALL 3PM - 5PM



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Spiritual Dojo : Working out the Kinks...

Adept Non- Negotiables:

- One hour of daily meditation minimum
- 30 minutes of physical exercise daily (or 3 - 1 hour sessions per week)
- Clearing / healing and working on your own self-mastery as devotion to your Self and others. Triggers are dealt within your meditation and cleared within the Self first.

7 Levels of Consciousness

- Healing Soul Wounds
- Inner Child Work
- Core wound focus
- Managing strong emotions: fear, shame, guilt, anger, grief

Finding Authentic Presence / Practice Truth Telling

- Speaking truth
- Knowing truth
- Aligning to truth
- Digesting truth

Stabilizing your field

- Releasing fear
- Releasing anger
- Heal childhood wounds

Recover your gifts

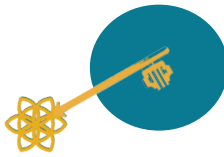
- Remember childhood dreams
- Past Life Recall
- Lean in on strengths
- What are you here to teach the world?

Discover Right Use of Power

- Explore power dynamics
- Sexual energy clearing
- How to use gifts ethically

Deliver your gift

- Develop a platform
- Design your process
- Fine tune your gift



Mystery School Participation Guidelines

As a student in the Know The Self Mystery School it is imperative that while you interact with this material and the others in the course that we all abide by the guidelines set below. Please state these guidelines aloud to set the field.



I am here in the now, physically and emotionally as I work with this material. I have no regrets for yesterday, life is in me today and I am now making my tomorrows.

I accept myself exactly where I am and as I am.

I am open to others being exactly where they are. I take responsibility only for myself.

As I alter my relationship with myself, **my external world will alter** accordingly. My way of speaking and dressing may change – I allow it to happen and simply witness it.

I am curious and compassionate with myself in this deeply transformative process.

When I start to take responsibility and start to see myself as the source of my experience, I do so from a place of profound self-acceptance, curiosity and from a very impersonal position. I relate to my own experience as collectively part of the human experience. (Rather than shaming, blaming or making myself wrong.)

I am open and ready to change noticing any resistance that comes up.

I refrain from giving advice or rescuing anyone else. I allow others to have their own process and personal space.

I use “I” statements when speaking about my own experience. I own my own feelings and take responsibility of them through my language.

I do not speak slightly of myself or others. I don't bring discredit to myself or minimize my abilities.

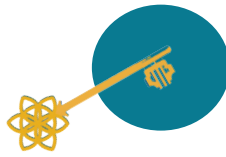
I do not compromise my own reality

I am my own advisor. I keep my own counsel, and select my own decisions.

I am compassionate with others but I am true to my own goals.

If I fall out of ethics, I acknowledge it, make up the damage done, communicate with anyone I need to make amends with and move on.





Mystery School Participation Guidelines

Within the larger Community:



I activate my empathic listening from source rather than ego or judgment. (I hear others as God hears them.) As people share, I give them undivided love, light and energy. I shower them with light and imagine them communicating clearly and effectively.

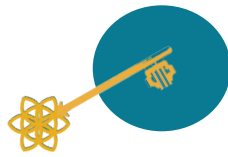
I am aware of how I show up in the group – my need to share/ my hesitation to share..

If sharing about what happened in a group session; I share from my own experience. I share what happened to me rather than using a name or adding judgment.

I speak directly to others, I do not gossip.

I respect confidentiality – what happens inside our group – stays in the group.





Indigenous Wisdom

The Truth:

ALL THAT IS – IS ALIVE
ALL THAT IS ALIVE – HAS SPIRIT
EVERYTHING IS CONNECTED TO EVERYTHING ELSE



The Vow:

I strive to live in impeccability, to walk my talk, to keep my promises.

I strive to live in Harmony with myself and with others.

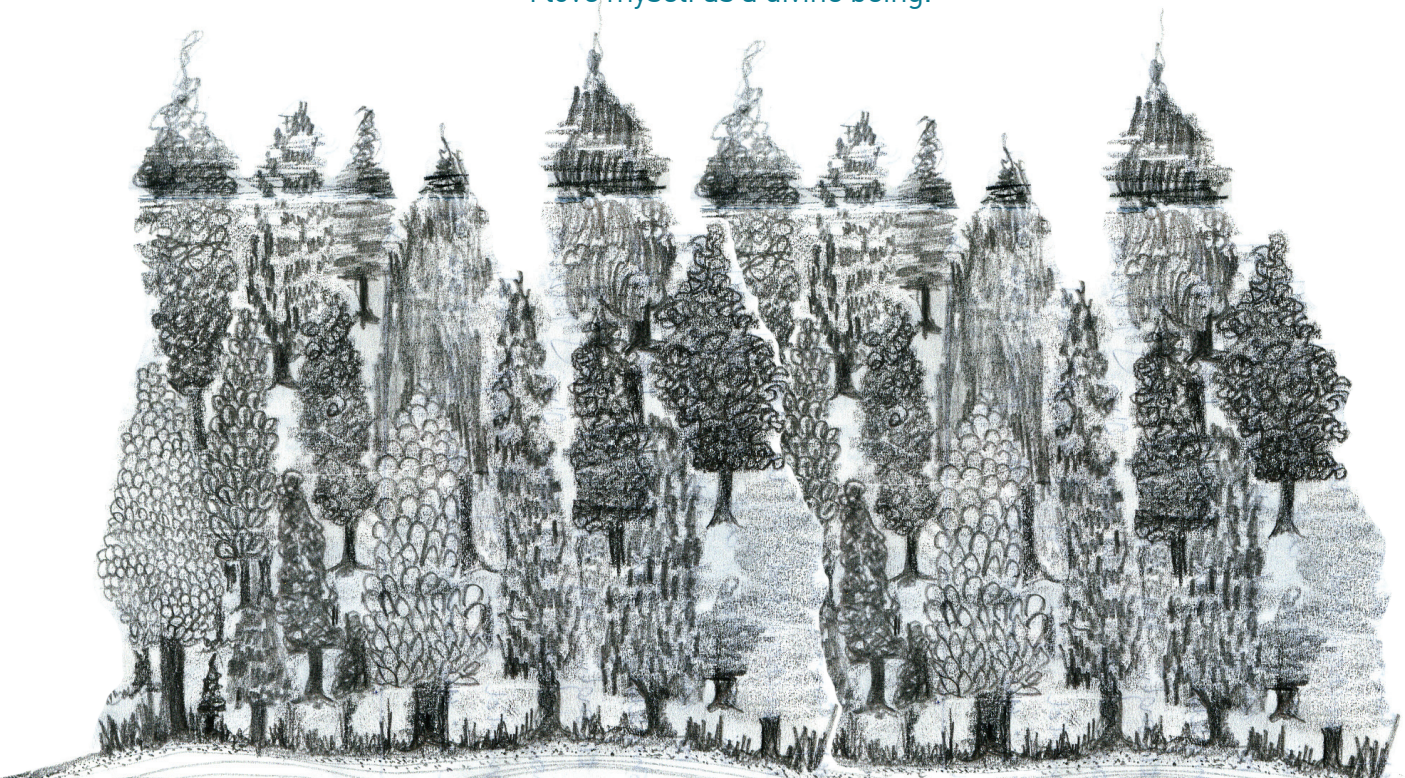
I strive to be in right relations, with Gaia and all that is.

I recognize and realize the sacredness in all.

I strive to be a clear vessel without shame or blame.

I realize that when I take I give and when I give I receive.

I love myself as a divine being.



Levels of Self Mastery



Amelía's Mystery School has it's own form of measures to track one's progress towards Self Mastery. There are four main developmental levels we track at KnowTheSelf.com.

These levels are referred to as: **Student – Apprentice – Adept – Mentor**

The Levels of Self Mastery are not assessed by faculty or outside members but discovered within the individual. Once you have embarked on a path of Self-remembrance doorways, gifts and opportunities will abound, guiding you towards greater knowledge. It is in those awakenings and discoveries that you find honest assessment with your Self.

Throughout your journey of tuning with your Authentic Self you will spiral around these phases of Self Mastery as you discovery your gifts. Some of your innate spiritual gifts may be fully unlocked, developed and mastered, while other gifts are still going through various cycles of learning. So at times, it is possible that you can be a Mentor with one of your gifts and simultaneously a Student with another. Remember that we are forever students learning and this process continues through life, death and re-birth. There is no place to a final destination. It is a process of monitoring yourself and moving forward at your own pace of integration, learning and Self-development.

The Student

As a student you are aware that you want to evolve and grow. You realize you carry old wounds in need of healing. You may also be aware that you carry resentments and blame and are challenged with difficult/intense emotions. A student is seeking greater purpose in life and wants to know the truth beyond what the conscious mind is presenting. This is a phase of curiosity, truth seeking and unknown potential. The student begins by learning the concepts of living as Spirit beyond the physical form.

The Apprentice

When you have reached the Apprentice level you have experienced yourself as an immortal being having a human experience. You have remembered innate spiritual gifts and are practicing to use them through trial and error. At this stage you have healed many of your conscious wounds, you have awakened your spiritual vision, and you have developed a high level of emotional intelligence. As an apprentice you will be honing your awareness for multi-dimensional living and establishing a firm set of ethics while being guided and mentored to remember the mission of your soul.

The Adept

Becoming an Adept means you have anchored your immortal being as a palpable experience merged within your physical body. You know and understand how to work with your light body and have mastered your gifts of spirit. You have healed your emotional, mental and physical ills and have mastered the art of vibrational presence. You know yourself as the cause of your reality and take full responsibility for all you create. Your integrity is impeccable with your Self and all your relations.

The Mentor

A Mentor is an Adept who is now ready to teach and guide others with ease, clarity and comfort. At this stage you become a positive role model, an elder, the wise one and counselor for your community.

7 Levels of Consciousness

Quick Reference Chart



1st Body | Physical Body
Muladhara (Root) Chakra

Colour | Red Sound | Lam Element | Earth



2nd Body | Emotional Body
Svadihstana (Sacral) Chakra

Colour | Orange Sound | Vam Element | Water



3rd Body | Astral Body
Manipura (Solar Plexus) Chakra

Colour | Yellow Sound | Ram Element | Fire



4th Body | Mental/Psychic Body
Anahata (Heart) Chakra

Colour | Bright Green Sound | Yam Element | Air



5th Body | Spiritual Body
Vishuddha (Throat) Chakra

Colour | Sky blue Sound | Ham Element | Sound



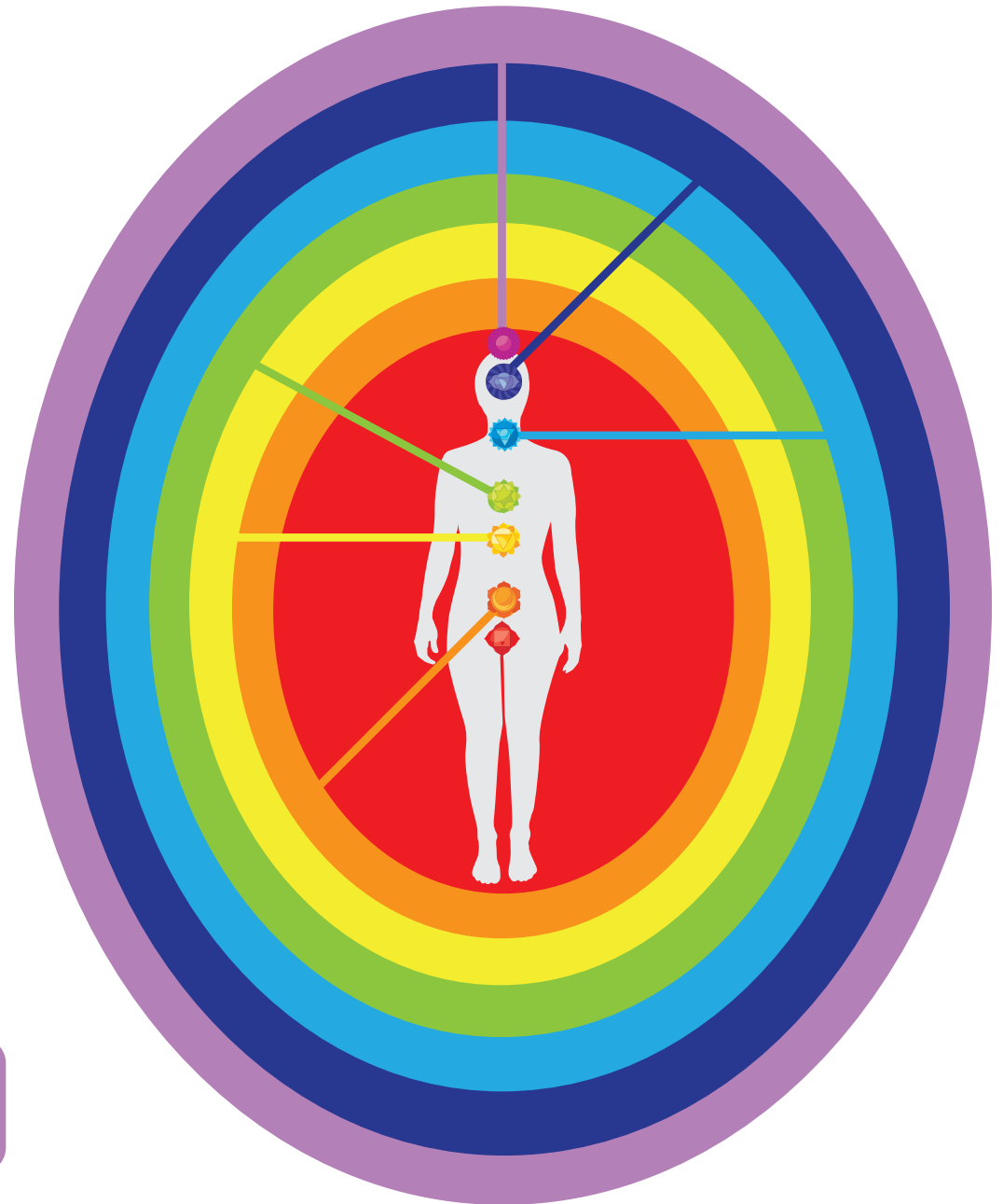
6th Body | Cosmic Body
Ajna (Third Eye) Chakra

Colour | Indigo Sound | Aum Element | Light



7th Body | Oneness Consciousness
Sahasrara (Crown) Chakra

Colour | White/Violet Sound | Om Element | Thought



7 Levels of Consciousness*

Corresponds to	Characteristics	Perceived by	Response	Expression	Physical Issues	Fulfilled by	Blissipline
Physical Body: Self Preservation, Food, Sex, Money, Security	Boundary Issues, Safety vs Fear, Knowing when to Trust vs Distrust, Balance between Independence and Dependence, Financial Prosperity.	Touch, Movement and Presence (Shivers, Pleasure & Pain)	Fight or Flight / Fear	Physical "To be here & to have"	Bones, Teeth, Bowel, Anus, Legs, Feet, Knees, Eating Disorders, Base of Spine, Buttocks, Frequent Illness	Family, Community, Sense of well-being and Material comfort	Exercise, Massage, Relationship with Mother, Grounding
Emotional Body: Relating, Sharing, Intimacy, Emotional Healing	Relationship dynamics, Healthy Boundaries, Emotional Intelligence, Ability to Change, Graceful Movement, Ability to Experience Pleasure, Nurturance of Self & Others.	Emotions: Joy, Fear, Anger	Reactive / Guilt	Personal Emotions "To feel & have pleasure"	Sexual Organs, Spleen, Bladder, Menstrual, Lower Back, Knee, Lack of Flexibility	Creativity, Passion, Self Expression	Dance, Inner Child Work, 12 Step, Emotional Release
Astral Body: Personal Power/Vitality, Confidence, Autonomy, Intelligence, Ego Identity	Self-esteem, Self-confidence, Self-respect, Adequacy vs. Inferiority, Responsibility vs Irresponsibility, Substance abuse, Aggression vs Defensiveness, Territorial / too many Boundaries, Fear of making decisions, Feeling overly responsible.	Intuition (vague sense of knowing)	Restful Awareness / Shame	Thinking "To be an individual"	Abdomen, Upper intestines, Liver, Gall Bladder, Lower esophagus, Stomach. Kidney, Pancreas, Adrenal Gland, Spleen, Middle Spine	Peace, Self Acceptance, Centeredness, Inner Silence	Martial Arts, Sit ups, Deep Relaxation, Therapy
Mental/Psychic Body: Heart, Love, Devotion, Non-doing, Meditation, Prayer	Peaceful, Balanced, Loving, Empathic, Altruistic, Rejection, Abandonment, Loss and Betrayal.	A sense of loving someone	Intuition / Grief	Feelings of Love "To love and be loved"	Heart, Lungs, Blood (Circulation), Breasts, Thymus, Arms, Asthma, Immune Issues	Insight, Empathy, Tolerance, Forgiveness	Pranayama, Journaling, Self discovery, Therapy, Stretching
Spiritual Body: The being revealed when ego dissolves, Unlimited by space/time, Being touched through meditation	Capacity to feel fully, Express and Resolve Anger, Hostility, Joy, Grief, Forgiveness. Balance giving vs Receiving, Nurturing-self vs Nurturing others, Intimacy with other vs Ability to be alone (Intimacy with Self), Good Listener, Good Sense of Timing & Rhythm.	Hearing Sounds, Voices, Music	Creative / Lies	Higher Will "To speak and to be heard"	Thyroid, Tracheus, Neck Vertebrae, Throat, Mouth, Teeth and Gums, Toxicity	Inspiration, Expanded creativity, Art or Science, Unlimited Discovery, Wholeness, Unity with the Divine	Automatic Writing, Story Telling, Singing, Chanting, Toning
Cosmic Body: Consciousness, Revelation when being transcended, Witnessing, Pure Awareness	Clarity vs Ambiguity, Left brain vs Right brain, Rational vs Non-rational, Linear vs Holographic, Following rules vs Understanding that rules have exceptions, Intuitive, Perceptive, Good Memory, Symbolism.	Seeing Pictures, Symbols	Visionary / Illusions	Higher Feelings "To see"	Brain, Eyes, Ears, Nose, Pineal Gland, Headaches, Vision Problems	Reverence, Compassion, Devoted Service, Universal Love, Imagination, Intuition, Pattern Recognition	Visual Arts, Meditation, Dreamwork, Past Life Regression
Oneness Consciousness: Nothingness, the Beyond, the Inconceivable, Divine Death, Non-being, Nirvana	Clear sense of life's purpose vs. trusting that life has a purpose that may not be clear. Connection to God or Universal source of energy. Understanding the paradox that an individual can influence her life's events and also trust that things happen as they should and that some things are out of one's control.	Knowing, Whole Concept	Sacred / Attachment	Higher Concepts "To know and to learn"	Coma, Migraines, Brain Tumors, Amnesia, Cognitive Delusions, Learning difficulties, Apathy, Spiritual abuse	Wholeness, Unity with the Divine	Meditation, Spiritual Studies, Develop Inner Witness

Mind Gems



1. **TOUCH AND HEAR – Switches on hearing**
With palm of right hand, cover **Point 1**, which is located 2" to the right side of navel and 1½" down from the navel. Hold 12 seconds.



2. **TOUCH TOP OF HEAD – Brings attention to present time**
Cover soft spot on top of head with fingers of right hand. Hold 12 seconds. Cover soft spot on top of head with fingers of left hand. Hold 12 seconds.



3. **CROSS AND TOUCH BACK OF HEAD**
Clears fear, switches on the brain
Cone fingers of right hand and touch left bone at base of skull. At the same time, cone fingers of left hand and touch right bone at base of skull. Hold 12 seconds. Reverse action. Hold 12 seconds.



4. **SWITCH ON – Clears electrical system, restores balance**
Touch pads of all four fingers and thumb of left and right hands together at the same time. Hold 12 seconds.



5. **CROSS AND TOUCH AT SHOULDERS**
Balances the negative and positive charges and polarity
Place right hand on left shoulder. At the same time place left hand on right shoulder. Hold 12 seconds. Reverse action. Hold 12 seconds.



6. **CROSS AND TOUCH AT BACK OF NECK**
Clears anger and being uncentered
Place right hand on left back of neck where it connects to the shoulder. At the same time, place left hand on right back of neck. Hold 12 seconds. Reverse action. Hold 12 seconds.



7. **CROSS AND TOUCH AT HAIRLINE**
Restores color hues. Use when yelling, or feeling rage or violence.
Cone fingers of right hand and touch to left side of forehead at hairline. At the same time cone fingers of left hand and touch to right side of forehead at hairline. Hold 12 seconds. Reverse action. Hold 12 seconds.



8. **CROSS AND TOUCH AT MID-FOREHEAD**
Clears negative emotions, alters thoughts that change emotions
Cone fingers of right hand and touch left mid-forehead. At the same time cone fingers of left hand and touch right mid-forehead. Hold 12 seconds. Reverse action. Hold 12 seconds.



9. **CROSS AND TOUCH AT NAVEL**

Clears hate, terror, rage

Cone fingers of right hand and touch left side of navel. At the same time, cone fingers of left hand and touch right side of navel. Hold 12 seconds. Reverse action. Hold 12 seconds.



10. **CROSS AND TOUCH CROWN OF HEAD**

Clears remembrance of what has traumatized you

Cone fingers of right hand and touch side of crown of head (1½" back from soft spot). At the same time, cone fingers of left hand and touch right side of crown of head. Hold 12 seconds. Reverse action. Hold 12 seconds.



11. **CROSS AND TOUCH AT THYMUS**

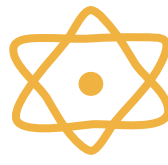
Clears shock, anxiety, destruction of self

Cone fingers of right hand and touch left side of thymus gland, 2" down from top of sternum (just below prominent bone on sternum). At the same time, cone fingers of left hand and touch right side of thymus gland. Hold 12 seconds. Reverse action. Hold 12 seconds.



12. **IN-VISION – Use to bring to you all you desire to have in your world (e.g., happiness, prosperity, perfect colors, perfect sounds, etc.)**

With dominant hand, cone fingers and touch pineal gland area between eyes. Hold until you have visualized all you desire.



Super Consciousness State

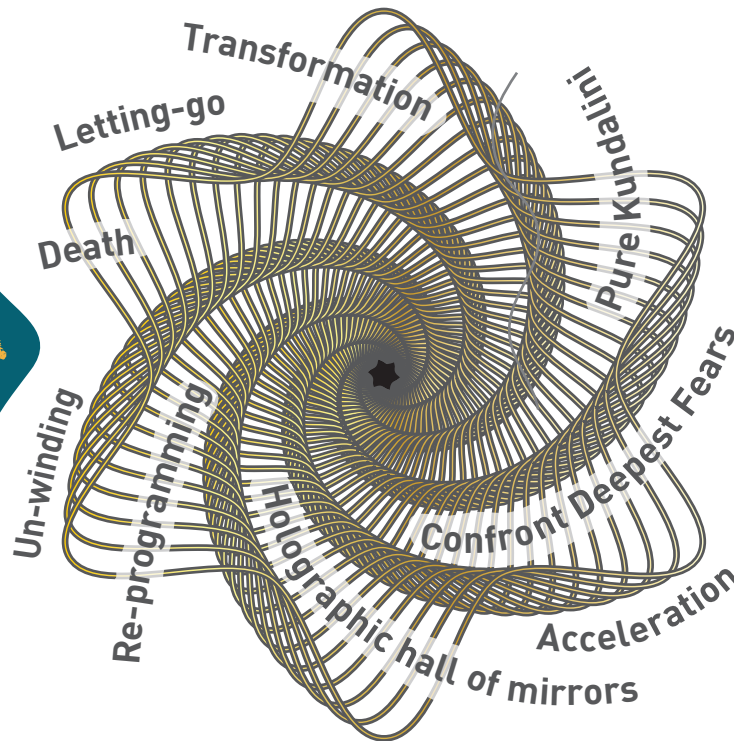
Conscious Evolution, Connected with Source,
Choice, Free Will, Light, Trust

Connect

Fall In

Un-Intentional Path

Trauma-induced, Un-guided,
Programming-flaw, Coincidence,
Addiction

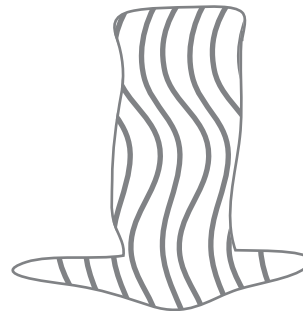


Jump In

Intentional Path

Guided, Grounded, Spiritual
Seeking, Ritual, Purposeful
Deconstruction, Synchronicity,
Pscadelics

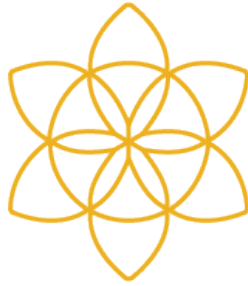
Dark Night of the Soul



Slide Down

Dark, Manic, At Affect, Lost,
In Fear, Physical Death

Dismantling



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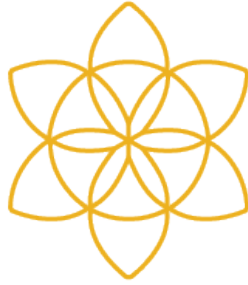
Mastermind Meeting Roles

Facilitator – Holds the structure of meeting; starts and ends on time. S/he presents the agenda at the beginning of every meeting and wraps up the call with the agenda for the following week. *Facilitator addresses group concerns and leads all discussions.* S/he is responsible for the grounding meditation. S/he Leads the hot seat and facilitates topic discussions. (Each member will run two sessions as facilitator.)

Timekeeper – Responsible for watching the clock throughout the entire call and giving whomever is speaking notice of her time allotment (1 min warnings etc.)

Note Taker – The note taker keeps a typed log of the call and what is discussed. S/he is responsible for placing the notes on a shared repository to live as our transcript.

Vibe Watcher – The job of the vibe watcher is to make sure everyone is being heard, if the facilitator doesn't catch it. Using instant message to the facilitator or ringing a bell if we have gone off topic or feelings are not being checked. The vibe watcher invites us to take a breath and come back to focus.



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Sample Meeting Agenda

10 min Grounding / Guided Meditation

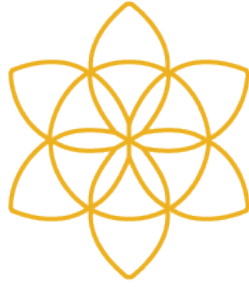
20 min Sharing/Check In's: 5 minutes each

This is Your Time: What do you need to update the group on? What is the gist and the juice of what is going on? What do you need from the group?

50 min Discussion: Facilitator Options

- 1) **Two Hot Seat Weeks per Month:** Two members request hot seat and get 25 minute each (Use Hot Seat Prep Form) .
- 2) **Each Member gets 12 min each so all members get in the hot seat.**
- 3) **Business Topic Discussion** – Facilitated by one member who feels confident on the topic of discussion. (Facilitator Prep: What topics do people want help with? What are good resources to be compiled into a shared document?)
- 3) **Milestone Meeting:** Periodic check in to discuss the group itself: How are we doing? Are our needs being met?

5 min In Closing: Wrap up, action steps declared, next session facilitator announced.



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Note Taking Format

We will use Google Docs to track our sessions and date it accordingly.

Roles:

- **Facilitator**
- **Vibe Watcher**
- **Time Keeper**
- **Note Taker**

Personal Check In's: (brief description, bullet points of what they share)

- **Check In**
- **Check In**
- **Check In**

Hot Seats: (brief description bullet points of what they share + add feedback people give back)

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Closing Comments / Next Steps:

Weekly Up-date: _____

1. *What did I accomplish this last week?*
2. *Is there anything I wanted to accomplish but did not?*
3. *What a-ha's or awakenings did I have?*
4. *What challenges am I experiencing?*
5. *If I were coaching myself, what would I tell me about these challenges?*
6. *What are my top three priorities for this coming week?*
7. *If I could get nothing else done this week but ONE THING, what one thing would I choose to do? What one thing would make me happy and proud?*
8. *How do I want to feel this week? Who do I want to BE?*