



KNOW THE SELF  
- A C A D E M Y -

# TSM LEVEL 1

## FACILITATOR CERTIFICATION

TSM LEVEL 1 FACILITATOR CERTIFICATION

KNOW THE SELF ACADEMY

A 3-MONTH FACILITATOR TRAINING  
+ 5 DAY IMMERSIVE RETREAT IN MENDOCINO  
GUIDING OTHERS IN TSM: TIME SYNC MASTERY

STARTS APRIL 11TH, IN PERSON IMMERSION APRIL 22 - 26

# TIME IS SHIFTING...

You can feel it in the body before you can explain it. A knowing that the old ways of pushing, leading, and coping no longer work.

This moment isn't asking for urgency.

It's asking for presence.

For people who can stay clear and regulated while the world reorganizes.

At Know The Self Academy, we see this as a remembering. A return to the intelligence already living in your body and nervous system.

When you learn to listen there, your way forward becomes obvious. Not as an idea, but as a way of being.

Time Sync Mastery is a practical path back into that listening.

A method for restoring coherence, collapsing unnecessary struggle, and moving in sync with what life is asking of you now.

This training is an initiation into that capacity.

If you've felt the pull to stop orienting to the noise and start trusting what you already sense, you're right on time.

JOIN US.

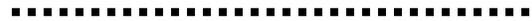


# CERTIFIED FACILITATOR

The Level 1 Facilitator Certification is a professional training and authorization pathway for experienced TSM initiates who feel called to responsibly hold the work with others.

This is not a casual add-on to Level 1.

It is a lineage-based apprenticeship, designed to ensure integrity, clarity, and ethical stewardship as TSM is shared in community.



## WHO THIS PATH IS FOR

This certification is for initiates who:

- Have completed TSM Level One (retreat or online) and the 21-day attunement
- Maintain a consistent personal TSM practice for a minimum of 3 months
- Are already sharing the work informally or feel ready to do so responsibly
- Are willing to be observed, guided, and held to ethical standards
- Understand that authorization is earned, not automatic

*Application and readiness review are required.*



# WHAT'S INCLUDED



## 1. Five-Day Immersion (In-Person April 22-26, 2026)

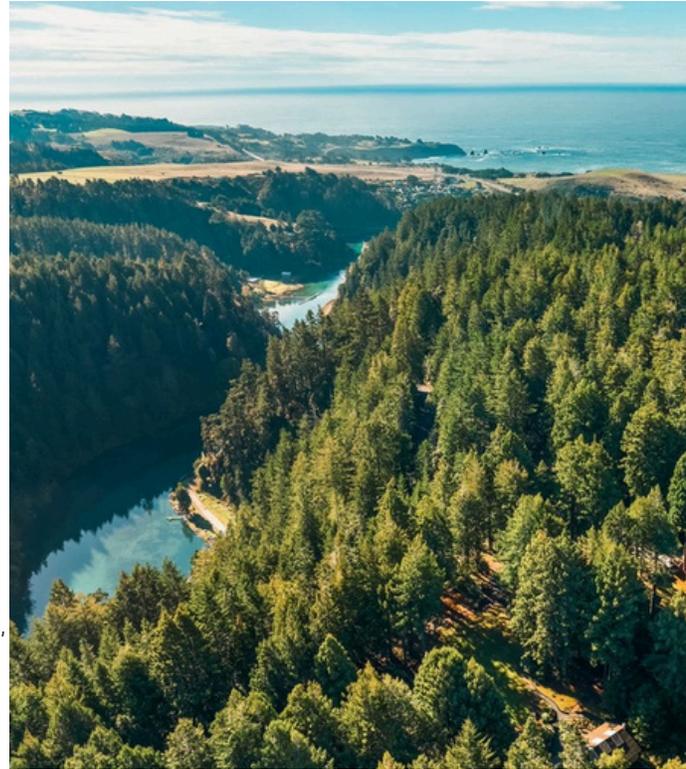
Facilitators-in-Training attend the full TSM Level 1 Retreat and receive additional facilitator-specific training. This includes:

- Shared accommodations and meals
- Live TSM transmissions and group field immersion
- Facilitator orientation workshop
- Supervised practice opportunities

*\*The in person retreat is not optional*

## 2. Three Facilitator Workshops (9 Hours Total)

- **April 11:** Facilitator Workshop (3 hrs | Live on Zoom)
  - Personal project clarity, ethics agreements, and energetic hygiene
- **April 22 - 26:** In-Person Facilitator Training (3 hrs | 1st Day of retreat | Must arrive before 12 PM)
  - Embodied facilitation skills, group dynamics, neutrality, roles and boundaries
- **May 16:** Integration Workshop (3 hrs | Live on Zoom)
  - Project refinement, tracking hours, and transition into supervised practice



## 3. One Year Membership to TSM Weekly Tuning Circle (Included)

Facilitators receive one full year of access to the Weekly Tuning Circle (normally \$33/month).

This weekly practice circle:

- Provides consistent group field coherence
- Allows facilitators to accrue supervised practice hours
- Creates a space for faculty observation, receiving feedback, and witnessing others in training

*Facilitators will be invited to lead in our community tuning field, once readiness is confirmed.*

## 4. Supervised Practice & Facilitator Project

Facilitators-in-Training define a personal project to apply TSM, before the retreat.

Projects may include facilitating TSM for:

- Community or organizational circles
- Workplace or local groups
- Family and friends

## After the retreat, facilitators accrue hours through:

- Their approved project
- Authorized sessions within the Weekly Tuning Pod
- Impromptu small group sessions

*All practice groups must be 2-12 people | 1-1 sessions are not permitted. All hours must be logged and documented.*

## 5. Mentored Triad Councils (2 Included)

Trainees receive direct guidance, field adjustments, live feedback & personal mentorship with Lead TSM Facilitators

- Initiation Council – project review and alignment, direct transmission, and training
- Authorization Council – review of hours, project summary, and readiness

# THE 5-DAY RETREAT IMMERSION



You arrive Wednesday to 27 acres of coastal redwood forest...

Tea is waiting.  
The land is quiet.  
The pace slows immediately.

Over five days, you'll learn to hold the practice field for Level 1 TSM initiates inside a supportive cohort of fellow Facilitators-in-Training.

**Wednesday** – Arrive by Noon, Facilitators-in-Training Workshop 12 PM - 3 PM, Orientation & Introductions with TSM Level 1 Initiates,

**Thursday** – Forrest Tuning & AM Movement, Peeling back the layers of Consciousness, Setting Personal Frequency, Energetic Containership & Personal Boundaries

**Friday** – Exploring Levels of Awakening, Your relationship to Earth as a Living Being, Levels of Trust, Finding Right Relation (with Self, Earth & Others), Exploring Relational Awareness, Unlocking Your Innate Genius, Evening Fireside Ceremony

**Saturday** – Anchoring Your Genius & Your Big Dream, Becoming a Conscious Co-creator, Applications of TSM; Decision-Making, Practical Applications, Business & Creative Collaborations, Intuitive Clarity. Evening celebration.

**Sunday** – Integration, Next Steps and Closing Ceremony

**Sessions finish by Noon.**  
**Check Out & Optional Hangout until 3**

## APRIL 22 - 26, 2026



## BETWEEN SESSIONS

**Spaciousness is woven throughout the experience with time for...**

- Integration
- Visioning & manifestation practices
- Gourmet catered meals
- Forest walks through ancient redwoods.
- Campfires under the stars
- Onsite Infrared sauna
- Ocean Cold Plunge
- Time to Rest



# CERTIFICATION & PERMISSIONS

## To receive certification, trainees must complete:

- All training components
- Required logged hours
- Project summary and reflections
- Final authorization review

*Certification is not automatic.*

## Upon certification, Facilitators may:

- Use the title "TSM Certified Facilitator"
- Be listed as a Certified Facilitator on the Know The Self Academy website
- Lead small-group TSM circles (3–12 people)
- Use TSM as a supporting modality within their offerings

## Facilitators may not:

- Charge specifically for TSM sessions
- Run public TSM workshops without permission
- Certify others

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## ACADEMY FACILITATORS



**Aeon Karris** is a master mystic and ecologist, and the Founder of Know The Self Academy. For nearly three decades, she has guided individuals and groups through embodied leadership, energetic sovereignty, and coherent ways of living and working together. As the creator of Time Sync Mastery (TSM) and a former tech founder, Aeon bridges deep spiritual intelligence with real-world execution, helping people navigate complexity, restore alignment, and build lives and communities rooted in integrity and long-term vision.



**Arthur Wald** is the Programming & Communications Director at Know The Self Academy and a Lead Time Sync Mastery (TSM) Facilitator. A lifelong meditator and yogi, he guides individuals and groups into sustained flow states, coherence, and embodied leadership. With a background spanning entrepreneurship, systems design, and hypnotherapy, Arthur bridges deep inner work with practical application. As a queer community leader and entrepreneur in a long-term partnership, he brings grounded insight and lived experience to supporting people in transforming challenge into clarity, resilience, and meaningful impact.



# TUITION & PAYMENT

## 3-MONTH, TSM LEVEL 1 FACILITATOR TRAINING

**Early Bird: \$2400 | Regular Tuition: \$2,800**

(Early Bird pricing ends February 12, 2026 at 11:59 PM PT)

### Tuition Includes (Total Program Value)

- 5 days / 4 nights at Spirit Camp (room & board) – \$1,500 value
- Chef-prepared organic vegetarian meals (2 meals daily) – \$500 value
- All live training, materials, and facilitation – \$2,500 value
- Facilitator training workshops (pre-retreat & post-retreat) – \$1,800 value
- One year of Weekly Tuning membership – \$396 value
- Two triad consultations (mentorship + authorization support) – \$600 value
- Supervision, evaluation & authorization process – \$1,200 value

**Total Program Value: over \$8,400**

### Room Upgrade Costs for Retreat

Bunkhouse Accommodations included in the base price (up to 9 spots available)

- Shared Cabin (3 guests): + \$400
- Private Cabin: + \$600

*\*All cabins are warm, comfortable, design forward with premium linen bedding.*

Facilitator tuition reflects the depth of training and the level of personal attention involved, while remaining intentionally grounded and accessible for those ready to carry the work forward.

### Facilitator Payment Process

- \$800 deposit due upon confirmed acceptance into the training
- Remaining balance paid by March 22, 2026
- Payment plans available upon request



## REFERRAL CREDIT

At KTS Academy we know this work grows best through trusted relationships. Because of this, you'll receive a \$100 credit toward your tuition for every person you refer, whose application is accepted to April's TSM Level 1 Initiation Retreat. We encourage you to invite your trusted allies whom you want to continue to collaborate and grow with to experience this initiation alongside you as TSM is the glue that holds communities together.

Referrals must list you on their application for credit to apply.

Referral credits are applied to remaining balances and are not redeemable for cash.



# CONTINUING EDUCATION

## Level 2 Facilitator | Field Holder

*"I can hold transformation at scale."*

This level is invite-only and begins at least one year after Level 1 practice. It requires direct collaboration with Aeon and service inside the School.

### What it authorizes you to do:

- Lead groups of 12+
- Offer paid 1-1 TSM sessions
- Co-lead retreats and initiations
- Navigate kundalini awakenings, shadow, and spiritual emergencies

### Training includes:

- Group field dynamics
- Projection, messiah complex, and dark night navigation
- Initiatory crisis support
- Council holding and collective intelligence

### Requirements:

- Written application and interview
- Hold at least ten large (12 ppl+) group sessions
- Co-facilitation and retreat assistance
- Client feedback
- Leading practice pods for Level One trainees
- Reflection on group dynamics

### Permissions:

- Run public TSM workshops through the Academy
- Charge for TSM sessions through the Academy
- Use TSM professionally with a KTS partnership agreement
- May not certify others

*Tuition is primarily service-based with 1-1 mentorship costs.*

## Level 3 – Lead Facilitator & Lineage Holder

*"I steward the field."*

Level Three Facilitators are custodians of the lineage.

### Requirements:

- Conduct a full council series
- Mentor at least one trainee
- Lead a multi-day immersion
- Demonstrate ethical, emotional, and energetic maturity
- Contribute to the evolution of TSM

### Permissions:

- Train facilitators inside KTS Academy
- Certify others
- Shape academy curriculum and field standards

Tuition is service-based and Lead Facilitators receive income from fulfilling leadership roles within academy retreats and educational offerings





# DEEPENING IN THE WORK

## NON-FACILITATOR PATHS



- **Se-kem Initiations:** A remembered temple-dance lineage that uses embodied movement to commune with the natural world and command reality through the light body. (Available to all TSM students through private mentorship and group workshops).
- **Council Work:** A collective governance framework for Families, Communities and/or Organizations. Includes curated spiritual mastermind circles for ongoing support, accountability, collective problem-solving and quantum co-creation. (Invitation Only)
- **Private Mentorship:** Personalized 1-1 sessions or customized private retreats, focused on clearing blocks, gaining clarity, and aligning with your core strengths. This work supports real growth, confident leadership, and greater aptitude in TSM, Council Work and Se-Kem. (Available to all TSM students by application)
- **Practitioner Path:** For therapists, healers, coaches, and those who already offer 1-1 sessions in their private practice and want to learn how to apply TSM to become highly effective in their offerings. Trainees will learn a shamanic Soul Dive technique to clear subconscious blocks and heal soul wounds at the root cause. This is an advanced practitioner lineage, not a certification. After training, practitioners may receive clients through the KTS Academy and operate under its ethical and energetic umbrella. (Available to professional practitioners that have completed TSM Level 1 Initiation.)



# THIS IS YOUR INVITATION

What the world needs NOW are leaders who can stay clear, grounded and empowered as the times shift.

If this speaks to you, we invite you to join us.

[REGISTER HERE](#)