



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

TSM LEVEL 1 TRAINING & RETREAT

TIME SYNC MASTERY - TSM LEVEL 1 INITIATION

KNOW THE SELF ACADEMY

A 3-MONTH INITIATION & IMMERSIVE 5-DAY RETREAT
INTO KNOW THE SELF ACADEMY'S FOUNDATIONAL TOOL
FOR PERSONAL SOVEREIGNTY: TIME SYNC MASTERY

IN PERSON IMMERSION: APRIL 22 - 26, 2026

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.

"After sixty years of spiritual practice, this was the first time I felt truly rooted, not just elevated."

- David



WHAT IS TSM?

Time Sync Mastery (TSM) also known as, "The Synchronicity Method", was created for visionaries, facilitators, entrepreneurs, and change-makers who understand personal sovereignty and energetic alignment is no longer optional; it is foundational.

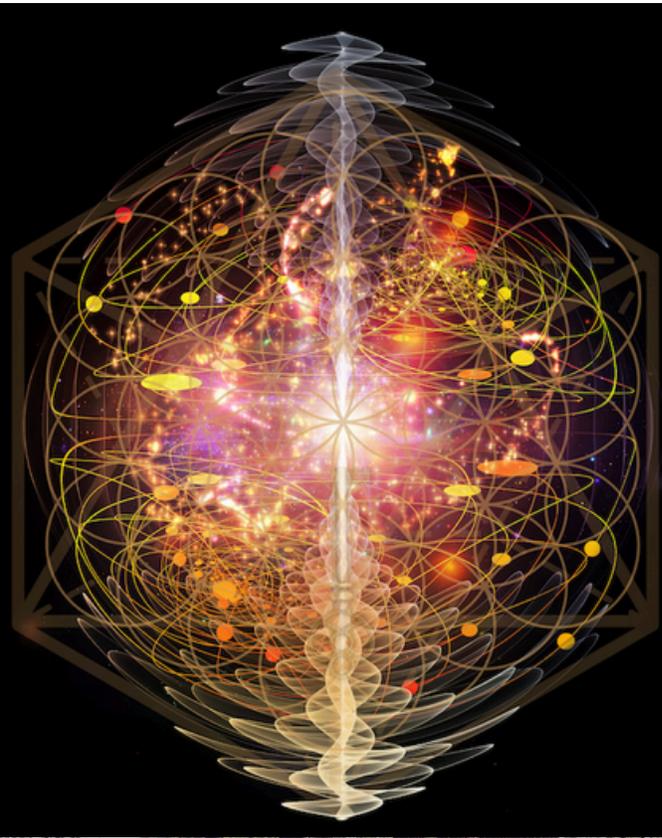
At its core, TSM is an energetic fitness protocol: a practical way of tending to your energy system with the same care and consistency you would your physical or mental health. When your energy is aligned and running correctly, life naturally moves into right relation; decisions clarify, momentum increases, genius arises and what is no longer aligned becomes clearly visible and ready to fall away.

Time Sync Mastery is named for what it restores: your ability to stay in sync with reality as it's unfolding. When your energy is aligned with the present moment, life moves with greater flow, timing, and ease. TSM trains this capacity deliberately, so alignment becomes something you can access on demand, not by chance.

TSM is a simple but complete protocol that empowers you to:

- Clear energetic attachments and distortions
- Sync with present-moment reality (not past patterns or future anxiety)
- Test alignment through your body's innate intelligence
- Maintain sovereignty while staying open to connection

This is not meditation. It is meditative, energetic fitness – practical, repeatable, and embodied for your highest expression.



"TSM LEVEL 1 IS WHERE THE PROTOCOL MOVES FROM CONCEPT TO LIVED EXPERIENCE... IT IS A VISCERAL, EMBODIED INITIATION INTO ENERGETIC MASTERY." - AEON KARRIS



WHAT YOU'LL LEAVE WITH

- The complete 4-step TSM protocol, memorized and embodied; the perfect daily practice for clarity, alignment, and self-regulation
- Lifetime access to TSM Level 1 Online Course for future reference & TSM recordings
- A clear 21-day roadmap to stabilize and integrate the practice after the retreat
- Practical applications of TSM in decision-making, relationship dynamics, and collaborations
- A new community of trusted peers you'll continue to learn and practice alongside, now and in the future.
- 3 months of access to KTS Academy's weekly "Tuning Circle", where you'll practice and meet others in our global network, as we deepen in the practice and resonate together
- Access to your innate genius



COMMUNITY, KINSHIP & RIGHT RELATIONS

One of the most consistent outcomes of our retreats is the powerful, lasting connections that form between participants.

When the group field is clear and nervous systems are regulated, people meet beyond societal roles, physical attraction, or social masks where something deeper has room to emerge. Participants often recognize one another as collaborators, allies, and chosen family.

This retreat isn't about networking or dating, but it is about meeting others in right relation, where trust, resonance, and mutual respect form naturally and endure over time.

RETREAT IMMERSION



You arrive Wednesday afternoon to Spirit Camp Retreat Center, 27 acres of Mendocino's coastal redwood forest...

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

Over five days, you'll learn and practice the full TSM protocol inside a supportive, grounded field, held by the land and world-class facilitators.

APRIL 22 - 26, 2026

Wednesday – Arrive by 3 PM
Orientation & Introduction to TSM.

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 – "Real life" Integration, Next Steps, Closing Ceremony

Sessions finish by Noon
Check Out & Hangout until 3



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



WHAT HAPPENS AFTER LEVEL 1?

TSM Level 1 Initiation is the prerequisite to all higher learning within Know The Self Academy, including:

- **TSM Facilitator Certification:** Facilitation is a stewardship path, introduced after initiation. Training is by invitation and accepted application only. Inquire directly if you have prior TSM experience and feel ready now, for this level of training.
- **Se-kem:** A remembered temple-dance lineage that uses embodied movement to commune with the natural world and command reality with the body.
- **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.
- **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.

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RETREAT 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

TSM Level 1 Initiation | 3 Month Training & Immersive 5-day Retreat

Tuition: \$2,100

Room Upgrade Costs

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.*

Tuition includes:

- 5 days / 4 nights at Spirit Camp (\$1500 Value)
- Gourmet Meals (2 organic vegetarian meals daily) (\$500 Value)
- All training, materials, and facilitation (\$2500 Value)
- 21-day Roadmap for Level 1 Certification (\$350 Value)
- 3 Months access to the Weekly Tuning Pod (\$99 Value)
- TSM Online Course (\$297 Value)
- Group Integration Call via Zoom (\$150 Value)

Total Program Value: Over \$5,500

Level 1 tuition is intentionally priced below its full value to keep the work accessible while maintaining a coherent field.

Payment process:

- \$800 application deposit (paid by invoice upon application review)
- Remaining balance **due March 22, 2026** (30 days prior to retreat start)

The \$800 deposit is refundable only if your application is not accepted (minus minor transaction fees). If the retreat is cancelled by the organizers, all payments will be refunded. Once application is accepted, all payments are non-refundable.

“The balance of structure, nature, and connection keeps me returning year after year.” - Satya Ra

REFERRAL CREDIT

This work grows through trusted relationships. For every person you personally introduce to TSM who is accepted into the retreat, you'll receive a \$100 credit toward your tuition. **Referrals must list you on their application for credit to apply.**

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



THIS IS YOUR INVITATION

What the world needs NOW are leaders who can stay clear, grounded and empowered as "The Great Turning" accelerates.

If this speaks to you, we invite you to apply.

[APPLY HERE](#)

"This was the first framework that helped me bridge inner development with real-world leadership. - Sofia

"TSM helped me turn vision into something embodied and sustainable instead of just inspirational." - Juliet

"I stopped getting knocked off center and finally found a repeatable way to regulate my energy." - Julian

"After decades of meditation, TSM finally taught me how to ground my energy." - Janet