



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

TIME SYNC MASTERY INITIATION

TIME SYNC MASTERY - TSM INITIATION

KNOW THE SELF ACADEMY

A 3-MONTH ONLINE TRAINING STARTING OCTOBER
& IMMERSIVE 5-DAY RETREAT, NOVEMBER 4-8, IN MENDOCINO, CA.



THE INITIATORY EXPERIENCE

Time Sync Mastery (TSM) Initiation is not a wellness retreat or passive meditation experience.

This is an immersive process designed to bring you into deeper congruency, embodied presence, and radical self-responsibility. You will be invited to meet yourself honestly, release outdated patterns, and awaken new capacities through direct lived experience.

- **Initiation is a passage from one state of being to another.** Through embodied practice, group process, and direct experience, participants often discover greater alignment between mind, body and spirit – awakening deeper levels of clarity, purpose, relational intelligence, and authentic expression.
- **Silence, self-inquiry, and deep presence are part of the container.** There will be periods of silence and moments where you are asked to listen deeply to yourself rather than orienting around the needs, emotions, or expectations of others.
- **This work is about returning to your true nature to unlock your hidden potential.** Through deep intimacy and connection to the natural world, and honoring the indigenous practices and people of the land, we can finally remember what we are and live coherently. You are not coming to escape your life. You are coming to become more fully present within it. This initiation is designed to help you move beyond unconscious patterns, victim loops, energetic fragmentation, and distorted societal conditioning.
- **You will be invited to meet your edges.** Emotions such as fear, grief, anger, shame, or unresolved trauma may arise during the process. These experiences are not viewed as failures, but as gateways to greater congruency, vitality, clarity, and inner freedom.
- **You remain sovereign throughout the experience.** This work is about Self Leadership. It is invitational, not coercive. You are encouraged to honor your own capacity, communicate clearly, and take responsibility for your own process while being witnessed and supported within the group field.





WHAT IS TSM?

Your body is more than a physical structure. It is an intelligent sensing system, constantly exchanging information with the world around you. Your biofield influences how you perceive, relate, respond, and participate in reality.

Time Sync Mastery (TSM), also known as The Synchronicity Method, is an embodied daily practice for cultivating energetic coherence.

TSM is the daily discipline of bringing your inner world into coherence so that your outer life can unfold with greater clarity, discernment, and flow.

Created for visionaries, facilitators, entrepreneurs, and change-makers, TSM functions as an energetic fitness practice, a repeatable protocol for tending your inner state with the same discipline we give our physical and mental health.

As coherence develops, perception naturally expands.

Many practitioners report heightened intuition, meaningful synchronicities, greater energetic sensitivity, vivid dreams, and moments of expanded awareness.

Rather than chasing extraordinary experiences, TSM provides a stable foundation from which they can be integrated with clarity, discernment, and presence.

Through consistent practice, TSM helps you:

- Cultivate energetic coherence and self-regulation
- Strengthen discernment and intuitive perception
- Clear energetic and emotional residue
- Access sustained states of flow, creativity, and purposeful action
- Remain grounded, sovereign, and fully engaged with life

Time Sync Mastery is more than a passive meditation practice. It is a way of living with greater coherence, presence, and intentionality.

RETREAT IMMERSION



NOVEMBER 4-8, 2026

You arrive Wednesday afternoon to an iconic, 1870s Farmhouse on 33 acres of redwood forest with ocean views.

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.

Wednesday – Arrival - 5 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), Unlocking Your Innate Genius, Evening Fireside Ceremony

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

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

***Closing Session finished by Noon with optional beach hangout after.**



BETWEEN SESSIONS

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

- Gourmet Catered Meals
- Yoga, Dance & Movement Practices
- Beach Strolls & Coastal Bluffs Exploration
- Forest Tuning in the Ancient Redwoods of Mendocino
- Campfire Songs Under The Stars with Live Music & Performance
- Silent Time to Rest & Integrate

"THE TSM IMMERSION 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 four-step TSM practice, learned by heart and embodied as a daily discipline for cultivating clarity, coherence, and self-regulation.
- Lifetime access to the TSM Online Course, including recordings and future reference materials.
- A 21-day integration pathway to establish the practice in daily life.
- Practical applications of TSM for decision-making, relationships, leadership, and collaboration.
- A community of trusted peers committed to continued practice, mutual support, and lifelong learning.
- Three months of complimentary access to the Academy's weekly Tuning Circle to deepen your practice alongside our global community.
- A renewed relationship with your innate intelligence, intuition, and creative potential.



COMMUNITY, KINSHIP & RIGHT RELATIONS

One of the most meaningful outcomes of our retreats is the depth of relationship that naturally emerges among participants.

As nervous systems settle and the group develops coherence, people begin meeting one another beyond social roles, expectations, and familiar identities. From that place, something deeper has room to emerge. Participants often discover collaborators, trusted allies, lifelong friends, and, at times, chosen family.

This retreat isn't about networking or dating, but it is about meeting others in right relation, where trust, mutual respect, and genuine kinship can emerge naturally and continue long after the retreat has ended. More than a memorable experience, you'll leave with practices and capacities that continue to mature through a lifetime of application.

WHAT HAPPENS AFTER YOUR TSM INITIATION?

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

- **TSM Facilitator Certification:** A stewardship path for those called to guide others in the practice of Time Sync Mastery. Facilitator training is by invitation and application following TSM Initiation.
- **Se-Kem:** An embodied ceremonial art that extends TSM into movement. Through a progression of postures, disciplined practice, and direct transmission, the body becomes the instrument through which consciousness is refined, subtle perception deepens, and coherent action emerges.
- **Council Work:** A relational framework for cultivating wise leadership, shared stewardship, and collective intelligence within families, communities, and organizations. Through facilitated councils, participants learn to navigate complexity, deepen trust, and make decisions in right relationship..
- **Private Mentorship:** Personalized mentorship through one-on-one sessions or custom immersions, designed to help individuals navigate major life transitions, strengthen embodied leadership, and accelerate their development in TSM, Se-Kem, and Council Work. While TSM is not required, these practices naturally deepen and reinforce one another.





KNOW THE SELF ACADEMY TEAM



AEON KARRIS is the Founder of Know The Self Academy, a leadership mentor, and designer of initiatory experiences. For nearly three decades, she has helped founders, creatives, and community leaders cultivate right relationship; with themselves, one another, and the living world. She designs transformational learning cultures that help people live from their innate genius and become trustworthy stewards of their gifts, relationships, and communities. She serves on the board of the Noyo Bida Truth Project, working alongside Indigenous leaders in support of cultural restoration and community healing. Aeon is the bestselling author of *Synchronicity: Unlock Your Divine Destiny*.



ARTHUR WALD is the Programming & Communications Director at Know The Self Academy and a Lead TSM Facilitator. As a lifelong meditator, yogi, personal mentor and group facilitator, Arthur helps people cultivate sustained flow states for coherent, creative expression and embodied leadership. As a queer community leader, entrepreneur, and partner in a long-term relationship, he specializes in bridging deep inner work with practical, everyday application.



JANET WALD JUBAS is a Know The Self Academy Board Member and Patron, Facilitator-in-Training, elder advisor, and retreat space holder. A meditator for nearly four decades, she has served on the boards of the *Betty Ford Center* and the *Harmony Project*, and is a philanthropic supporter of the *Los Angeles County Museum of Art (LACMA)* among other organizations. As a former behavioral therapist and family mentor for children on the autism spectrum, she brings wisdom, steadiness, and heartfelt care to every gathering.



LAVENDER GRACE KENT is a Mendocino Coast artist, singer & musician, cultural practitioner, and Facilitator-in-Training with Know The Self Academy. At the retreat, Lavender will guide participants through rhythm, song, and storytelling, weaving place-based traditions that cultivate presence, belonging, and deeper connection with the living world. She is the Brand & Company Culture Steward for *Thanksgiving Coffee*, the founder the *Bee Bold Alliance* supporting pollinator restoration, and serves on the board of the *Noyo Bida Truth Project*, advancing Indigenous truth-telling and cultural restoration.



RYM ERNST is a culinary professional and community builder who believes in the transformative power of food and our relationship with the land. We're delighted to welcome Rym as our chef for this immersion. Rooted in the principles of earth care and people care, she sees shared meals as a catalyst for connection, living culture, and collective well-being. Drawing on her Moroccan heritage and a passion for food sovereignty, seasonal cooking, and community education, Rym creates nourishing meals that awaken the senses and celebrate the abundance of the land.



TUITION & PAYMENT

TSM Initiation | 3-Month Training & Immersive 5-Day Retreat

Tuition: \$2,200

Room Upgrade Costs

Shared Accommodations included in the base price (2-3 people per Room)

- Private Room in Shared House: + \$400 (6 available)
- Private Cabin / Shared Bathroom: \$600 (only 1 available)
- Private Cabin + Private Bathroom: \$800 (only 1 available)

Farmhouse rooms share bathrooms. Private cabins are a short walk away.

Tuition includes:

- 5 days / 4 nights (\$1500 Value)
- Gourmet Meals (2 organic vegetarian meals daily) (\$500 Value)
- All training, materials, and facilitation (\$2500 Value)
- 3-Months access to the Live Weekly TSM Group (\$128 Value)
- TSM Online Course (\$297 Value)
- Group Integration Call via Zoom (\$150 Value)
- 21-day Roadmap for Level 1 Certification (\$350 Value)

Total Program Value: Over \$5,500

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

Payment process:

- **\$500 application deposit** (paid by invoice upon application acceptance)
- Remaining balance **due October 1, 2026**
- Flexible monthly payment plans are available for accepted applicants who register *before September 1*.

*The \$500 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

We believe the strongest communities grow through trusted relationships rather than advertising. If someone you personally introduce is accepted into the TSM Immersion, we'll thank you with tuition credit in recognition of your contribution to the field.

Earn up to \$400 in tuition credit for each referral: 1 = \$100 | 2 = \$250 | 3 = \$400*

**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 human evolution accelerates.

If you can feel the resonance, and readiness to step into this kind of leadership, join us!

[APPLY HERE](#)

Applications are reviewed individually.

Only 12 participants will be accepted to preserve the quality of the field.



*"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***

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