

Self Realization Course Overview

The Self Realization Course is a 12 week distance learning program that awakens higher consciousness and self realization so that you may fully realize your potential and live in greater prosperity, happiness and peace. The course comprises several components:

- Weekly 1 hour classes are held via teleconference from the comfort of your home. During these classes you will be guided in meditation over the phone and go into increasingly deeper states of bliss effortlessly.
- Weekly precepts, or lessons of just a few pages, are emailed to you that provide you tools that will enable you to integrate your higher awareness into your work and relationships. We will clear out negative programming, limiting beliefs and impediments to your happiness.
- Daily meditation where you will “plug into” a wellspring of happiness and peace that is innate within you. You will be guided into higher states of awareness effortlessly. It becomes easy, effortless and enjoyable.
- Weekly inspirational messages to “trigger” your awareness and shift your consciousness to a higher level. Each week you will enter into higher states.
- Private session, you are given one private session with Steven Sadleir either in person or over the phone, depending on what is most convenient for you.

Benefits

- The ability to meditate easily and experience deep peace and bliss
- Greater clarity, happiness and peace. Less stress and more love
- Gain access to the source of power to manifest and live abundantly
- The ability to take conscious control over your mind and emotions
- To enlighten your consciousness, realize your potential and fulfill your life purpose

Investment

The course is \$1,500. Payment plans are available. You can sign up on-line. You will know when you are ready. We look forward to serving you. If you have any questions please call **Pauline Doan at 949-355-3249** or email us at **info@selfawareness.com**. Other information can be obtained by going to www.selfawareness.com. Our programs are guaranteed.

Self Realization Course Class Syllabus

Course Overview

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|-----------------------------|------------------------------|
| (1) The Nature of the Self | (7) The Power of the Present |
| (2) Your Life Force | (8) Healing & Evolving |
| (3) Our Eternal Quest | (9) Discovering Ecstasy |
| (4) Awakening Consciousness | (10) Receiving Grace |
| (5) Understanding Your Mind | (11) Your Life Purpose |
| (6) The Enlightened Self | (12) Fulfillment & Meaning |

Assignments

- One hour of Meditation a day. Can be done in two sittings to fit your schedule
- One hour of group session per week, one private session
- Two to three hours of homework per week
- Selected reading from the recommended reading list
- Something affirming, loving and celebratory for yourself every day
- One entire day alone with yourself, in complete solitude and quiet

Recommended Reading List

By Steven Sadleir:

- *Looking for God*
- *The Calling*
- *The Awakening*
- DVD Guided Meditation

Recommended Activities

Periodic Self Awareness Institute Seminars and Retreats

Steven S. Sadleir Biography

Steven S. Sadleir is Director and co-founder of the Self Awareness Institute. Mr. Sadleir is a scholar and lecturer of philosophy and has written several books, one a compendium of every major spiritual path or teaching called: *Looking for God, A Seeker's Guide to Religious and Spiritual Groups of the World* (Penguin, 2001). He is also co-author, with Deepak Chopra and Wayne Dyer, of *Wake Up, Live the Life You Love*. His most recent book is *Self Realization, An Owner-User Manual for Human Beings*.

He has made several trips around the world studying meditation with many of the world's enlightened masters; apprenticed with two, and spent months sitting in India for, first, 8 hours a day, then 12 hours a day, and finally 23 hours a day for 40 consecutive days and nights to complete his training as a Yogi!

He founded the Self Awareness Institute in 1985 and has trained thousands of people from over 120 countries to meditate and find greater clarity, happiness and peace. He also holds a Master of Arts in Economics, from the University of Wales, United Kingdom, as a Rotary Scholar, holds a securities license, worked as an investment banker and fund advisor for many years, and now lives in Laguna Beach, California and devotes all his time to teaching.

Contact Information

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Tele-Conference Call Basic Instructions

Below is an overview of how to access and use the tele-conference line that we have for the group calls.

Before Calling: You will be guided into a meditation so be sure to find a quiet place to sit and sit up straight but get comfortable. A touch-tone phone is required for accessing the service. Our conference line provider uses a “918” area code, so be prepared for long-distance charges.

Phones: We recommend that you get a good quality headset for use on the calls. Headsets are available that connect into your standard corded desk phone. A headset allows you to be free of the stress or discomfort of trying to hold a telephone receiver to your ear for an hour or longer. Headsets are particularly useful for participating in visualizations and meditations where you will want to be relaxed and comfortable.

Dialing In: Please dial the teleconference number 4 – 5 minutes before the appointed time. After or during the recorded message, enter the PIN code followed by the # sign. You will be connected to the other callers automatically.

During the call: The large group calls will often be set up in lecture mode. This means that only the Moderator will be audible and all other listeners will be muted. This will reduce the likelihood of distractions from background noise and other events on the phone lines of listeners. Once the lecture portion is over and the optional discussion period begins the lines will be opened up so that everyone can participate. During this portion of the call – and other smaller group calls – you will need to be mindful of the following rules of tele-course etiquette.

There are several elements of teleconference etiquette, please review these before you call. They include:

1. **Mute Button.** Use your telephone's mute button. Background noise, the dog barking, radio, etc., cause distractions for the other participants. If you absolutely can't get a phone with a mute button, this conference system is set up so that you can mute your line individually by punching *6 on your touch pad. Pressing *6 again will toggle the mute off so that you can share. This method is less preferable though because it does transmit a pair of beeps into the call that are audible to everyone else.
2. **Activity Level.** Please create a quiet space that you can be in for the teleclasses. You will get the most out of the program if you sit quietly and really focus on what's happening on the calls. You may be tempted to move around and do other things during the class, but please allow yourself to be totally present to the group and conversation instead. If you must move around for something, make sure that you have the mute button on so that no distracting noise comes across the phone and into the group space.

3. **Breathing.** Some people breathe 'heavier' than others. Most of the heavy breathers don't realize it. (Who, ME?) So, we ask everyone to hold the mouthpiece or telephone headset microphone a bit away from their mouth and nose, unless they are speaking. This sounds pretty silly, but if you're on a call with a heavy breather, you'll understand why it matters!
4. **2-line phones.** If you have a two-line phone, please turn the ringer off on the second line. If you don't, and you get a call during the group call, it can occur as a really distracting noise that everyone hears.
5. **Pets.** If you're on a smaller TeleConference (like 10-30 callers), your dog will probably woof at exactly the time needed for some comic relief, so it's not usually a problem. But if you're on a larger TeleConference (30-150 callers), please put pets in another room. Better yet, have the mute button on whenever you're not actively sharing.
6. **Speakerphones.** Please don't use them for calls in which you will be sharing. Speakerphones are wonderful things, but the microphone clarity/quality simply isn't good enough on any of these phones to use in a group call. Pick up the handset when you share and put the mute button on when you're just listening.
7. **Cordless phones and Cell phones.** Even with a mute button these noises can come through. If you must use a cordless phone, please make sure that it's a good quality phone, the vagaries of reception and phone quality can cause strange echoes, humming, buzzing and other noises that make them really distracting for large group calls.
8. **Sharing.** The moderator will usually ask for callers to share or respond, throughout the call. However, please wait to be prompted -- don't just speak up, unless invited. If/when you do share, say something like, "Justin (or the moderator's name), this is Mary from Tampa." The Moderator will say, "Yes, Mary, go ahead." Then you can say whatever you'd like to. Always use the moderator's name and wait until they respond, indicating that you can proceed. On smaller calls (under 12 people) this formality isn't usually needed and there is a natural flow to people sharing and discussing. In general, please say your name and where you're from so that everyone is aware of who is speaking.
9. **Early/Late** Please call the bridge four to five minutes before the scheduled time. Do not call earlier than this as another conference may be in session. If you're late to the call, no problem, just dial in and be silent until you catch on to what's being discussed. And, finally, if you're more than 10 minutes late, be really careful about asking questions, as they may well have been asked earlier.

When Something Goes Wrong

If the phone **rings but won't connect**, you have most likely have mis-dialed, or your timing is off. Check the number and redial.

If the phone rings and you connect using the PIN number during the recorded message but there is **no one else on the line**, you're timing is probably off. Check the scheduled

time and try again. To find the time for your own time zone:
<http://www.timeanddate.com/worldclock/converter.html>

If the phone rings and you receive a **recorded message** saying something like "All circuits are busy, please try your call again later," it means that not enough long distance lines are available to connect you to the teleconference. This sometimes happens between the hours of 7PM and 11PM Eastern Time. Keep trying, or put your phone on auto re-dial if you have that feature.

If you receive a **busy signal**, it means that you either mis-dialed, or the teleconference bridge is full. Check the number and dial again. If you still receive a busy signal, then the bridge is full and is likely to remain full for the duration of the teleconference. This is extremely unlikely to happen however as our bridge can accommodate up to 100 people at a time.

If you receive a **fast busy signal**, it most likely means that your long distance carrier lines are full at the moment. You can either wait a few moments and try again, or use one of the "1010" call around providers listed below.

Long Distance Carriers

Competition in the telecommunications field has driven rates down in the last year or so. Most of the major carriers now offer long distance rates of less than \$0.10 per minute. Check with your current carrier to see what you now pay, then ask for their best package. Ideally you can get around \$0.05 - \$0.07 per minute 24/7 – though some carriers may want you to pay an approximately \$4 per month fee for that. You may need to be willing to switch carriers in order to get the best deal, but make sure to go with a reputable carrier with good quality lines. Occasionally when people use discount carriers we experience extraneous noise on the bridge which is distracting to everyone.

Thanks for your care and attention to keeping the calls clear for everyone.