



Instructions

You are in charge of how much time and effort you put into this course. You have now opened an opportunity to make tremendous changes in the way you choose to live your life. Only you will be able to focus your attention on the lessons provided for you. Don't worry about doing it right, you cannot do it wrong.

The process of this course is easy. Every four days you will receive an email announcing the availability of the next lesson. The email will have a link that, when you click on it, will take you directly to the sign-in page where you will have access to your account. The first time you are signed in, you will start here in the "Instructions & Introduction" tab. For the rest of the course you will begin by clicking on the Lesson tab. Each lesson is numbered and will have 4 different navigation bars with the following:

- **Audio** - Each Lesson has an audio message from don Miguel that is pertinent to the week's lesson. The message can range from 8-20 minutes and can be replayed. Listen to the message and then take some time to simply sit with what you have just heard and allow it to sink in. Wait and see if you can sense anything stirring or coming up within you. When you are ready to move to the next step, proceed to the written lesson.
- **Lesson** - This section contains the written material and offers insights and concepts for that week's lesson. Again, take some time to simply sit with what you have just read and allow it to sink in. Allow the wisdom and knowledge to settle deep within you. Investing a little extra time focusing on what you have just learned will assist you in getting as much as possible from each set of this course. When you are ready to move to the next step, proceed to the practice exercise.
- **Practice** - Be sure you have completed the Audio and Lesson portions before entering the Practice section. This is the section that describes the experiential practices and exercises that will assist you with integrating the concepts presented into your life. This portion is crucial to deeply engage the information presented and makes this online course a truly transformative experience for you. Please do not rush through the reading or practices, there is no competition. There is no benefit to finishing quickly, only to finishing completely. If you need more time, take it, the four day time period is only a suggestion. You set your own pace, you are your own Master. Be patient, this is evolution.

- **Journaling** - Once you have listened to, read and explored the information, the Journaling section gives you an opportunity to reflect on information and your transformational process. Each Lesson will contain questions that you may wish to answer within the Journaling process. By taking advantage of your journal, just like any journey, you will be able to see where you've been and have an idea of where you are going. In the Journaling section you can write to your heart's content, and I encourage you to do so. There is no limit as to how much you can write. You are free to edit your writings any time you are logged in through the secure gateway. This is a password-protected system and only you will have access to your writings. No one -including Academy of Awareness Staff-will be able to access your words, thoughts or feelings that you record in your journal.