



Evolve Your Mind, Transform Your Life Program

Course Outline



This is a Personal/Spiritual Development, designed to help you evolve and become aware of the beliefs, archetypes, collective cultural structures that hold you in place and cause you to keep doing the same thing over and over. This program will enable you to resolve past hurts, close karmic loops and teach you how to become free of the collective cultural mindset. Essentially this program is about breaking free and living in a happy harmonious way.

Course Materials – First Month

- 1. Your one on one Session with Shamarie, either in person or via skype if you live distant from Shamarie**
(during this session Shamarie will help you clean up some of the imbalances within your energy system and deal with any entities that maybe influencing you) During this session Shamarie will endeavour to set you up spiritually to get the very best out of this course. You will also be given introductory material concerning the purpose behind the 6-month program and how you can get the best out of it.
- 2. Process for clearing how you express your Power and Creativity.** (these processes will resolve many past hurts concerning either you using your power and creativity in a negative way or you experiencing being controlled by the power or creativity of others) This is a **very** brief outline of what happens with these two processes. This process takes a full month to complete
- 3. Self-Esteem Evaluation**
This is mainly for you own interest and is a very useful tool to assess the changes you make at a later stage
- 4. Process for Handling Your Own Internal Resistance to Change. Resistances such as:**
 - a. This is not working for me,
 - b. I don't have time for this
 - c. I'm not doing it right
 - d. I don't deserve change
 - e. And anything else you may bring up
- 5. How to Keep your Energy Clear.** You will be given a process to help you become aware of the energies flowing in and around you and how to stop taking in the energies of those around you etc.

- 6. Join the Private Facebook Group.** The purpose of this group is for support as well as interaction and support from Shamarie between appointments should you need it.
- 7. Goals and Future Dreams Process.** During this process, you will start to identify where you are at and where you want to be. The information about yourself gleaned from this process will be used in the Freedom from Your Archetypes Workshop as well as future work throughout the 6-month program.

Second Month - Course Material

- 1. Your one on one Session with Shamarie, either in person or via skype if you live distant from Shamarie**
(during this session Shamarie will help you clean up some of the imbalances within your energy system and deal with any entities that maybe influencing you, Plus, together we will work on any specific issues that are directly related to you that you want to clear)
- 2. Process for clearing how you express your Solar Plexus and Spleen Centres.** (During this month you will be working on the ways and means that you express your personal spiritual identity and how you receive joy. You will also be spending considerable time into a place of forgiveness of self and others. Moving beyond the need for spite, revenge, eye for an eye and other such patterns that keep the karmic loops going lifetime after life time) This is a **very** brief outline of what happens with these two processes. This process takes a full month to complete
- 3. Attendance at Half Day Freedom from Your Archetypes Workshop** (during the workshop we will take the goals and dreams that you identified in the previous month and identifying the beliefs, attitudes and archetypes around them)
- 4. Introduction of the “Spot Fire Process”** this process will enable you to deal with day to day issues as they arise for you
- 5. You will be introduced to the Basics of Laughter Yoga**
This is your instant endorphin release and feel good process

Third Month - Course Material

- 1. Your one on one Session with Shamarie, either in person or via skype if you live distant from Shamarie**
(during this session Shamarie will help you clean up some of the imbalances within your energy system and deal with any entities that maybe influencing you, Plus, together we will work on any specific issues that are directly related to you that you want to clear) You will also be taught the **Fear Response Release** during your session
- 2. Why Gratitude is important and process to make it an automatic process**
- 3. Process for the Heart Centre will be your task for this month.** This month is a pivotal month as it will assist to operate from your heart space rather than be ruled by your head or your base chakra. There is generally a lot of material in this centre that needs to be cleared and resolved.
- 4. Moving through the Spiritual Stages of Dependence to Interdependence.** In this process, we will clear up the past where you may be still stuck along the continuum of dependence to gain a fuller understanding of interdependence.
- 5. The Processes in Point 3 and 4 will take the full month to complete**

Fourth Month - Course Material

- 1. Your one on one Session with Shamarie, either in person or via skype if you live distant from Shamarie**
(during this session Shamarie will help you clean up some of the imbalances within your energy system and deal with any entities that maybe influencing you, Plus, together we will work on any specific issues that are directly related to you that you want to clear)

- 2. Processes for Your Throat and Perceptual Mind** will be the task for this month. During this month, you will explore how you see the world, and does how you see the world, serve you? We will also explore the difference between spirit, the psychic self, ego and soul.
- 3. Revisit of Your Goals and Future Dreams**
- 4. Introduction to Dream Interpretation**
- 5. Skype Discussion on Psychic abilities – shortcomings and pitfalls**

Fifth Month - Course Materials

- 1. Your one on one Session with Shamarie, either in person or via skype if you live distant from Shamarie** (during this session Shamarie will help you clean up some of the imbalances within your energy system and deal with any entities that maybe influencing you, Plus, together we will work on any specific issues that are directly related to you that you want to clear)
- 2. This Month's Task will be the Crown Chakra.**

We will explore how to move beyond the conscious egoic mind and work with your spiritual mind. You will be clearing a lot of beliefs, attitudes and archetypes from your 3rd dimensional mind. You will find that as you go through life you will revisit certain concepts as you know more now and are therefore able to clear more.
- 3. Inter-dimensionals, Entities and Other Greebles**

Skype group discussion on how we have been lead to give away our spiritual power and disempower ourselves. It is the major way we our controlled from one life time to another

Final Month (6) – Course Materials

- 1. Your one on one Session with Shamarie, either in person or via skype if you live distant from Shamarie** (during this session Shamarie will help you clean up some of the imbalances within your energy system and deal with any entities that maybe influencing you, Plus, together we will work on any specific issues that are directly related to you that you want to clear)
- 2. Re-evaluation of your Self-Esteem Questionnaire**
- 3. Finishing off any remaining Processes**
- 4. Final Skype discussion on Where to from Here**

Enjoy the Benefits of Your Commitment and Work

Terms and Conditions

Once you have attending your first healing session with Shamarie and received your first month's course material no refunds will be given. However, you will be able to convert your investment into 3 additional general healing sessions with Shamarie to be taken within 6 months of the date of your first session.

If you are unable to attend your personal session and do not give 48 hours' notice you will lose the value of that session and will need to pay an additional \$175 to make up that session.

Likewise, if you do not keep up with the process between your personal sessions you will not be able to move onto the next month's materials as all processes are sequential and build up each other.

If life happens and for any reason you need to defer your course you can do so for a 3 month period but you will not be able to attend any of the group discussions beyond the level you obtained. You could however, later listen to recordings of these sessions or attend another group's session. This will be at Shamarie's discretion