

Higher Guidance Life Coach Certification Program Syllabus

Hiring the Heavens Module 1

Week One 160 minutes 2 hrs 40 m

Introduction to the Program

22:51 – This is the introductory video: In this video we will be introducing Jean, Laurie and Deborah.

Hiring the Heavens Video 1

23:17 – In this video we will be talking about how the Hiring the Heavens concept was created from a pivotal moment of synchronicity and my first experimentation with Hiring.

Hiring the Heavens Video 2

24:25 – In this video we will be talking about examples of Heavenly Hires and what it means – you are so powerful! The basics explained so you can get started immediately.

Hiring the Heavens Video 3

23:46 – In this video we will be talking about the three things that can happen when you hire from the heavens. 1) You can be inspired. 2) The heavens will bring you the expert. 3) A flat out miracle.

Hiring the Heavens Video 4

22:38 – Why are you so important? The Paradigm Pictures. Why does this work? Answering the question, “Who are we really?” The Two Symptoms of Enlightenment.

Hiring the Heavens Video 5

31:33 – In this video we will be talking about receiving and worthiness. What happens if you don't get what you ask for? Keep a miracle journal. Assume there is a good reason if things aren't appearing to work out. Leave the “How” up to your spiritual hires. How do you honor this gift? How do you talk to your heavenly hires?

Hiring the Heavens Video 6

11:05 – How the angelic realm talks to you. 4 modes of receiving messages: 1. Clairaudient 2. Clairsentient 3. Clairvoyant 4. Claircognizant.

Week Two 178 minutes 3 hrs

Hiring the Heavens Video 7

18:49 – Summary of the basics. Tips to keep in mind. Playing with designing your committees. The 7 steps of creating your committees. Talking about the synchronicities.

Hiring the Heavens Video 8

23:16 – Let's get started! Creating a committee for wealth and abundance. Can you hire for others? What might be happening if you feel your requests are unanswered.

Hiring the Heavens Video 9

12:19 – How does the spiritual world get paid? Payment through joy. Payment through presence. What is the only thing that is real? Everything is an illusion.

Hiring the Heavens Video 10

20:08 – How does all this work? Law of Attraction Basics. AMAG challenges Law of Attraction. Hiring the Heavens taps into Law of Grace. Look for the Trinity! Three primary laws of manifesting. Lights! Camera! Action!

Hiring the Heavens Video 11

22:18 – Action! Law of Consequence. How we are a victim to our own creation. Accidents exist and have little meaning. Camera! Law of Attraction. Ascribe meaning to events. Truth is what you say it is.

Hiring the Heavens Video 12

28:58 – Lights! Law of Grace. Writer and Producer of your life. This is the possibility of miracles. This is how Hiring the Heavens works. 1st epiphany – you cannot earn the Law of Grace. Break free of the Law of Attraction! If it's that simple then what keeps us from asking? Worthiness issue and suffering.

Hiring the Heavens Video 13

19:30 – 2nd epiphany – why we don't want to let go of the thought "I'm not going to get what I want." Our purpose is to Create. Creators of Experience to know the truth of that experience. Heaven's Kitchen – what's your dish? There goes God experiencing...

Hiring the Heavens Video 14

31:59 – AMAG's definition of Grace. The sea of potential – nothing has been denied. How to work with the Law of Grace. Meditation in Grace – Opening to the sea of possibilities. You are the dreamer of the dream. Can we manifest anything? Can we break the rules? Adopt the attitude, "I get to do it!"

TQ Advantage Module 2

Week Three 88 minutes 1 hr 30 minutes

TQ Basics Video 1

17:54 – Introduction to TQ Advantage. What is the Analytical mind? What is the Intuitive mind? My story that opened to the “something beyond.”

TQ Basics Video 2

24:05 – All the names we have given to describe Transcendental Intelligence. It is your birthright. Get access to your code for your “body of information.” The two secrets to developing your TQ: Pose the Question, Be open to receive.

TQ Basics Video 3

19:53 – How to distinguish between Transcendental Intelligence and your own thoughts. We are capable of fooling ourselves and being caught up in our stories. 6 ways to test the truth of a statement.

TQ Basics Video 4

26:16 – How to do body Dowsing – Asking a better question. Statement testing. Different ways to get a yes or no. Feeling a weight, seeing a color, feeling an inner tension, Norm’s handy scale. Self-muscle testing.

Week Four 102 minutes 1 hr 40 m

Dowsing Video 1

19:41 – What dowsing is not. What dowsing is – the basics of how dowsing works. Everything has an energy signature. How we are always sensing from our energy field.

Dowsing Video 2

17:20 – We all have this ability. Everything is connected. You become the receiver. How to turn your dial. How to train your subconscious. You must train yourself how to move the pendulum.

Dowsing Video 3

20:05 – How the Huna Tradition explains the retrieval of information from the subconscious. Everyone has the ability for intuition. Be aware of the spiritual ego.

Dowsing Video 4

17:46 – Tools of the Dowsing Trade. Uses of the tools. Finding boundaries. How to pick your pendulum. The different types of pendulums.

Dowsing Video 5

18:04 – The rules of pendulum dowsing. The purpose of ritual. How to hold the pendulum. The basic Yes/No.

Dowsing Video 6

25:39 – Testing with cards – learning to feel the conscious mind trying to influence the answers. Protecting your confidence. Uses of dowsing.

Week Five 126 minutes 2hr 6m

Dowsing Video 7

20:00 – Guidelines for dowsing. Can I, May I, Should I? Come at it from curiosity. Staying unattached. Changes in the pendulum swing as you become more proficient. How the pendulum can become as fast as your thoughts.

Dowsing Video 8

17:31 – Hitting the wall. Asking the right question. How to be specific. Asking an opinion question. Asking questions about the future.

Dowsing Video 9

16:39 – Blocks to successful dowsing. Religious block. Getting a second opinion. Preconceived opinions. Strong emotions. Hire the Heavens! Follow the lead of the pendulum.

Dowsing Video 10

20:00 – Expanding beyond “Yes” and “No”. Absolute or Percentage Chart. How to tell where the pendulum is pointing. Dowsing supplements. What does it mean when the pendulum stalls. Explanation of the Balance Chart.

Dowsing Video 11

18:57 – How to use the Balance Chart. The Goldilocks Phenomenon. Finding your “sweet spot” on supplements, food, and emotions. Everything is about balance.

Dowsing Video 12

32:04 – My Life Chart and how to use it. Using the charts in your mind's eye. The Pendulum Chart Book: Using the various charts including the alphabet chart. Creating your own chart. Writing a pendulum program.

Week Six 187 Minutes 3 hrs 11 m

Oracles Video 1

22:45 – Jean explains her first experience with oracles. Introduces the Tarot and its purpose. Why there is fear around the use of Tarot.

Oracles Video 2

18:45 – Jean's three favorite Tarot decks. The Major & Minor Arcana. Types of questions to ask. How to pick a card. What does it mean when you get the same card over and over...

Oracles Video 3

15:01 – Practice with asking questions. What to do if you pick two cards. How to use the combination of pendulum dowsing and cards. The synergy of group dynamics. Becoming your own greatest source of entertainment.

Oracles Video 4

16:57 – Other Oracles besides Tarot. Angel Cards. Letting your pendulum pick a deck to buy. Financial cards. Question cards. OH Cards. Sacred Geometry. Others. Combination of Divination Tools.

Oracles Video 5

19:30 – How to use the Runes. Doing a Three Run spread. Laurie and Deborah talk about their results. Knowing what oracle to use for your questions.

Higher Guidance Journaling Video 1

22:48 – What is your Higher Guidance? What is your High Council? How your High Council intervenes and makes sure you are in the right place at the right time and show up as the right person.

Higher Guidance Journaling Video 2

23:09 – Why keep a journal? Why we keep revisiting themes. 3 steps to keeping a journal. Filling out the CM Journal form. You cannot hide from your Higher Guidance.

Higher Guidance Journaling Video 3

17:39 – Practice with Higher Guidance Journaling. Common questions to ask. Keeping an image journal.

Higher Guidance Journaling Video 4

15:29 – Guidelines for journaling. The Monkey Mind. You're on a "need to know" basis, but it will be exactly what you need. Afraid to ask. Can't go beyond the choices that you don't understand. Letting truth evolve. Some favorite questions.

Higher Guidance Journaling Video 5

14:08 – Having fun practicing with journaling. Asking for the guiding principle to attract wealth.

Creative Mystic Spiritual Studies Module 3

Week Seven 109 Minutes 1 hrs 50 m

Knowing Who You Are Video 1

31:26 – Introduction to Creative Mystic Spiritual Studies.

Knowing Who You Are Video 2

23:18 – We are Creators of experience to know the truth of that experience – the only thing that's real. The two reasons why we don't want to admit that we are creators. Definition of compassion. How can we have compassion for evil? Asking, "What am I trying to know the truth of?"

Knowing Who You Are Video 3

21:32 – Fundamental Delusion. We are insatiably curious creators. What is the ego? Why the negative connotation of the ego feeds into the fundamental delusion. What if the negative ego doesn't exist?

Knowing Who You Are Video 4

15:40 – Delving deeper into the worthiness issue. The Octopus leg. The Mask Poem.

Knowing Who You Are Video 5

16:33 – Numerology – How to figure out your life's path. What are the strengths and challenges of each number?

Week Eight 161 Minutes 2 hrs 40 m

Knowing Your Purpose Video 1

32:49 – Being fully yourself – blessing your past in order to own your power. Beyond forgiveness. What it means to bless. What does it mean to come from the heart? The steps to Power Bless.

Knowing Your Purpose Video 2

32:00 – Hired BY the Heavens – exploring the question, “What is my purpose?” The four questions: Being, Doing, Calling, Soul’s Mission. Meditation to meet your High Council.

Knowing Your Purpose Video 3

22:13 – Exercise to discover what’s on your soul’s resume. The gifts of Spirit that are your Being. The gifts of Spirit that are your Doing.

Knowing Your Purpose Video 4

18:17 – Exploring more of our gifts of Spirit by using oracles. A viewpoint of how astrology narrows down your characteristics. Discover your North Node. Destiny & Love Cards.

Knowing Your Purpose Video 5

25:15 – Exploring the 3rd part of the question, “What is my purpose?” The Calling: what you do in service. Negotiate your contract. God needs YOU! Exercise in writing your contract – name two things. How you know your contract has been accepted. Renegotiate!

Knowing Your Purpose Video 6

29:55 – Exploring the 4th part of the question of, “What is my purpose?” The Soul's Mission: exercise questionnaire for the Soul’s Mission. Love is the answer. The walls of conditional Love. The challenges you will face when you shine your light. Who do you think you are?! Knowing, “What is mine to do.” Accept, Claim & Proclaim. The art of Proclaiming. Create a committee for Knowing Who You Are and Your Purpose.

Week Nine 161 Minutes 1 hr 55 m

How Did We Get Here? Video 1

29:33 – Mystic Question: How did we get here? The Original Trinities. You are in a spiritual experience. Defining God, Spirit, Soul, Character Self, Soul Group. We are like cells in the body of God. How the Soul remembers past lives.

How Did We Get Here? Video 2

24:51 – Practice discovering your Core Thought Form. Recognizing the Core Thought Form in your soul group. How we create God. How God evolves. How consciousness evolves.

How Did We Get Here? Video 3

29:38 – What is consciousness? Creator, Observer, Witness. What is the Akashic Record? Mystic Question: How do I have an experience? The primary programming for the Earth Dimension. The Spirits of Creation – why Hiring the Heavens works. We agree to play by the rules of the Earth Plane: duality. How we choose our body and parents. The variables of the human experience. Playing cards analogy.

How Did We Get Here? Video 4

28:19 – Asking “What if...” turns over the cards. Free will or fate? Gift of separation and how it translates into a worthiness issue. The struggle with the nature program of survival. The dream world of God and how we make it real. Forgetting it’s a dream.

Week Ten 161 Minutes 2 hrs 40 m

How Do We Create? Video 1

17:24 – The Mystic Question: How do we Create? Why admitting we are God scares us. Created by observation and expectations. “What am I trying to be right about?”

How Do We Create? Video 2

24:40 – Four Cornerstones of Creation. 1) Set the Intention – you must make a decision. Confirm what you really want to do. 2) Clear the Path – talking to yourself out loud. The mirror concept. HG Journaling. Hire a “clear the path” committee.

How Do We Create? Video 3

20:07 – Four Cornerstones of Creation. 3) Playfulness – your creations cannot be your identity. Created out of the love of the creation. Detaching from your creation. 4) Trust and Faith – it’s always a choice. Choosing trust and faith so that you can see the blessings.

How Do We Create? Video 4

36:09 – HG Journaling from the Four Cornerstones. Creating a dowsing chart for the Four Cornerstones. Using the percentage chart with the Four Cornerstones then using the oracles to get insight.

How Do We Create? Video 5

18:02 – Higher Guidance Journaling from the Trinity of You. Producer, Audience, Actor. Understanding the role of each of the aspects and their level of free will and what each wants.

How Do We Create? Video 6

23:47 – Practice with Higher Guidance Journaling gaining insight from the Producer, Audience, and the Actor. Meditation for the Lights – going up. Meditation for the Camera – going out. Meditation for the Action – going in.

How Do We Create? Video 7

16:26 – Meditation for the Actor – continued. Enlightenment is an inclusive process. It's your world and it's all for you! Change "have to's" to "I Get to do it!"

Higher Guidance Life Coach Module 4

Week Eleven 207 Minutes 3 hrs 27 m

24:00 – Explanation of the HGLC Treasure Map Home Page. Other sources of clues. Flower Essence Society book. Messages from the Body. Love Poems from God. The two imbalances.

Treasure Map: Knowing Who You Are > Hired BY the Heavens > Introduction to meet your High Council

15:23 – Meditation to meet High Council. Treasure Map – Knowing Who You Are. Hired BY the Heavens. You are here on purpose to shine your light.

Treasure Map: Knowing Who You Are > Hired BY the Heavens > Being & Doing

26:34 – Being & Doing – Dowsing the 5 primary qualities. Demonstration of working with clients.

Treasure Map: Knowing Who You Are > Hired BY the Heavens > Star Visions and your Calling

23:36 – Creating a Star Vision for your Being & Doing. Meditating on your Star Vision. Creating a Star Vision for your calling and your contract.

Treasure Map: Knowing Who You Are > Hired BY the Heavens > Soul's Mission Video 1

28:11 – Soul's Mission and the energy of Love. The balanced energy of Love and why it needs to be neutral. Demonstration with Deborah. Dowsing on the balance chart for the energy of Love.

Treasure Map: Knowing Who You Are > Hired BY the Heavens > Soul's Mission Video 2

14:39 – Demonstration with Laurie. Dowsing on the balance chart concerning money.

Treasure Map: Knowing Who You Are > Hired BY the Heavens > "Accept, Claim & Proclaim" & Core Thought Form

28:42 – Knowing what is “Mine to Do.” Accept, Claim & Proclaim. Definition of depression. Demonstration of discovering the Core Thought Form. Measuring your ring finger to see if you are an enabler.

Treasure Map: Knowing Who You Are > The Trinity of You > Lights, Camera, Action! Video 1

22:01 – Lights, Camera, Action and what each aspect wants and their level of free will. Demonstration of HGLC session for the Trinity of You.

Treasure Map: Knowing Who You Are > The Trinity of You > Lights, Camera, Action! Video 2

23:18 – Group demonstration of Lights, Camera, Action for a greater sense of well-being and energy.

Week Twelve 207 Minutes 3 hrs 27 m

Treasure Map: Knowing Who You Are > Owning Your Power > Blessing Your Past

20:51 – Owning Your Power. 7 categories of imbalances. First owning your power imbalance: Power blessing. A new definition of forgiveness. The difference of coming from the mind and coming from the heart. Demonstration of Power Blessing

Treasure Map: Knowing Who You Are > Owning Your Power > Admit and Confess You Are God

11:41 – Admit and confess in all humility that you are God. Allergy to God and to being God. Tapping method to clear the resistance. Why love is the answer.

Treasure Map: Knowing Who You Are > Owning Your Power > Worthiness

19:51 – The Octopus leg. Willingness to be vulnerable why worthiness is innate in our being. The conflict between the soul and human nature. Guilt is an ego trip. Demonstration of working with the worthiness issue.

Treasure Map: Knowing Who You Are > Owning Your Power > Free Will Choices

19:50 – Free will of choice. Meditation in Grace.

Treasure Map: Knowing Who You Are > Owning Your Power > Expectations

17:38 – Expectations. Story of the hot iron and fulfillment of expectations. Being able to give up being right about your old expectations. Demonstration of when this comes up in a session.

Treasure Map: Knowing Who You Are > Owning Your Power > Be Fully in Your Body

7:39 – Centered fully in your body. Drawing your aura. Repositioning your aura.

Treasure Map: Knowing Who You Are > Owning Your Power > Other Entities

12:39 – Other entities in your energy field. How to check your little fingers for interfering entities. The Prayer for reclaiming your energy field and your free will choice.

Treasure Map: Knowing Who You Are > Owning Your Power > Review

17:37 – Review of the HGLC Treasure Map – Knowing Who You Are. Hired BY the Heavens. Trinity of You – Owning Your Power. Fun exercise personifying time and money. Creating a Star Vision for each.

Week Thirteen 143 Minutes 1 hr 17m

Treasure Map: Knowing How to Create > Awareness is Everything > Part 1

22:42 – Knowing How to Create – Awareness is Everything. Shedding light on an issue. The good and bad of labels. The stories we tell. Practice with illuminating the stories we tell and re-writing them.

Treasure Map: Knowing How to Create > Awareness is Everything > Part 2

20:19 – Visualizing a landscape. A picture tells a thousand words. Practicing anchoring and re-framing and interpreting the pictures.

Treasure Map: Knowing How to Create > Awareness is Everything > Part 3

15:25 – HG Questionnaire for becoming aware. Practicing using the topic of business. Enjoying paper money instead of electronic. How to respond intuitively versus mind responses.

Treasure Map: Knowing How to Create > Awareness is Everything > Part 4

12:12 – Mirror reflection for becoming aware. Practicing with the mirror finding an irritation on the outside and healing within.

Treasure Map: Knowing How to Create > Awareness is Everything > Part 5

7:32 – Insight from parts of our body. Practicing asking the heart, liver and stomach about business. Asking for a message from something in nature like a rock or tree.

Week Fourteen 143 Minutes 2 hrs 23m

Treasure Map: Knowing How to Create > Anatomy of the Energy Body > Part 1

23:47 - Understanding the Chakra system - Root chakra, spleenic chakra, solar plexus chakra, heart chakra, throat chakra, brow chakra, crown chakra. Thymus thump, the yin and yang run of energy. How to keep the chakras balanced.

Treasure Map: Knowing How to Create > Anatomy of the Energy Body > Part 2

6:04 - Demonstration balancing the chakras through meditation and intention.

Treasure Map: Knowing How to Create > Anatomy of the Energy Body > Part 3

11:07 – Introduction of the meridians. Explanation of chi life force energy. Principles of yin and yang energy. Hara meditation.

Treasure Map: Knowing How to Create > Anatomy of the Energy Body > Part 4

6:03 - Continued explanation of the 12 meridians. The Body Clock and when the meridian pairs are active. The Five Elements. Wood, Fire, Earth, Metal, Water.

Treasure Map: Knowing How to Create > Anatomy of the Energy Body > Part 5

10:33 – Wood Element Archetype - The Pioneer. Liver and Gall Bladder meridians. Attributes of the wood personality.

Treasure Map: Knowing How to Create > Anatomy of the Energy Body > Part 6

8:27 – Fire Element Archetype - The Wizard. Heart, Pericardium, Small Intestines, Triple Warmer meridians. Attributes of the Fire personality.

Treasure Map: Knowing How to Create > Anatomy of the Energy Body > Part 7

8:02 - Earth Element Archetype – The Peacemaker. Stomach and Spleen/Pancreas meridians. Attributes of the Earth personality.

Treasure Map: Knowing How to Create > Anatomy of the Energy Body > Part 8

7:17 - Metal Element Archetype – The Alchemist. Lungs and Small Intestine meridians. Attributes of the Metal personality.

Treasure Map: Knowing How to Create > Anatomy of the Energy Body > Part 9

7:17 - Water Element Archetype – The Philosopher. Kidney and Bladder meridians. Attributes of the Water personality.

Treasure Map: Knowing How to Create > Anatomy of the Energy Body > Part 10

5:03 - Practicing with the Five Elements.

Treasure Map: Knowing How to Create > Anatomy of the Energy Body > Part 11

17:50 - Subtle Bodies – the octaves of the energy body. Physical, etheric, emotional, mental, spiritual, and how to work with them. Explanation of homeopathy.

Treasure Map: Knowing How to Create > Anatomy of the Energy Body > Part 12

20:36 - Explanation of the flower essences to work with emotions. My recommendations.

Treasure Map: Knowing How to Create > Anatomy of the Energy Body > Part 13

9:55 - Working with the mental field with light and color. Working with the spiritual body with sound.

Week Fifteen 133 Minutes 2 hrs 13m

Treasure Map: Knowing How to Create > Set the Intention > Part 1

22:48 - Four Cornerstones – Set the intention – Secret Power of Wants. Review of the Four Cornerstones. The importance of deciding for setting the intention. The importance of discovering what you truly want.

Treasure Map: Knowing How to Create > Set the Intention > Part 2

27:37 - Secret Power of Wants Promise – the definition of want energy. Got wants? The difference between wants and needs. The problem with wants..

Treasure Map: Knowing How to Create > Set the Intention > Part 3

19:33 – Wanting is essential. Step #1: Identify what you want. Becoming want wise. Confined versus conceptual wants. Wisdom factor. Hitting rock bottom. Dealing with conflicting wants. Hierarchy of wants. Your core wants.

Treasure Map: Knowing How to Create > Set the Intention > Part 4

20:57 - Step #2: Custom design a set of supporting beliefs. The ease of changing your beliefs. How elephants are trained to a chain. Ontology – we see what we want to see to prove we are right. The maze of beliefs. The “Law of Distraction.” Practicing with reprogramming foundational beliefs.

Treasure Map: Knowing How to Create > Set the Intention > Part 5

16:54 - Meditation going up into the elevator to change a belief. Rechecking the foundational statements. Solidify with affirmations. Checking for other beliefs in the way. Identify beliefs and additions.

Treasure Map: Knowing How to Create > Set the Intention > Part 6

24:19 - Step #3: Set your goals. Horizon goals, achievable, action plan, be accountable, back up plan. Review of the three steps. Demonstration working with the Secret Power of Wants.

Week Sixteen 115 Minutes 1 hr 55m

Treasure Map: Knowing How to Create > Clear the Path > Part 1

21:49 – Review of the Four Cornerstones – Clear the Path - The Minds of Consciousness. Mass Consciousness. Is this mine? The hundredth monkey theory. The importance of ritual. The decline effect. Demonstration of working with a belief from mass consciousness.

Treasure Map: Knowing How to Create > Clear the Path > Part 2

32:14 - Blocks in the subconscious mind. How the subconscious works. How I developed the subconscious clearing program. Writing the subconscious clearing program and why each phrase is there.

Treasure Map: Knowing How to Create > Clear the Path > Part 3

30:53 - Steps to clear the subconscious. Step #1: Finding the exact wording. Step #2: Dowsing how willing. Step #3: Prepare for the clearing. Step #4: Run program. Step #5: Recheck. Demonstration with Laurie and Deborah.

Treasure Map: Knowing How to Create > Clear the Path > Part 4

29:21 - Clear the Path – Conscious Blocks. Defusing an emotion through reframing and anchoring steps. Demonstration with Laurie and Deborah defusing an emotion. Input a new belief with anchoring and reframing steps. Demonstration with Laurie and Deborah inputting a new belief.

Week Seventeen 97 Minutes 1 hr 37 m

Treasure Map: Knowing How to Create > Clear the Path > Will Power Optimizing > Part 1

35:57 – Knowing How to Create – Four Cornerstones – Clear the Path – Conscious Mind – Will Power Optimizing. Uncovering your “yes-buts.” 5 flows of energy supporting any intention and the 2 questions to ask if there is an imbalance.

Treasure Map: Knowing How to Create > Clear the Path > Will Power Optimizing > Part 2

29:14 - Demonstration of Will Power Optimizing with Laurie for starting an exercise program.

Treasure Map: Knowing How to Create > Clear the Path > Will Power Optimizing > Part 3

31:22 – Demonstration of Will Power Optimizing with Deborah for delegating responsibilities to others and trusting.

Week Eighteen 169 Minutes 2 hr 49 m

Treasure Map: Knowing How to Create > Clear the Path > Mind of the Body > Part 1

34:31 – Four Cornerstones – Clear the Path – Mind of the Body. Resistance to another energy field as an allergy, sensitivity or intolerance. My story. Definition of allergies. Limbic system and survival analogy of drip lines in a garden. The 3 steps to clear an allergy. The sensing energy field of the body.

Treasure Map: Knowing How to Create > Clear the Path > Mind of the Body > Part 2

36:06 - Allergies are created under stress and can be passed on down to your children. Addictions and the allergy component. The 3 steps to clear an allergy. Examples of possible allergens. Questions to ask on the percentage chart.

Treasure Map: Knowing How to Create > Clear the Path > Mind of the Body > Part 3

20:50 - How to make an allergy go away like you never had it. EFT, Laser Kit, NAET. How I created a new contract to clear allergies in the moment. The process and program. Preparing the body for the clearing. What to say in the program.

Treasure Map: Knowing How to Create > Clear the Path > Mind of the Body > Part 4

22:47 - Practice with clearing an allergy for Deborah as a support pillar for others. Practice with Laurie to clear using negative force to accomplish a goal.

Treasure Map: Knowing How to Create > Clear the Path > Mind of the Body > Part 5

26:08 - Sensitivity Clearing. Definition of a sensitivity. The steps in the process. Practice with Deborah clearing a sensitivity to childhood vaccinations. Practice with Laurie clearing a sensitivity to questioning your self-empowerment.

Treasure Map: Knowing How to Create > Clear the Path > Mind of the Body > Part 6

29:58 - Intolerance Clearing. Definition of an intolerance. The steps in the process. Practice with Deborah clearing an intolerance to the Holocaust. Practice with Laurie clearing an intolerance to ulterior motives coming from men.

Week Nineteen 118 Minutes 1 hr 58 m

Treasure Map: Knowing How to Create > Playfulness, Trust and Faith > Part 1

36:48 – Knowing How to Create – Four Cornerstones - Playfulness. Creation is play! Don't identify with your creations. Do it just for the fun of it. It's your world and it's all for you. I "get to do it!" Enlightenment is an inclusive process. I am, It is.

Treasure Map: Knowing How to Create > Playfulness, Trust and Faith > Part 2

27:50 - Knowing How to Create – Four Cornerstones of Creation – Trust and Faith. Faith is a choice. Choice of perception to see the perfection. Leaps of faith. Make a decision. There is only one truth. Never you, always you. Love is the answer. Find the gift. Conclusion of the HGLC Treasure Map.

Treasure Map: Knowing How to Create > Playfulness, Trust and Faith > Part 3

53:20 - Higher Guidance Life Coaching in action. Complete demonstration with Ana.

Week Twenty 133 Minutes 2 hr 13 m

Conclusion Part 1

27:16 – Laurie and Deborah talk about what the course has done for them. Overview of how to connect and what to do if you are not in a good place and need to give a client a session.

Conclusion Part 2

17:17 - Take notes while doing a session. Listen carefully to what your clients have to say. They often have their own answers. Example of what to say at the beginning of a session. Example of a meditation to get connected to a client's Higher Guidance.

Conclusion Part 3

13:34 - Etiquette for working with clients.

Conclusion Part 4

21:57 - Amanda and Laurie talk about their successes with utilizing Higher Guidance Life Coaching for others.

Conclusion Part 5

21:28 - Fears of fully stepping into becoming a Higher Guidance Life Coach.

Conclusion Part 6

11:53 - Tips for a successful practice.

Conclusion Part 7

20:00 - More tips for a successful practice.