

# THE CATALYST SERIES



## **MODULE 1 – Awakening the Creative Self**

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## COURSE INFORMATION

### ABOUT THE CATALYST SERIES

The CATALYST SERIES includes three personal development courses that have been designed to catalyse your next stage of growth in a *conscious* loving way.

- Module 1 – Awakening the Creative Self: 5 x 2 hours individual training sessions.
- Module 2 – Personal Mastery: 5 x 2 hours individual training sessions.
- Module 3 – *Being* the Change: 3 days intensive in a small group.

### COURSE OVERVIEW OF MODULE 1 – AWAKENING THE CREATIVE SELF

This training unfolds through a series of five lessons – Soul, Consciousness, Body, Planet, and Life. For the purpose of this training 'Soul' represents your potential, 'Consciousness' the means by which you are able to actualise this potential, 'Body' the embodiment of your potential, 'Planet' the support-system and Life-school *where* you learn the essential Life lessons that catalyse your awakening and initiate your actualisation, and 'Life' represents the creative learning *process* (the Lessons) through which your actualising unfolds.

Each training session lasts two hours, and an energy healing session is included for those who like to further their growth through inner healing. Lesson materials with practices and exercises will be sent to you via email two weeks prior to each training session. Time-period between each lesson is about 2 to 3 weeks, and can be adjusted according to the time you need for integration and application between each training session. Email support is available in-between training sessions.

### THE PURPOSE OF THE FIVE LESSONS

- **Lesson 1 – Soul:** Activation of your inner growth potential and a deeper awakening of your Life-connection. This will catalyse a process of self-discovery, unlearning, and inner realisations about the way that you have been growing, how you tend to learn, and your main belief-systems about Life. You will learn the conditions for conscious inner growth and how to connect with Life's Wisdom to support your inner learning.
- **Lesson 2 – Consciousness:** A deep clean-out of rigid identities, patterns, and belief-systems that hinder / constrain your inner growth and self-realisation. You will learn how to distinguish between what is ego-based and what is of pure consciousness. You will discover the parts of yourself that block, sabotage, hinder and distort your actualisation and block solutions from coming into being. And you will start to understand the deeper mechanisms of how this happens.
- **Lesson 3 – Body:** Embodiment and integration of what you have learned thus far. You will learn how to listen to your body wisdom and how to connect with the Wisdom of our Natural World to support your growth. You will also learn how to discern whether you are fully present in your body and what your response patterns are to possible conflicts and tensions.
- **Lesson 4 – Planet:** Direct experiential understanding about the Nature of Life; our interdependence and interconnectedness. You will learn about ecological living, our planetary changes, and what actions you can take to contribute to a more ecologically sustainable world. We also work on clarifying and enhancing the quality of your relationships, with yourself, with other people and with Life.
- **Lesson 5 – Life:** A deepening understanding of the creative Life process through the elemental wisdoms of - Space, Air, Fire, Water, and Earth. You will learn how to work with this process to manifest in wholeness and integrity the physical manifestation of any projects, dreams, and visions that you want to bring into life. You will also learn what it means to get real and truly live what you have learned through the course. For those who are ready for this step, this means a falling away of any remaining masks and disguises through which you may still have been hiding yourself.

## TRAINING METHODS

The ideas and teachings that I will be sharing with you through this training reflect my personal experience of what it means to be human, and are the result of a deeply transformative learning experience that lasted for nine years. During those nine years I travelled into my own inner dimensions with help from powerful wisdom teachers. I know that I could not have done this alone, I know from direct personal experience how valuable and insightful it can be when someone else holds the space for your Self-discovery and healing. I have worked with people from all over the world for more than 12 years in supporting their actualisation and inner healing. I have learned over all those years that inside each of us lives a sacred intelligence that knows exactly what we need to experience to further our inner growth. It is this inner guidance that I work with and respond to in each of your training sessions. By listening deeply to you and observing energetically as well as physically your whole communication and self-expression, I am able to discern the subtle clues that reveal your deeper learning and show your opportunity for *conscious* growth.

For each training session I attune the sharing of training content to your specific learning needs. The advantage of receiving personalised individual support is that I am able to intuit the right messages for you, and work directly on what it is that you need to learn, realise, and actualise to further your inner growth. One of my talents is that I am able to read the language and patterns of energy and thus bring to light what for many people appears to be hidden and of a very subtle nature. In these energetic layers of our personal space there is incredibly valuable information in the form of memories, desires, dreams, gifts and talents, unhealed thoughts and feelings, expectations, and relationship dynamics with other people. By making this conscious for those who are ready to learn more about themselves, people are able to go deeper into their inner world in a safe and enjoyable way. Many times the responses that I get are: "ah, now that makes sense... now I understand what I was feeling all this time but had no words for to communicate it to others. I understand now why this is happening, and I know now what to do in order to shift the pattern." Once you become aware of what your inner Self is telling you; you are able to receive, hear and decipher the information that has been coming your way and understand the deeper reasons and underlying wisdom for your life experiences.

Training methods include: coaching, energy reading & healing, reflective listening, meditation, body-work, and whole-self communication.

## AWAKENING THE CREATIVE SELF

You are about to embark on an incredible journey that guides you deeply into yourself; into new and unexplored dimensions of your consciousness and untapped potentials. The purpose of this training is to catalyse your inner growth by awakening your Creative Self. The Creative Self is an expression of a certain stage of inner growth that signifies that we no longer attempt to mould our consciousness and our life into scripts, stories and belief-systems that were created to define and frame who we are. When we reach this stage of growth we have come to accept that we are responsible for our life-experiences. We are not victims of circumstances and we are not here to conform to what society and other people want us to be. Those who have awoken to their creative potential embrace their life whole-heartedly as an amazing opportunity for growth, learning and development. They realise that we are all co-creators with Life, and that Life is a support-system for actualising our unique potential and living our purpose.

Most of us love the experience of growth and progress, yet many times we act in ways that actually limits, contradicts and constrains our growth potential. The more our inner growth is blocked and/or constrained, the more we tend to crave outer growth experiences; such as an increase in economic and societal status, expansion in things to have, and desire for more and more substitutes that give us a temporary idea that we are progressing in life. There is in fact, only one way for us to grow as human beings and that is by learning from our life-experiences and by developing and actualising our inner potential. We cannot trick or fake our inner growth. There are no detours and short-cuts when it comes to facing our inner fears and self-sabotage techniques. Eventually we all come face-to-face with our whole self. Although we may attempt to run away from what we need to learn and heal, we can only sustain those behaviours for a limited duration. Eventually all that we do and create in our world will come back to us as information. This information will show us through the mirror of Life what it is that we need to see and realise; whether we like it or not. Many times when people come to me for personal healing sessions; it is precisely at those times that information has come back to them and they don't like what they are discovering about themselves. It can make a huge difference if you actually know how to decipher the language of Life, and know how to read the subtle energy-patterns of your life-lessons. And this is one of the many things that you will learn through this course.

We have arrived at a very important growth stage in our collective consciousness as human beings. The steps we now take or not take have consequences for the future generations at large in a way that is unprecedented. Whereas before our investment in personal development may have been solely motivated by the pursuit for our own happiness; we now *need* to develop and grow in consciousness in order to stop where we are heading. This adds another dimension to your personal development. People often come to me with the question; how can I contribute to a more peaceful loving world? My response: learn, develop, actualise your potential and GROW!! The best thing you can do for other people and for our world is to become *conscious* yourself first. Start from within; clear the pollution from your own life first and let yourself SHINE. Don't hide your gift, trust in yourself and trust that Life believes in you and knows what you are here to do. Let your unique purpose come to fruition through your inner growth by blossoming into who you are meant to be. Irrespective of your motivation to sign up for this course, I thank and acknowledge you for making this investment in your own inner learning and for caring enough to be willing to take these steps within.

Throughout this training you will be reminded that we each have a choice; either you live by your scripts and get this confirmed through your belief-systems or you take the risk to learn and discover something new. Change can be frightening if we hold onto the old as our reference-system for Life. Change can also become an amazing adventure when we trust that this deeper change is initiated by that part of you that knows that through growing in wisdom and consciousness you will receive what you have been looking for. This part that urges you to grow, to expand your comfort-zone and explore who you are, is your best friend in Life. This deeper urge to grow, to learn, to actualise yourself

is what you have in common with all expressions of Life. It is what Life is all about. That is why each time that we are willing to take the risk and give up self-limiting behaviours and beliefs, we are rewarded with a great sense of aliveness, clarity and inner purpose. Children are natural learners; when supported in a loving way they are not afraid to make a mistake and they love to discover new things. You were also a child. I don't know whether 'learning' was a positive experience for you. If it was not, know that it is not too late to discover now the joy and natural rewards that come through growing your consciousness and discovering Life.

Through this training you will learn about an important practice that is called *conscious* co-creation. Through this practice you awaken your Creative Self; which is always in a co-creative relationship with all of Life. We create all the time, but most people do so unconsciously and fail to recognise what they have created when it comes back to them. Our ability to create is an incredible power and a sacred gift. The gift we as human beings have is our ability to become conscious of and reflect on what we have created, and by doing so learn from our experiences. This capacity for learning and development enables us to *consciously* participate in and contribute to the unfolding of our own evolution. When we realise that the actualisation of *this* potential is the key to our growth in consciousness, we can start to recognise the deeper wisdom behind our life-experiences. From a collective learning perspective your consciousness is part of a collective field (a collective intelligence) that grows with, from, and through you. When you are able to fully digest and learn from your experiences you grow in wisdom. This inner learning not only comes to your benefit; it also supports our collective consciousness to learn from and through your experiences. By not learning from your life-experiences you project onto this collective field your unrealised thoughts, assumptions, and belief-systems; which adds to the collective pollution of unhealed life experiences of millions of other people. To know whether you are contributing in a positive or in a negative way to our collective learning process starts, therefore, by assessing whether you are in touch with your own evolutionary potential and are taking responsibility for actualising *this* potential. Through Lesson 1 you will learn how to connect with this potential from inside yourself. And you will learn how to recognise the deeper wisdom inside your life-experiences.