



Spiritual Growth and Enlightenment Guide by Aumvedas©

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2 Course Credit

Course Objective:

Table of Contents:

- Chapter 1 -- Visualization
- Chapter 2 -- Meditation
- Chapter 3 -- Walking Meditation
- Chapter 4 -- Grounding and Protection
- Chapter 5 -- Akashic Library and an Astral Journey Exercise
- Chapter 6 -- Understanding the Clairs
- Chapter 7 -- The Seven Major Chakras
- Chapter 8 -- The Seven Auras
- Chapter 9 -- Cleansing and Balancing Your Energy System
- Chapter 10 -- Totem/Spirit/Power Animals
- Chapter 11 -- Spiritual Protection & the Mer-ka-bah
- Chapter 12 -- Dream Work
- Chapter 13 -- What is Higher Self and How to Connect
- Chapter 14 -- Ascended Masters
- Chapter 15 -- Angels, Guardian Angels and Archangels
- Chapter 16 -- Consciousness
- Chapter 17 -- Attunements and Initiations

This course will guide you through the phases of Self-Discovery and Self-Awareness.

Life in general has become so busy. It seems that certain devices and social media platforms have “wormed” their ways into our lives, taken us over. Any free time we once had, has been filled by electronics of any kind. When was the last time you consciously walked through a park or your garden or along a river/water front? When did you last listen to yourself, never mind heard nature?

- Have you ever asked yourself: Why am I stuck in this rut? Why can't I move forward?
- Have you lost Faith in yourself and your innate abilities?
- Did you ever find out who that imaginary friend was, you had, when you were a child?
- Have you wanted to find out what your purpose is in this lifetime?
- Have you ever wondered how to quieten that mental chatter, when you are in bed, trying to find some sleep?

This course will become your Guide, will help you open doors and find new paths, to move forward on. It is our mission, to help you awaken, to find yourself. This course is a Fully Accredited Course and comes with certificate once exam questionnaire has been successfully completed. To aid in your



Awakening phase, we also offer a gift of a wonderful, yet powerful attunement. You must contact us when you are ready to receive. Details are in the course manual, which comes in OneNote Book.



Grading Scale:

Grades are assigned as follows, based on percentages:

90-100 = A

80-89 = B

70-79 = C

60-69 = D

0-59 = F

Timeline:

Students have twelve weeks to complete this course.

Enrol and purchase:

We accept PayPal. The course will be posted to you in PDF, together with your certificate upon completion of this course. Please ensure you give your postal address, if different in your PayPal Account.

To Enrol and Purchase this Home Study Course return to: [Aumvedas Academy](http://AumvedasAcademy.net)