

THE COMPLETE AWARENESS MINDSET FORMULA



PREMIUM COURSE

Modules

The Complete Awareness Mindset Formula Premium Course has 5 modules. Each of which contains various amount of training that are made from bite-size lectures.

The 5 modules are:

1. Clearing the past for a brighter future
2. General misconceptions & expectations
3. Conscious mind
4. Understanding gender differences & sexuality
5. Surrender & individuality

Module 1

Clearing the past for a brighter future

Holding onto the past, clouds the present and eliminates the future.

After the initial introduction we focus on comprehending past events, filtering traditions and upbringing values. We take you forward by facing and learning from experiences, as to clarify the present to create a comfortable feel with the future.

- **Traditions & Belief systems**

Lecture 1 – about the written exercise

Lecture 2 – about my story

Lecture 3 – about depth

Lecture 4 – about the safety blanket

Lecture 5 – about favourite words

Lecture 6 – about religion

Lecture 7 – about insecurity

Lecture 8 – about glorifying the past

Lecture 9 – about life as a choice

Lecture 10 – about the base of human relationships

Lecture 11 – about harmony and balance

Lecture 12 – about the interrelations of energies

Lecture 13 – about forceful ignorance

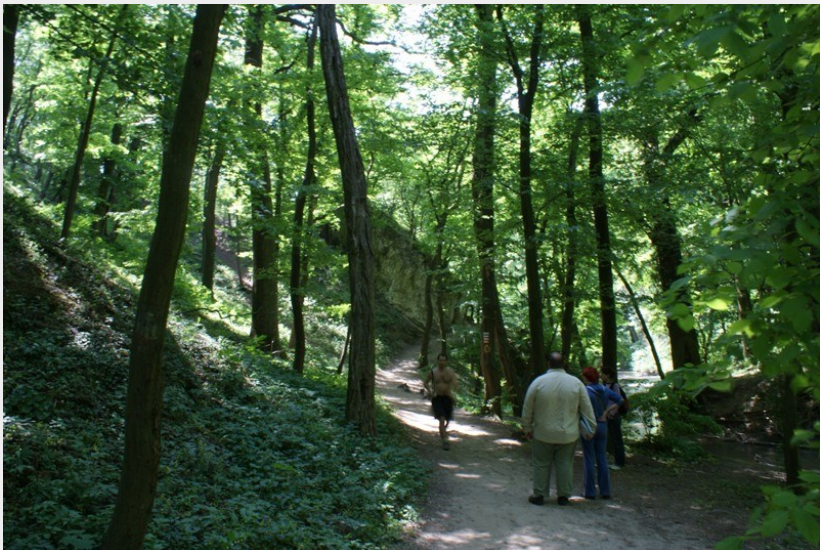
- **Upbringing & environmental issues**

Lecture 14 – about the written exercise

- Lecture 15** – about the family
- Lecture 16** – about roles within
- Lecture 17** – about parenting
- Lecture 18** – about responsibilities
- Lecture 19** – about the origin
- Lecture 20** – about the family values
- Lecture 21** – about the family structure

- **Experiences & Past relationships**

- Lecture 22** – about the written exercise
- Lecture 23** – about guilt & shame
- Lecture 24** – about human understandings
- Lecture 25** – about the nature of the past
- Lecture 26** – about the main points
- Lecture 27** – about family environments
- Lecture 28** – about past relationships
- Lecture 29** – about being honest



Module 2

General misconceptions & Expectations

There are many beliefs and fairy tales are around providing hope to the hardship of until death do us part. Apart from the clarification, you learn clarity and gain courage to look in the mouth of the lion and find joy rather than anxiety.

- **Clearing your thoughts**

Lecture 1 – about written exercises

Lecture 2 – about getting ready for a relationship

Lecture 3 – about miracles

Lecture 4 – about destiny

Lecture 5 – about soul mates

Lecture 6 – about twinflames

Lecture 7 – about positive thinking

- **Preconditions**

Lecture 8 – about written exercises

Lecture 9 – about pictures of the mind

Lecture 10 – about your partner

Lecture 11 – about chemistry

- **Love**

Lecture 12 – about written exercises

Lecture 13 – about common understandings

Lecture 14 – about self-love

Lecture 15 – about emotions of love

Module 3

Conscious Mind

Total presence brings deeper relationship.

The aim is to take the relationship to the level where responsibilities come naturally and with joy. Learn about emotions, their control and give you courage to chase your individual dreams.

You'll be also given lectures on the spiritual aspects of living and thinking to enhance the togetherness and understanding.

- **Life**

Lecture 1 – about written exercises

Lecture 2 – about overall understanding

Lecture 3 – about the 4 elements

Lecture 4 – about the future

Lecture 5 – about experiencing

Lecture 6 – about the freedom of choice

Lecture 7 – about the story

- **Keeping a conscious mind**

Lecture 8 – about written exercises

Lecture 9 – about confidence

Lecture 10 – about discovering the self

Lecture 11 – about discovering togetherness

- **Emotions**

Lecture 12 – about written exercises

Lecture 13 – about emotions the motion of thoughts

Lecture 14 – about emotion the machinery of life

Lecture 15 – about emotion is life itself

Lecture 16 – about emotions in deeds

Lecture 17 – about being the master

Module 4

Understanding gender differences & Sexuality

Males and females, by nature, have different ways of understanding.

Learning and embracing the differences will strengthen the base for successful communication.

A solid base for understanding will be laid to serve as a tool for addressing existing and new challenges. Learn kitchen and bedroom secrets to enhance the quality of togetherness.

- **Understanding sexual behaviour**

Lecture 1 – about written exercises

Lecture 2 – about sexuality

Lecture 3 – about genders in sexuality

- **Practices to enhance and regain sexual attraction**

Lecture 4 – about written exercises

Lecture 5 – about the interrelated life

Lecture 6 - about sexual energy

Lecture 7 – about the pleasure we seek

Lecture 8 - about taking in energies

Lecture 9 – about kitchen secrets

Lecture 10 – about bedroom secrets

Lecture 11 – about aphrodisiacs

Module 5

Surrender and individuality

A successful couplehood demands total surrender to the unity, without crashing individual dreams and hopes of the persons concerned. Learn to validate your progress through self-assessment.

Embrace the new powerful you within the relationship by blending in and lifting the unity to the next level.

- **Facing Physical & Emotional changes**

Lecture 1 – about written exercises

Lecture 2 – about the package

Lecture 3 – about experience

Lecture 4 – about expect
Lecture 5 – about explore
Lecture 6 – about excite
Lecture 7 – about exchange
Lecture 8 – about expand

- **Facing responsibilities**

Lecture 9 – about written exercises
Lecture 10 – about the family structure
Lecture 11 – about taking charge

- **Transform your role – making decisions**

Lecture 12 – about written exercises
Lecture 13 – about the code
Lecture 14 – about code breaking
Lecture 15 – about fear & decision
Lecture 16 – about the secret
Lecture 17 – about happiness
Lecture 18 – about your partner is your new family

- **Stocktaking**

Lecture 19 – about written exercises
Lecture 20 – about summing yourself up
Lecture 21 – about stocktaking
Lecture 22 – about planning your next move

About the written exercises

Every training session is equipped with written exercises for the mind. Writing is a conscious deed that stirs routines, makes you think and force you to look at the world from a different perspective.

It is up to your conscience if you complete them or not. However, I strongly advise you to do so. Completed exercises earn extra point for the final completion and certificate result.

You may submit your questions on the material or personal experiences related to it, to the membership facebook group or to the fortnightly Q&A broadcast.

Satisfaction guarantee

With the absolute certainty in mind that you possess the drive to succeed, we guarantee to give you lesson-packed, eye-opening content and guide you through your learning process. We hand you tools to help you find solutions to existing or future adventures coming your way within the relationship and life itself.

My story

Life is an extraordinary journey. It is full of challenges and unsolved tasks that are put in front of us on the constantly

moving and changing road towards Nirvana, the place that today we refer to as Happiness.

My life hasn't been different. Due to family upheavals, I have been in charge of my choices since the age of 14. I put myself through high ranking academic education and left my homeland for a strange country on a one-way road. When the old door firmly closed behind me, it opened up many new ones. I travelled the world, lived in different countries on different continents, learned new languages, new behaviours, new traditions, new religions and went through new relationships. I struggled, enjoyed, laughed, cried, loved and hated on the roller-coaster that I managed to hang onto with the help of the rock-hard faith in myself.

I understand that life only gives us challenges we are able to handle, cleverly pushing us out of the comfort zone to taste the fresh air and new experiences around. I established that regardless of the background, upbringing, religion, colour and education, under those layers we all are very similar and have the same goal. The approach might be different but the aim is Happiness.

On my journey, I learned about the interrelated micro- and macrocosm. I became a REIKI Master-Healer, an Initiated Witch, an Orixá Shamanic Master, and a Phoenix Initiated Educator. With all these lessons, healing the mind and body became a natural addition to my capabilities.

Today, I have an established philosophy - I call AKIA - that searches for the interaction between earthlings and nature, also Earth and the universe. I have eleven books published and many faithful students. I am an Intimacy & Family coach and help people to find their purpose. The joy of seeing them succeed gives me the strength to find new adventures and learn from new experiences.

I believe that learning is the only way to understand life and us within, and this unique knowledge makes us or breaks us at the end. It is naïve to assume that all that we do here comes instinctively. Yes to the *what to do* however, the *how to do* needs deeper comprehension, courage and confidence. I also understand that being in a relationship is rather a tool than a necessity towards finding the yellow brick road that leads to the fulfilment and ultimately to Happiness. Hang on there!

