

UNLOCK THE POWER OF YOUR MENTAL & EMOTIONAL INTELLIGENCE



THE FOUNDATION OF LIFE, LIVING & UNIVERSE

LIVE PREMIUM COURSE

## THE 4 PILLARS OF EXISTENCE

Unlock the Power of your Emotional and Mental  
Intelligence

### **MISSION STATEMENT**

Do you have a feeling that your understanding of life floats without a proper foundation? That your answers to questions have nothing to fall back on? That appearances, fashionable statements and routine explanations to everyday questions don't fulfil the aims you set out to achieve as a coach, educator, practitioner or generally as a human being?

If the answer is yes then it is time to be proud of yourself! You've arrived at the gate of Conscious Learning and the only thing you need to do is to step in, so you can leave your comfort zone behind.

With these 10 x 2 hours lectures with Q&A Premium Course, you would be able to start building a solid foundation to host the knowledge you acquire on your journey. All aspects of life

will gain a wonderful boost and raise the value of your existence.

I hope to welcome you there!

## MODULE 1

### **INTRODUCTION**

#### Lecture 1

##### **Reveal the secrets of fashionable expressions**

- Esoteric
- Spirituality
- Alchemy
- Coaching
- And so on

#### Lecture 2

##### **The Soul**

- Origin
- Influences from the universe
- It's influence on the human being

#### Lecture 3

##### **The Mind**

- The 4 compartments
- Interactions
- Expanding the Knowledge

#### Lecture 4

##### **The Human Being**

- Energy structure
- Purpose
- Influences from the universe
- Interaction with Earth and Nature

## MODULE 2

### **UNDERSTANDING EARTH ELEMENT - Initiation**

#### Lecture 1

##### **Basic interrelations between Earth and the Universe**

- Migration
- Precession of the Equinoxes
- Sun Ages
- Ruling Zodiac

#### Lecture 2

##### **The New World Order and the Macrocosm**

- The fading of the Knowledge
- The end of the 4<sup>th</sup> Sun Age
- Venus, the Hope
- Where we are now

#### Lecture 3

##### **Understanding Core Symbols**

- Dot
- Triangles – 2 perfect triangles slipping into each other
- The cross
- The square

#### Lecture 4

## **Thanksgiving meditation**

### Lecture 5

#### **Energy centres**

- Base chakra – behaviours connected to the chakra
- Material & physical ties
- Sex chakra – beliefs & behaviours connected to it
- Understanding reproduction & responsibilities

### Lecture 6

#### **Earth meditation**

### Lecture 7

#### **Akia-Path-Finder**

- Introducing the guiding light of AKIA Philosophy

### Lecture 8

#### **Disconnect your ties - meditation**

## MODULE 3

### **UNDERSTANDING WATER ELEMENT - Initiation**

#### Lecture 1

#### **Basic interrelations between Earth – Water – Universe**

- Thoughts about physical existence
- Belief systems
- Traditions
- Comfort zone

#### Lecture 2

#### **Beadboard meditation**

### Lecture 3

#### **Emotions the machinery of Life**

- The cradle of emotions
- The power of emotions
- Emotions connected to human existence

### Lecture 4

#### **Water meditation**

### Lecture 5

#### **Hermes Trismegistos**

### Lecture 6

#### **The different approaches to learning**

### Lecture 7

#### **The code**

### Lecture 8

#### **Self-analysis**

### Lecture 8

#### **Stocktaking**

### Lecture 9

#### **Energy centres**

- Solar plexus – behaviours connected to this chakra
- Quality of human interactions
- Heart chakra – related thoughts and feelings

### Lecture 10

#### **Visit the Sun meditation**

## MODULE 4

### **UNDERSTANDING AIR ELEMENT - Initiation**

#### Lecture 1

#### **Basic interrelations between Water, Air – universe**

- Air as the bridge between two realms
- Floating in the comfort zone
- Connect to the subconscious
- Life as a constant catch-22

#### Lecture 2

#### **Embrace your 7 existences – meditation**

#### Lecture 3

- Senses, as the gateway to intuition
- Sharpen your senses

## MODULE 5

### **UNDERSTANDING FIRE ELEMENT - Initiation**

#### Lecture 1

#### **Basic interrelations between Air, Fire – Universe**

#### Lecture 2

#### **Light the Fire within – meditation**

#### Lecture 3

#### **Connecting with your soul heritage**

- Soul numbers
- Soul families

- Structure of the universe

## Lecture 4

### **Journey to the round table of the universe**

- Explanation
- Exercise



**ZSA ZSA TUDOS**

*Premium Courses*