

SELF-OPTIMIZATION AND MENTAL TRANSFORMATION

COURSE OUTLINE

COURSE DESCRIPTION

Embark on an immersive journey into the spiritual sciences and strategies of self-mastery. Drawing from powerful High Level Conversations with 19 Keys and expert guests, learners will explore topics like mind alchemy, cosmic awareness, ancestral intelligence, food as foundation, detoxification, wave form healing, and personal reinvention. With ancient wisdom, cutting-edge science, and practical application, learners will awaken to the vastness of their inner potential, elevate their frequency, and align with their highest self to manifest their heaven on earth.

LEARNING OBJECTIVES / OUTCOMES:

By the end of this course, learners will be able to:

- LO1: Apply principles of mental and emotional alchemy to enhance self-awareness and expand consciousness.
- LO2: Design a personalized health and detox regimen informed by holistic and ancestral practices.
- LO3: Utilize sound, light, and frequency-based healing techniques for inner balance.
- LO4: Map out a strategy for aligning with one's purpose and manifesting through higher consciousness.

TARGET AUDIENCE:

Ideal for individuals embracing personal development, holistic well-being/wellness and esoteric knowledge.

COURSE FORMAT:

- Online (video calls and live streaming platforms for group activity)
- In-person (depending on availability of facilitators in a given locality)
- Self-paced (visual, written and audible course content)

DURATION AND SCHEDULE:

- min 6 months - max 1 year for initial student-teacher ambassadors hosting HLC Supermind Sober Social / Coffee Club screenings, seminars and

practical workshops

- Recommendation: 4-6 weeks per module with 3-9 hours study per week and consistent application

TEACHING AND LEARNING METHODS

- Lectures and seminars
- Consuming course content and supporting materials
- Note taking and reflective journaling
- Meditation, affirmations, scripting and visualizations
- Embodiment - physical or creative expression

ASSESSMENT

- Formative (weekly reflective journal entries)
- Summative (Creative Portfolio and Final Project with Presentation: Super Self Blueprint)
- Host a HLC Supermind Sober Social / Coffee Club with peer support and review

CERTIFICATION

- HLC Certificate of Completion / Conscious Personal Development

ADAPTATIONS

- Visual, Auditory, Reading / Writing, Kinaesthetic learning styles
- Activist, Theorist, Pragmatist, Reflector learning styles
- Multiple Intelligences
- Left or Right brain dominance
- Neurodivergence
- Language