

## Welcome!

*Training in Power™ courses offer a unique energetic system designed to help you open to your full potential through specific course work, meditation practice, and self healings. You may choose courses in the areas of relationships, career, prosperity and manifestation, or you may simply seek to know yourself more intimately in the truth of who you really are.*

*In every sense of the word, you will be training to your power. This “power” is available to everyone. It is the power that allows you to reach and recognize knowledge of your own power and manifestation—a power that has always been yours and can be brought forward to your consciousness.*

### What is the format?

The course work is rich in content and highly illuminating. All courses include a foundation in both ancient and modern systems, intricately weaving science and spirituality into the content. You will learn an efficient system of energy work that will enhance your health and well-being on every level. Most students experience many ‘awakenings’ in self-knowledge while taking the courses.

The course work is highly experiential and time is needed to assimilate the wealth of information you will receive. Most courses are offered over four weeks with one class per week.

### In Every Course: A Meditation Technique and Healing System

Each course includes meditation work to help participants to continue to work in their area of interest. A specific healing technique is also included in each course to assist the student in maintaining their newly achieved position of awareness.

### Which course should I take first?

*Level I: The Prophet Position* is the core course of Training in Power™ and is highly recommended as the foundation to begin your journey. There is a profound, personal shift available in Level I. A free introductory session will assist in helping you decide if this work is what you seek to learn.

### What kind of energy work is it, and who teaches it?

Training in Power™ is a highly effective energetic enhancement system. The faculty of Training in Power Academy (more than eighty teachers in Canada and the US) train an average of four years before becoming certified as teachers of the academy. They are expertly trained as teachers and healers. Their primary mandate is to impart information while holding a safe and healthy space for the student to attune to a wavelength of deep comprehension. Specifically, teachers are able to raise the vibration of the student, which in turn enables the student to access new knowledge for their benefit and growth.

*“You are affecting the laws of manifestation. This is what training in power is. It’s different than intellectual training. It’s different than psychological work. It’s different than exploring your emotions and finding yourself still in a dilemma of not knowing what the heck to do with it all.” An excerpt from Level I: The Prophet, Faye Fitzgerald, Founder—Training in Power™*