



TRAINING IN POWER™
ACADEMY

COURSE DESCRIPTIONS

Training in Power™ Academy Courses

2017 Edition

Workshops

Anxiety and Depression

Discover Your Story

The Mirage of Stress

Courses and Programs

Level I The Prophet—Foundation Course

Anger Management

Archetype Course

Alchemist Course

Children's Courses

Communicate with Power!

Corporate Course: Get Ready

Elite Awareness Experience

Inner Child

Master Warrior Program (weekly)

Prosperity Course I

Relationship Course I

Youth Course

Location, Tuition and Information



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COURSES TO TRANSFORM YOUR LIFE

Training in Power™ Academy Courses

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 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, illuminating and highly experiential. 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 attending the courses.

Courses are offered over four weeks with one class per week.



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One Day Workshops

Workshops are available in many cities across North America. Contact us for more information

Anxiety and Depression Workshop

Course Description

Anxiety and depression. If you have one, you have the other.

Come to this workshop for answers you may never have considered: why and how depression and anxiety are linked; what it is you have been *chasing* inside of you for so long; and why you can't seem to jump off the hamster wheel of recurring, debilitating effects.

If everything is frequency and depression is a trajectory, then you have the ability to tune to, and transform, that negative frequency from something that is controlling you – into something you can use to bring you into balance. You need only Knowledge and Truth to set you free.



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WORKSHOPS

Training in Power™ Academy Courses

“Discover Your Story” Unlock Your Potential

Course Description

In every sense of the word, this powerful workshop will be all about you. Throughout the day, you experience moments of heightened self-awareness and an opening to your personal power. You will gain a sense of personal freedom and the ability to make decisions for yourself that feel safe and grounded in your personal truth.

During this highly experiential workshop, you will learn to tune to the vast reservoir of unconscious power available to you to unlock potential in your life. Many participants have experienced epiphanies or shifts in perception during the day's workshop, so come prepared to awaken to your power!



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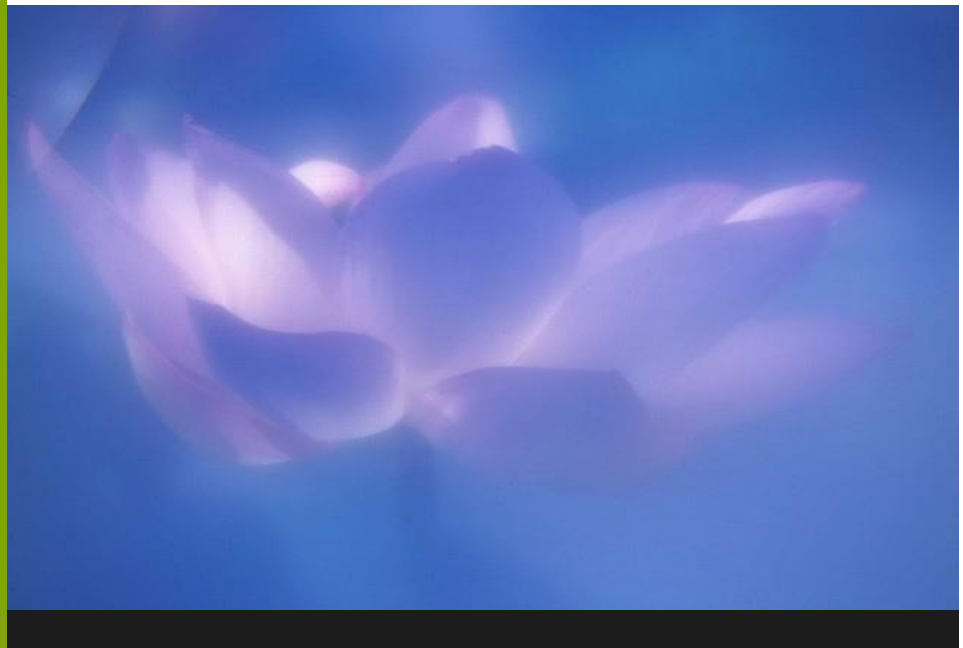
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Mirage

“1. an optical phenomenon
2. something illusory, without substance or reality”

Synonyms:
illusion, phantom, fancy



Come to this high impact, information-rich workshop to learn:

- your unique way of handling stress
- what is holding you back from handling stress in your life
- how to personalize your technique to deal with stress effectively

The Mirage of Stress Workshop

Course Description

Stress and related mental health issues are becoming the leading workplace disability throughout North America. How do we deal with the underpinnings of our stress—what are we really thirsting for?

Treating the symptoms of stress won't give us long-term relief; we need to know *why* it holds us back in our relationships, career, and prosperity.

Do you:

- suffer at times from anxiety or bouts of depression when you are under stress?
- find the daily grind of your life won't let you rest?
- sometimes feel you are caught in a place of no choice when you are under stress?



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YOUR FIRST COURSE—LEVEL 1

Training in Power™ Academy Courses

Level I “The Prophet”

First introduced in 1986, this powerful and magical course is recommended as the foundation to Training in Power™ Academy courses.

Course Description

Level I offers a profound, personal shift for those seeking clarity, truth, or change in their lives. Ancient mysticism blends with quantum physics, as you discover how to take control of your life, live it in passion, and manifest new choices in all areas of your life.

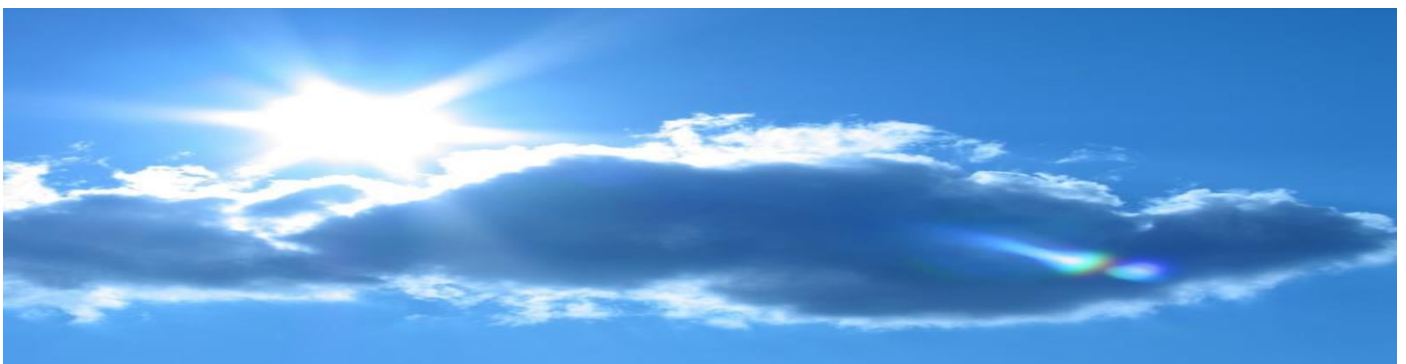
The path to self-awareness is one of great courage and great potential. Come to this course for a one-of-a-kind experience as you claim on your right to live a life of magic, confidence, and self healing. Connect to the power that is your birthright.

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 maintain their newly achieved position of awareness.

Level I: The Prophet is the core course of Training in Power™ Academy.

- Safely develop your natural instinctive intuition and psychic abilities.
- Apply 3 techniques to connect to your power and knowledge.
- Learn a highly effective shielding technique to protect yourself and those you love from negative energy.
- Use tools to keep you from feeling tired or drained.
- Wield a wavelength energy in a highly effective healing technique.
- Manifest wellness on levels of “self”.
- Use an “active” meditation style (appropriate for advanced or beginners).





Anger Management

Anger Management

Course Description

We all have anger. We all have fear about it. Most of us have experienced anger to the degree that we feel we have no choices, no real opportunity to see a situation from a new perspective. As a result, anger can feel like a prison to many people.

In this Anger Management Course, you will learn to discern what is (and isn't) relevant in any given situation when you find yourself "triggered" by certain people or circumstances.

*How do we find a place of safety and peace to deal with anger?
How can we be honest about things without all the drama?*

Is there such a thing as correct anger, and if so, how do we use it?

- do you feel it is difficult to express your anger
- do you feel paralyzed during confrontation
- do you struggle to set healthy personal boundaries
- do you lash out in anger at others

If so, this course will help you understand *why*.

**Don't change you.
Change the
behaviors you no
longer wish to
have.**

- Identify the symptoms of anger.
- Identify personal triggers and assess their relevance.
- Establish boundaries, beginning with your "self".
- Use anger constructively to push through to desired life changes.
- Practice a unique healing technique that will provide the safety and comfort needed to trust your ability to manage emotions.



HOW

*With new knowledge you have
the chance to make new
choices.*

*Build a strategy to manage
anger in the moment.*



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ARCHETYPE COURSE

Training in Power™ Academy Courses

The “Archetype” Course

Course Description

Fairy tales, mythology, and the media have all contributed to our inherited acceptance of archetypes and stereotypes. An example would be the “starving artist”: an archetype for those who believe one must suffer to produce great art.

Unfortunately these archetypes can be limiting when we are trying to live our own stories. We can be unaware of their impact on us individually.

Have you observed predictable, recurring patterns in your life that seem more reactionary than evidential of who you really are or what you wish to manifest?

Do you suspect there are other options available to you yet feel unsure of how to break free from what holds you back?

- Identify exactly when you are caught in a predictable pattern or archetype.
- Increase your skills of observation and discernment in situations in which you find yourself vulnerable.
- Pursue your own story by listening to your “calling”.
- Regain a sense of magic and *flow* in your life.



LANGUAGE OF POWER

Come to this provocative course of story, language, and power— and bring your own epic inner tale to light!

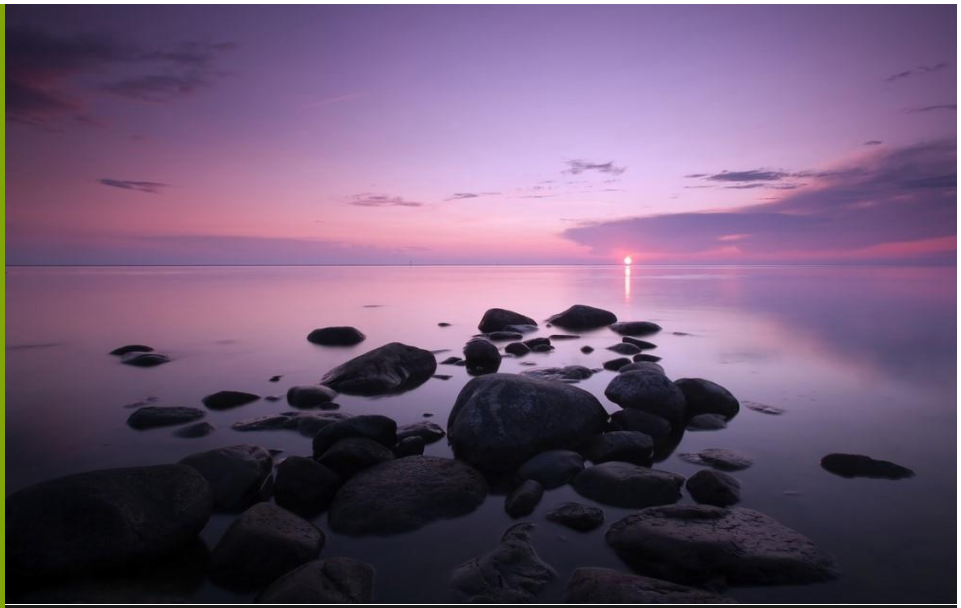
Over this 4-class course, you will learn

A new and highly effective angle on the physics and principles of manifestation

How trauma affects and blocks our journey to reach our goals

How to bring patterns of control and block-ages to consciousness and transmute them

A groundbreaking healing that truly gets to the root of the issue



Archetype and Alchemist Courses

The Alchemist Course

Prerequisite: The Archetype Course

Course Description

Alchemy was the origin of the science of chemistry. Its practitioners were learned people who believed that nature had much to teach us about ourselves and how the world works. One of the main areas of interest was the idea that base metals could be transmuted to gold. The word Alchemy is synonymous with magic and transmutation, used to refer to any process by which a substance of less value is transformed to have greater value.

The Archetype Class taught us about language and how words and meanings affect us, how culture and community can shape or distort us. We learned subtle physics of communication that allowed us to look magical to those who did not know our science. The Alchemist takes our accumulation of wisdom from the perspectives of the Archetype Class and gives us insight into how knowledge interfaces with our consciousness, what blocks us and what propels us into passion and success.



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Youth Courses

We also offer a course geared toward Youth, approximately 17+. See the course outline further in this catalog.

For both Children and Youth courses, one or both parents/guardians must attend. It is a unique and powerful bonding experience for all!



Children's Courses

There are three children's courses available: **Ages 4-8, Ages 8-12, Ages 13+**

Course Description

This course was designed to bring children and parents together in a special bond of communication. The Children's Course honours the child's intuitive powers and individuality, offering techniques of learning that are fun and build confidence. The children are encouraged to use their natural gifting, helping them to feel cherished, creative, safe, strong, and comfortable with themselves and others.

While we cannot protect our children from all negativity, we can empower them to find ways to secure their own space and honour their feelings. Parents are equal participants in this incredible course of creativity and power.

In this course, children and adults will learn:

- Meditation and relaxation techniques geared to the child
- How to work with their own energy or aura
- How to work with other children and animals
- How to use energy to heal themselves and others
- What to do when they feel angry or frustrated
- How to protect themselves from negative thoughts and actions



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COMMUNICATE WITH POWER!

Training in Power™ Academy Courses

Communication Course

Course Description

Communicate with power!

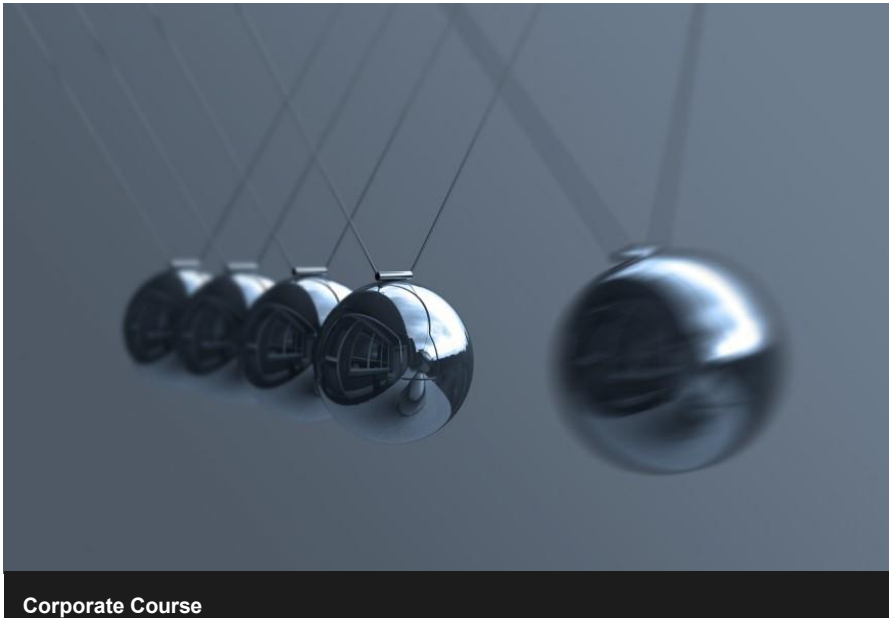
We all strive to communicate with clarity. This energetic system, as with all Training in Power™ courses, starts with the “self.”

Some of the most difficult work in communications is the ability to grasp an entire concept when communicating. As a result, we can end up fighting the wrong fight, feeling unheard, being misunderstood, or feeling unable to articulate what we want to say.

With a focus on achieving “neutral positioning,” the Communications Course delves into internal and external communication positions so you can begin to identify negative, predictable patterns in your communications.



- Clarify your strengths and your limitations in communication, particularly under stressful situations.
- Apply a “4 T’s Tool” to assist you in all areas of your verbal and non-verbal communication
- Achieve a heightened state of awareness in communication through the use of “neutral positioning”
- Increase focus and listening skills
- Bring Spirit in to personal communication
- Use body and voice work in communications
- Turn personal “triggers” into positive learning experiences



Corporate Course



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- Actualize your personal goals through a building-block format to plan, commit, and take action.
- Understand the value and positive utilization of money.
- Define the importance of spirituality in leadership—both in the workplace and as a self-manager.
- Use a specific and powerful meditation to realize your dreams and goals.

Corporate Course “*Get Ready!*”

Course Description

For those seeking a personal vision for themselves, either in their career or personal life, this course invites you to ask courageous questions that will help you:

- clearly define what you want in your life.
- make a plan.
- use correct energetics to actualize your vision.

Learn to:

- Identify positive and negative management and personality styles, in yourself and in others
- Clarify your strengths and limitations in the area of self-management
- Uncover 4 major misconceptions that may be stumbling blocks to your success
- Cultivate the “presence” required to create a winning energy

GET READY

Learn to harness your inner morale and passion to “*love what you do— by doing what you love*”.



AN “ELITE AWARENESS” EXPERIENCE

Training in Power™ Academy Courses

Elite Awareness Course

Course Description

Have you ever wondered how animals sense an earthquake coming, or how a mother can be asleep and hear or sense the slightest move in her child’s room? These are examples of “elite awareness”.

In our conscious world we often shut down when our senses are overloaded by external influences. We can feel victimized by our own thoughts and emotions and, rather than being able to use the information we are getting, we might react defensively to avoid that new information.

This course offers an “all senses” experience! It will be of special interest to those who are curious about the physics of time and space and how our ability to become super-conscious has a malleable effect on our ability to manifest and thrive in the flow of the moment.

- Re-awaken to your natural intuitiveness and the power of new knowledge by honing the ability to harness and use sensory information.
- Intuitively broaden and use all of your senses to achieve a bigger picture.
- Trust how you get information.
- Achieve advanced ‘inner sight’ to live a richer life of precision.
- Discover the power of dreams (versus the illusion of fantasy) in manifestation techniques.



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Tap into the child's telepathic intelligence to identify what to release (incorrect programs/beliefs of self) and what to keep (magic, dreams).

Define the child's psychological development from child genius, age of reason, pre-puberty, through adulthood, and how these growth stages have affected your evolution to adulthood.

Understand the critical difference between seeking balance and what is needed for survival.

Practice a unique healing system that recognizes the connection between your wounded child and your divine child, offering you exalted perspectives and a chance for growth.



Inner Child Course

Inner Child Course

Course Description

There are many Inner Child courses offered today, which is a testament to the power of both the profound magic of the divine inner child, as well as the tenacious grip of the wounded child in our lives.

This Inner Child Course is not for the faint-of-heart! Come willing to discover the truth about that "intangible something" that holds you back in your life. The course work is based on the premise that wherever we feel 'stuck' in any area of our life, the answer is almost always found in the child position.

If the magic in your life seems to have disappeared; if you are angry or in emotional pain and don't know why; if you can't seem to attain your dreams (or even think of any); if you feel there is injustice in some area of your life—the Inner Child Course is intended for you. Learn how to command an exalted position that will release you from the grip of the wounded inner child.





MASTER WARRIOR

Training in Power™ Academy Courses



Master Warrior Program

The Master Warrior program was developed by the founder of Training in Power. Its purpose: to establish the potentiality of longevity in the physical form.

A Typical Evening at Master Warrior includes:

- Breath Work/Cardio
- Tibetans
- Tai Chi
- Boxing; jujutsu
- Baguazhang, tae kwon do
- Tensegrity
- Meditation

The Master Warrior program is suitable for all levels of experience. It is a **weekly program** available by Zoom throughout North America. Contact us for more information.



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Prosperity Course— Part 1 of 2

- Explore a holistic view of prosperity and the principles of manifestation.
- Tune to the correct energetic position of equal energy exchange (receptivity and sharing).
- Adjust personal behaviour blocks as they pertain to prosperity and personal manifestation.
- Discover belief systems about money—and prosperity— that are unconsciously carved into our behaviours from a young age.
- Practice a unique healing technique that promotes integrated healing on the spiritual/energetic, emotional, mental, and physical levels.



Prosperity Course—Part 1

Course Description

By the end of this course, the definition of what prosperity means to you may dramatically shift. Perhaps the freedom you seek in prosperity will come from a holistic inventory of your life.

We all have equal rights to access power and, because no knowledge is ever lost, we have an innate knowledge of abundance. When we feel that we are not flourishing or successful, it may be that we have not yet learned enough about ourselves to create change in our world.

This course teaches the principles of the correct energetic position of receptivity, and offers techniques to harness flow and synchronicity in every area of life.





Relationship Course— Part 1 of 2

- Gain a deeper understanding of your personal relationship dynamics.
- Identify where and why passion may be lacking in your life.
- Define circumstances that have affected your approach to relationships such as health, cultural, past experiences, and perceptions.
- Connect the science of sexuality with the spirituality of sexuality.
- Access information and wisdom locked in your body's storehouses.
- Explore the many cultural offshoots and alternative lifestyles practiced around the world.
- Create the physical/spiritual link that is required for intimacy with the self.
- Practice a unique healing technique that clears personal space, and helps build intimacy in relationship, with your 'self' and others.

Relationship Course— Part I

Course Description

This course was developed to help you first understand your personal dynamics: why are you the way you are in relationship? Through this self-exploration, you will learn how to throw off negativity rather than throw the relationship away.

As you learn to value, trust, and respect yourself, you can begin to live in truth—fully liberated—in all relationships.

The Relationship Course's goal is to help us reclaim our spiritual, sexual adult – to “re-wire” us back to our potential as vibrant, powerful and fully integrated beings.

This is profoundly self-focused work; you will be asked to “know yourself.”



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YOUTH COURSE

Training in Power™ Academy Courses

Youth Course

Course Description

Age 17+ and for adults wishing to revisit their teen years)

This fascinating course is open to youth and adults who wish to explore the specific dynamics of their youth years: those impressionable, invincible years that were brimming with dreams, the fight for independence, and dealing with true feelings.

For most of us, our youth years have deeply affected our relationships and beliefs today. This course offers the opportunity to discover who you are independently of others; how to recapture your dreams; and how to find the inner “self approval” required to evolve to full adulthood.

As a youth or adult, you will learn to:

- Describe your personal dynamics in the areas of attraction (e.g., dating and relationship dynamics)
- Clarify how the cultural, social, and personal values and expectations of your generational ancestors have affected you
- Define when, how, and why you feel controlled by external situations and how to effectively address your feelings
- Reclaim your *invincible self* in all areas of your life
- Practice a unique healing system that will assist you to maintain your sense of selfhood while living a life of focused goals



YOUTH COURSE

One of both parents or guardians must attend this course with the Youth student.



Locations and Info

Canada

CDNinfo@traininginpower.com

- Vancouver
- Victoria
- Salmon Arm
- Kootenays
- Comox
- Calgary
- Regina
- Edmonton
- Winnipeg
- Toronto & Ontario
- Montreal

United States

USinfo@traininginpower.com

- Seattle
- Ohio
- Milwaukee
- Portland
- Las Vegas

Introductory Sessions

We offer free Intro Sessions where you can experience the work before you decide if this training is for you!

Email us for locations and dates, or to request a free seminar in your area



TRAINING IN POWER™
ACADEMY of MEDITATION *and* HEALING



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COME IF YOU ARE LOOKING FOR CHANGE

Training in Power™ Academy Courses

Where to start your journey: Level 1 The Prophet

Class One **Introduction to the Metaphysical World – Power**

“Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens.” Carl Jung

- Learn the principles of manifestation, protection and healing through access to universal energy systems
- Interact in the world with a new energetic awareness
- Learn how to instantly access intuitive abilities
- Learn and practice The Training in Power™ Academy meditation model
- Practice energetic tools to manage emotions of self and others

Class Two **Deep in the Metaphysical World: Accessing the Greater Mind**

“You must be the change you wish to see in the world.” Mahatma Gandhi

- Work with energetic tools to create an architecture within the greater mind
- Learn to recognize and deflect negative energy with a shielding system
- Practice the principles of psychic communication with other living energies, such as animals



GIVE YOURSELF THE GIFT OF LIVING IN POWER

Class Three **Application of Power to Heal and Manifest: Reading Energy, Dreams**

“And as we let our own light shine, we unconsciously give other people permission to do the same.

As we are liberated from our fear, our presence automatically liberates others.” Marianne Williamson

- Practice how to “read” another person’s energy and apply a correction for healing purposes
- Learn to create pathways to the dreamtime for healing and manifestation
- Explore societal beliefs versus humanity’s potential
- Examine the responsibility of power versus the misuse of power
- Achieve a vibrational awareness of Self as the healer/prophet

Class Four: **Putting It All Together—Using Tools and Techniques to Live a Conscious Life**

“To work in the world lovingly means that we are defining what we will be for, rather than reacting to what we are against.”

Christina Baldwin

- Learn how conscious choice affects reality
- Comprehend the Prophet vibrational wavelength and how it can create universal change
- Examine the ethical considerations to utilizing power
- Expand and prepare to practically apply the use of energetic tools and techniques learned in all

four classes

After completion of the Level I course, Training in Power™ Academy offers learners the gift of complimentary audits of a Level I course for up to one year after graduation—anywhere in North America.