

## Self Realization Course Info Kit

**The Self Awareness Institute** is a gathering place for thousands all over the world who are actively engaged in raising their consciousness, realizing their full potential, and for those seeking full Enlightenment. We help thousands to find enduring prosperity, happiness & peace.

We provide you the tools and training to access your inner knowing, purpose and raise your calibrated level of consciousness to full enlightenment. What makes us unique is our use of Shaktipat (Life Force Energy) to deepen your connection and awaken higher awareness. This is the fast track to Self Realization.

Experience it for yourself.

May the whole world live in happiness and peace.

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## SELF REALIZATION COURSE Fact Sheet

The Self Realization Course is a 12 week distance learning program with Steven S. Sadleir, Director of the Self Awareness Institute. The Course awakens higher Consciousness and invokes self realization taking you to full enlightenment so that you may fully realize your full potential and live in greater prosperity, happiness and peace. It provides the means to access that inner knowing, to recalibrate to an even higher state of Consciousness utilizing Shaktipat and provides access to The Kingdom of Heaven that lies within each of us.

### Overview: What You Get

- Weekly 1 hour classes are held via teleconference. During these classes you will be guided in meditation over the phone and go into increasingly deeper states of bliss effortlessly.
- Weekly precepts, or lessons of just a few pages, are emailed to you and provide you tools that will enable you to integrate your higher awareness into your work and relationships. We will clear out negative programming, limiting beliefs and impediments to your happiness.
- Daily meditations that will help you “plug into” a wellspring of happiness and peace that is innate within you. You will be guided into higher states of awareness effortlessly. It becomes easy, effortless and enjoyable.
- Weekly inspirational messages to “trigger” your awareness and shift your Consciousness to a higher level. Each week you will enter into ever higher states.
- Meditation MP3 set to assist you in your personal practice with 2 bonus recordings: *Guru's & Inner Guidance* and *40 Days & Nights in Meditation*.
- One VIP ticket to our one-day seminar (normally \$195). Students are invited and encouraged to attend and get the Shakti live!

### Benefits

- The ability to meditate easily and experience deep peace and bliss
- Greater clarity, happiness and peace; less stress and more love
- Gain access to the source of power within to manifest and live abundantly
- The ability to take conscious control over your mind and emotions
- To enlighten your Consciousness, realize your potential and fulfill your life purpose

### Investment

The course is \$1,500. Payment plans available. You will know when you are ready. More information can be obtained by going to [SelfAwareness.com](http://SelfAwareness.com). Our programs are guaranteed. To register or ask questions contact [Pauline Doan](mailto:Pauline Doan) at 949-355-3249 or email us at [info@selfawareness.com](mailto:info@selfawareness.com).

## SELF REALIZATION COURSE Class Syllabus

### Course Overview

- |                             |                              |
|-----------------------------|------------------------------|
| (1) The Nature of the Self  | (7) The Power of the Present |
| (2) Your Life Force         | (8) Healing & Evolving       |
| (3) Our Eternal Quest       | (9) Discovering Ecstasy      |
| (4) Awakening Consciousness | (10) Receiving Grace         |
| (5) Understanding Your Mind | (11) Your Life Purpose       |
| (6) The Enlightened Self    | (12) Fulfillment & Meaning   |

### Assignments

- One hour of Meditation a day.  
Can be done in two sittings to fit your schedule
- One hour of group session per week
- Approx. 30 - 90 minutes of homework per week
- Selected reading from the recommended reading list
- Something affirming, loving and celebratory for yourself every day
- One entire day alone with yourself, in complete solitude and quiet

### Recommended Reading List

By Steven Sadleir:

- *Looking for God* - Go to [www.Amazon.com](http://www.Amazon.com)
- *Self Realization* - Found on [www.SelfAwareness.com](http://www.SelfAwareness.com)
- *The Calling* - Found on [www.SelfAwareness.com](http://www.SelfAwareness.com)
- *The Awakening* - Found on [www.SelfAwareness.com](http://www.SelfAwareness.com)

**Register Online or Call Us 949-355-3249!**  
**Go to: [www.SelfAwareness.com](http://www.SelfAwareness.com) > Courses**

## STEVEN S. SADLEIR Biography



Steven S. Sadleir is Director and co-founder of the Self Awareness Institute. Mr. Sadleir is a scholar and lecturer of philosophy and has written several books, one a compendium of every major spiritual path or teaching called: *Looking for God, A Seeker's Guide to Religious and Spiritual Groups of the World* (Penguin, 2001). He is also co-author, with Deepak Chopra and Wayne Dyer, of *Wake Up, Live the Life You Love*. His most recent book is *Self Realization, An Owner-User Manual for Human Beings*.

He has made several trips around the world studying meditation with many of the world's enlightened masters; apprenticed with two, and spent months sitting in India for, first, 8 hours a day, then 12 hours a day, and finally 23 hours a day for 40 consecutive days and nights to complete his training as a Yogi!

He founded the Self Awareness Institute in 1985 and has trained thousands of people from over 120 countries to meditate and find greater clarity, happiness and peace. He also holds a Master of Arts in Economics, from the University of Wales, United Kingdom, as a Rotary Scholar, holds a securities license, worked as an investment banker and fund advisor for many years, and now lives in Laguna Beach, California and devotes all his time to teaching.

## FREQUENTLY ASKED QUESTIONS

### What is Shaktipat?

Shaktipat is a powerful way to connect with the energy and experience your innate intelligence or Life Force current. Shaktipat makes it easier to get in touch with that peace and bliss that lies within you. It also helps you to go into higher states of consciousness with ease so that you become familiar with the feeling and be able to go there on your own! So come to have fun and come with an open heart and an open mind!

### Can I Participate in Your Next Free Introductory Call?

Absolutely! We hold free guided Shaktipat Meditations and an Introduction to the Self Realization Course each month. Just email us your interest or sign up for our Newsletter to receive updates! This will give you a teeny tiny taste of what it will be like. It will give you a chance to meet Steven, ask questions before and after.

### When Does the Next Course Begin?

The Course begins the week after a free introductory call. We typically start a new Course each month.

## CONTACT INFORMATION

If you would like to speak to someone, ask questions or learn more please contact us. We'd be happy to help!

Self Awareness Institute

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