

AMST Project Self-Study Course

Welcome to the **AMST Project Self-Study Course**. In this short document you will find everything you need to know to get started on your journey towards understanding the Freedom Teachings and continued spiritual growth and expansion of consciousness.

These quick step-by-step directions will help you on your path!

- 1) You will need to purchase the **AMST DVDs** in order to participate in the **AMST Project Self-Study Course**. Please click on <http://www.amentiproject.net/AMSTsourcematerial.htm> to purchase the source material for this Self-Study Course. As mentioned there, you will also need to purchase the [Psonn Book](#) and [Rosetta Series](#) posters. Please allow a few weeks for your **AMST DVDs** to arrive.
- 2) This is a 12-week course, but it can be completed faster if you plan to spend more than one session per week. Session time varies per class segment. Please view the course & technique break-down here: http://www.amentiproject.net/AMSTProject/AMST_Project_Class_Overview.pdf . This instruction assumes the student is doing the course over 12 weeks. This course works great on a 6-week format as well by doing 2 classes per session.
- 3) After watching each class segment of the **AMST DVDs**, you need to study the corresponding study guide, which you can download from here: <http://www.amentiproject.net/AMSTstudyguides.htm>. Each week's study guide includes *Questions & Answers*, *New Vocabulary*, and *Multiple Choice* questions and answers. They're designed to enhance your understanding of the material. You will finish 1 study guide per week (or per study session).
- 4) There is a suggested technique sequence for every week, as also seen on step 2. To access the suggested technique overview page, please click here: <http://www.amentiproject.net/AMSTtechniques.htm>. Please note that from this link you can access the same PDF file mentioned on step 2 above.
- 5) That is all!

May your spiritual path glow with Krystic frequencies!

SHARING & UNDERSTANDING: Experienced volunteers and recognized teachers associated with the Freedom Teachings maintain an open and dynamic online discussion group for the prime purpose of assisting in the development of greater personal understanding. If you feel that you'd like to take advantage of this opportunity, then please join over 1000 like-minded people around the world by clicking here:

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