

# Amenti Project Self-Study Course

Welcome to the Amenti 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) Please browse through the Amenti website (<http://www.amentiproject.net>) first and read all the articles to understand what the Amenti Project is all about.
- 2) You will need to purchase the Amenti DVDs in order to participate in the Amenti Project Self-Study Course. Please click on <http://www.amentiproject.net/amentisourcematerial.htm> to purchase the source material for this Self-Study Course. Please allow a few weeks for your Amenti DVDs to arrive.
- 3) This is a 12-week course, but it can be completed faster if you plan to spend more than one session per week. Each session is about 1-2 hours. Assuming you follow the 12-week plan, you need to watch 40 minutes of the Amenti DVDs each week in order to finish the course in 12 weeks. (The 12<sup>th</sup> week's viewing time will be a little bit longer.)
- 4) After watching the 40-minute segment of the Amenti DVDs, you should study the corresponding study guide, which you can download from here: <http://www.amentiproject.net/amentistudyguides.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).
- 5) At the end of each study guide one **Attitude** and one **Responsibility of Mastery** is explained. Please read the Amenti Project home page at <http://www.amentiproject.net/amentihome.htm> to find out more about them. Each week you will focus on 1 A & R that are listed in the Study Guides. If you would like to print a copy of all the 12 A & Rs in one file, please click here: <http://www.amentiproject.net/AmentiProject/A&Rs.pdf>.
- 6) There is a suggested reading for every week. To access the suggested reading file and its detailed instructions, please click here: [http://www.amentiproject.net/AmentiProject/Amenti\\_12week\\_SuggestedStudy.pdf](http://www.amentiproject.net/AmentiProject/Amenti_12week_SuggestedStudy.pdf).
- 7) From the 3<sup>rd</sup> week, you will start doing the Maharic Seal and Liquid Light technique. To access the technique file, please click here: <http://www.amentiproject.net/AmentiProject/Techniquesfile.pdf>. Step 8 of the Maharic Seal technique mentions the Kathara™ Grid. You will need to read the page "Bridge to Kathara™" on the Amenti website to understand what the Kathara Grid is. Here is the link to that page: <http://www.amentiproject.net/bridgetokathara.htm>. It's recommended that you do the Maharic Seal twice a day: upon awakening, and before going to bed.

- 8) From the 5<sup>th</sup> session on, you will start singing the Psonn of Lyra to amplify and activate your Maharic shield through tonal programming. The technique file is the same as #7; the Psonn of Lyra is on page 4 of that document. You can sing the Psonn of Lyra whenever you want to amplify your Maharic Shield. It also works as a fast activator of your Maharic Shield.
- 9) That is all!
- 10) Once you're done with this 12-week Self-Study Course, please look for the Tangible Structure of the Soul Project Self-Study Course, which will become available by May 2006! Corresponding information will be available on the Amenti Website.

May your spiritual path glow with Maharic frequencies!

SHARING & UNDERSTANDING: Experienced volunteers and recognized teachers associated with the Freedom Teachings maintain an open and dynamic 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 facility then please join over 1000 of like-minded people around the world by clicking here:

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