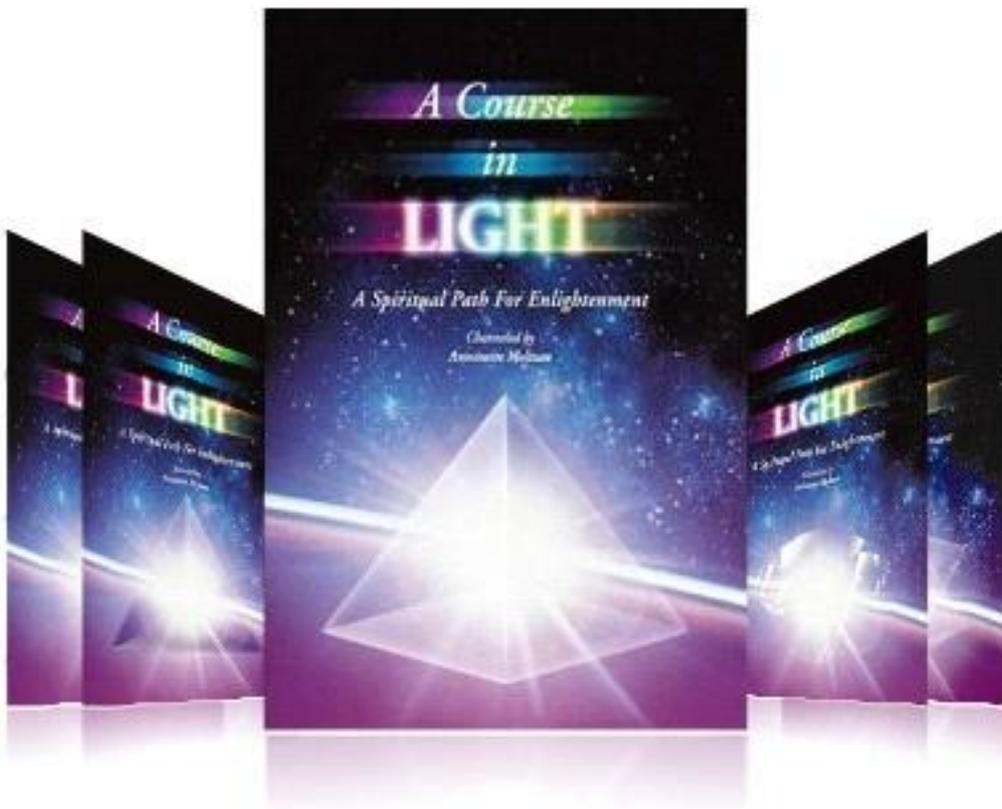


A Course in Light

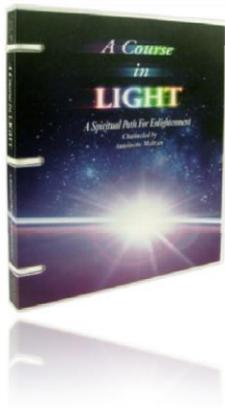
A Spiritual Path for Enlightenment



COURSE OUTLINE

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<http://www.courseinlight.net>



ACIL: WHAT IS IT?

Short answer: A meditation course presented by the Ascended Masters for Spiritual Enlightenment...

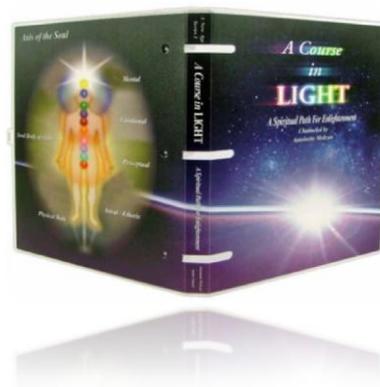
A Course in Light is a unique process that draws on the restorative and balancing benefits of mindfulness, yet also embraces the transformational qualities of the inner fire of our light system. In the words of Einstein himself: $E=MC^2$. This complex equation is a scientific finding that supports an ancient system of belief: that all mass is made of energy, whose origin is of a spiritual nature.

Metaphysically we are taught that as souls, we are each on a journey of discovery and evolution in consciousness, which is driven by our desires that unfold through greater karmic activities. While from our perspective our world may seem solid and physical, the actual scientific truth is that this is all just a perception, and our world is in truth, vibrating sub-atomic particles of light, vibrating at various frequencies that take form as color, sound and matter.

We are literally light vibrating dynamically & magnetically, and we respond to different signals in our environment based on our perception while attracting a certain frequency of experience that mirrors our own patterns in consciousness. Evolution is a process of change from one state of being to another - A Course in Light is the teachings that take you on a journey of transformation as initiated by the light of your own higher self. This is a path that accelerates your personal growth spiritually, psychically, mentally and physically. The energy work itself is a form of quantum physics - it is the activation of the light energy and the science of light that transforms. It is the method or procedure to help you in your physical body as well as your conscious self to be awakened to the higher source of who you are.

When you begin the practice of A Course in Light, you walk your path to enlightenment. Each home study kit consists of a 400 odd page book and approx 22 guided meditation CD's as guided tools that assist you in clearing yourself from all the unhappy and negative factors that contribute to your disharmony and dis-ease. Each lesson of this path brings many surprises and opportunities to break the old patterns that cause the attraction to the negative conditions in your life. Clearing ourself from the repetitious patterns, raises our vibration into a new experience where wholeness and peace become our natural expression.

Our home study kit folder is made from 100% Recyclable polypropylene, which is durable and Archival-safe. The case snaps shut securely to protect your investment in your own personal development.





ACIL: THE SOUL BODY OF LIGHT

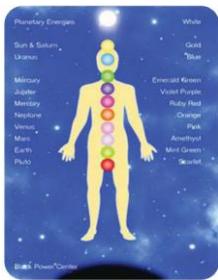
Wrapped around the physical being is the light body, which is growing, undulating inside and spurring you on to greater personal development. Welcome to your soul! This beautiful form living within is the real you; the one that is aligned in the will of Spirit in whose image you were originally conceived. While one's self-identity primarily is focused on the physical body, you can delve into this inner reality and see yourself as God sees you.

It is a matter of desire: do you truly want to see yourself in this way? Then simply set your heart upon it. Spend time in a stilled state of mind and body and allow what is inside to come up to the surface. There are many ideas and experiences that want to show you something very positive and beneficial. If you are willing to move through the resistance within the physical body and allow what is deep inside you to well up within your mind, the growth you can achieve is extraordinary and will heighten your perspective and fill you with a deep, lasting peace. You will be giving your soul body an opportunity to show you what it is and how it functions for your highest good.

Although the soul body is hidden by negative thoughts and hurtful feelings that have been used as a shield to protect the vulnerability of your own innocence, let that not deter you from wanting to see yourself as Spirit views you. Beyond the pain and resistance in your body, your soul contains a delightful surprise that wants to grow within you and overtake all of the negativity that has long been housed within. Here is where true healing occurs that can resonate outwardly into your body. Through the development of your soul body you can find the secrets to bring the physical body into alignment with the way it was originally designed to function. The soul body grows by personal life experience. Each time you make a decision that is in alignment with the way of Spirit or each time you have an experience wherein your actions are love-filled, you grow your soul. Spirit adds golden threads inside your being and configures your thoughts and feelings to wrap around the new truths you are expressing in various ways. The beauty that you create within is the true measure of your identity. And something switches in the consciousness that helps you recognize and claim this as your very own.

If you need help in sitting in the stilled state to recognize this through either insight or feeling, ask your higher self and guides to prepare the way. Through their love and spiritual energy moving in you, a path of light is created for new images to emerge in your conscious mind that fill you with inspiration, hope, and an awareness of your true self. When you embrace this fully, your life path will move in a new direction and you will find yourself on the road to living your dreams that are seeded deep within. This is indeed possible. Your spiritual guides will help you climb over the rocks in your way and help you overcome every limitation within, so your true soul self can emerge victorious!

Claim your soul body as your very own. Ask to see your inner beauty and begin to see and identify yourself with your soul. There will be many delights to enjoy as this reveals itself: a spiritual seduction to satisfy you to your core and bring you to the heights of ecstasy. Believe it! Desire it! Become it! It is your destiny.



ACIL: THE 12 CHAKRA SYSTEM

A Course in Light embraces an ancient combination of chakra centers designed to bring your spiritual growth into a new phase of development. The course itself is somewhat extensive consisting of 4 levels each series, and is produced over a total of 5 series. The following information relates to the chakra system presented by the Ascended Masters.

Chakra's are spinning wheels of spiritual energy, whose color relates to the frequencies of the energy active within those specific regions (the qualities being expressed by the soul). Chakra energy directly affects not only our health and well-being but also affects the experiences and lessons we encounter during each life time. There are many chakra centers within the soul body, and the most commonly known attunement is the hindu 7-chakra system and its associated frequencies. However that is not the only 'focus' we can experience during life.

There are many combinations of energies within the Chakra system, and each relate to a different process of integration and soul expression. No one path is purer/greater than the other, it simply comes down to what energy you personally gravitate towards. The masters explain that the combination presented by ACIL, is a path that accelerates our karmic processing – it is literally speeding up our development. This is only truly understood once you begin to see the effect in your own life.

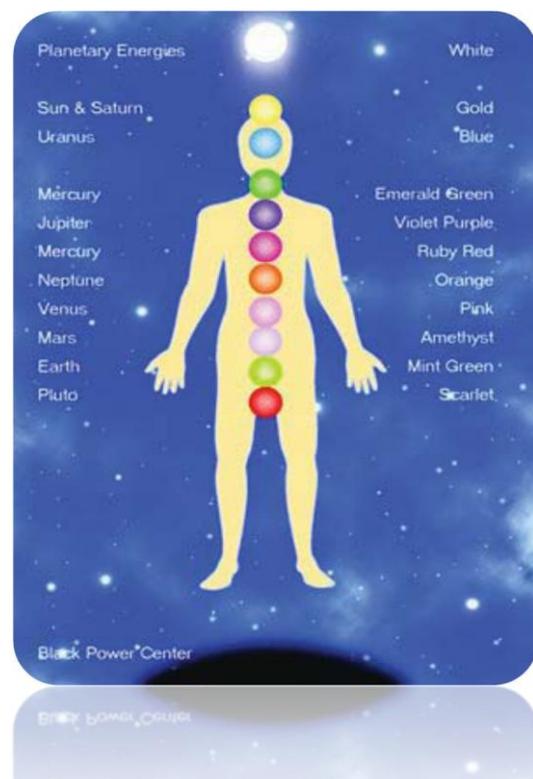
The Ascended Masters have bought new frequencies relating to the next phase in human development with frequencies that accelerate our development into new refined states of consciousness. These frequencies serve as tools to uplift yourself but also to move into collective consciousness/frequencies where your activity as a lightworker is greatly enhances. It is connecting you to the energy of the masters and angels, while also bringing you much closer to your own higher consciousness and expressing that in everything you do at a conscious level.

The Chakra System:

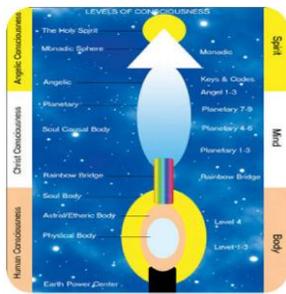
1. White Light
2. Gold Light
3. Blue Light
4. Emerald Green Light
5. Violet Purple Light
6. Ruby Red Light
7. Orange Light
8. Pink Light
9. Amethyst Light
10. Mint Green Light
11. Scarlet Light
12. Earth Centre for Grounding

Note: An Overview of the Chakra's is available From the resource centre on the website.

<http://www.courseinlight.net>



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ACIL: LEVELS OF CONSCIOUSNESS

The meditation procedure addresses the egos such as the personality ego, the body ego, cellular and organic egos, all of which represent your human consciousness. Your personality consciousness is associated with your brain, your emotions, your perceptions and your humanity. These aspects of you are rising to higher states of consciousness by way of the meditations and lessons of light.

Thought directs energy, energy follows thought and thought adds power to energy. You as a personality are a co-creator of your reality. As you become more self-aware of your inner light, you raise your consciousness.

The next level of consciousness relates to your Astral/etheric self. The astral/etheric is the body that is an energetic mirror of your physical self. The astral holds the impressions from your past life experiences and is associated with your sub consciousness. The healing in this part of you is very effective in changing your past patterns including those you carried into this life from previous life experiences. Your soul body of light contains the Chakra centers and is different than your human consciousness. The soul is aware of your spiritual origin, and is aware of what you are here to complete and experience during this life. So as you are in the activation of the chakra centers, you are healing much in your soul body of light as well as your astral and physical self.

Your soul system and consciousness holds the records of your past life experiences. Beyond the soul consciousness you are governed by the Higher Self. The Higher Self is relative to the Mind. Mind is the builder, Mind is the Creator, and Mind is the Source of all that is. There are many levels of consciousness associated with the Mind. Lessons of the Mind are presented to assist in attaining the stages of Christ Consciousness. It is the attainment achieved through the integration of all other levels. The Christ Consciousness relates to your ability to magnify your light, to live as a Teacher of teachers, to have mastered your consciousness on all levels. It is what you experience when you have completed the lessons and initiations of your soul's journey in the earth. And there are many levels of consciousness even in the Christ Conscious state. Beyond the Christ consciousness is called Cosmic Consciousness associated with the experience when you are totally aware of your Oneness with all that you are with the Universe.

Each student is in a preparation of moving to higher states of consciousness. ACIL is the teaching of "how to raise your human consciousness through your soul body of light". Your study and application of the meditations will take you step by step through the many lessons that are yours through your soul's long journey. Each lesson is healing a certain level of your human consciousness so you commence Level One, working within the physical system where you activate the chakra's of light to help clear and raise the vibration within your physical nature. The second level is working through the emotional and perceptual (psychic) levels within you. You are learning how to raise the consciousness of yourself emotionally and perceptually. The third level of ACIL is focused on your mental consciousness. It is working with the belief systems within your mental thinking. And the principles of Truth are the important part of changing the consciousness of your mental self. The fourth level is the astral/ethic, where the energies are activated to clear your consciousness from the issues you brought forward into this life. Now you have completed the first four stages of the process of healing within your human consciousness.

When you have completed the four levels of Series One, you then begin to activate your centers and raise your thinking to the planetary levels of light. So the planetary levels are connecting you to the

Higher Self. Here you receive the Lessons of the Mind. The intent is to awaken from the Higher Self what you need to discover in your human self. All of the planetary light work is relative to different stages of consciousness of your Higher Self, and the Keys and Codes are introduced at Planetary 7. They are an introduction to the inner patterns of light within your own soul body of Light.

Once you have completed the planetary lightwork you move into the Angelic Levels of Consciousness. The angelic levels are an aspect of Christ Consciousness - here you become awakened to your reality of being an Angel on Assignment. Here you are given tools to express healing ways in your life and for others.

Each of these stages are preparations for the ascension to higher states of consciousness. Once you have completed the Angelic Levels you enter into what is called the Monadic... the Monadic is another phase of what is known as Cosmic Consciousness and Monadic becomes an experience associated with the Keys and Codes.

The goal and destiny is to be of a clear Mind, clear soul, and a clear self.



* Each Series marked with the * symbol, require that you first complete the prior series (ie. To enrol in Series Two you must first have completed Series One).

1. Series One consists of 4 levels:
 - Physical system
 - Emotional & Perceptual (psychic) system
 - Mental system
 - Astral / Etheric nature
2. Series Two consists of 3 levels:
 - Planetary Level One
 - Planetary Level Two
 - Planetary Level Three
3. Series Three consist of 3 levels:
 - Planetary Level Four
 - Planetary Level Five
 - Planetary Level Six
4. Series Four consists of 3 levels:
 - Planetary Level Seven
 - Planetary Level Eight
 - Planetary Level Nine
5. Series Five consists of 4 levels:
 - a. Angelic Level One
 - b. Angelic Level Two
 - c. Angelic Level Three
 - d. Monadic Level

On the completion of each Series you are awarded official recognition and a certificate that qualifies you to facilitate your own group classes up the level you are certified. In total there are 5 levels of certification / qualification.