

I AM U 2022-2023 SCHEDULE 9/12/22

| Hrs | Dates | Class Agenda | Instruct. | Home Assignments |
|-----|--------------------------------------------|-----------------------------------------------------------------------------------------------------------|--------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | Enrollment | ROAD TO DHARMA elective Online Yoga Course, to be completed within 90 days. Approx 30 online hours | Ananda | <ul style="list-style-type: none"> Read: <i>Love is Letting Go of Fear:</i> Gerald G. Jampolksky Read: <i>Feel Free to Prosper</i> by Marilyn Jenett |
| 16 | AUG 20-21, 2022 SAT & SUN 9pm-6:00pm | Money Flow: Magic Financial Transformation Workshop Includes 8 online lessons for 8 weeks. | JOA | <ul style="list-style-type: none"> Read: <i>Feel Free to Prosper</i> by Marilyn Jenett Read: <i>Practicing the Power of Now</i> by Eckhart Tolle |
| 4 | AUG 29, 2022 MON 11:11am-3pm | DISCOVER YOUR SOULS PURPOSE | JOA | DYSP Exercises to be done before class, requiring 2-3 hours of time. |
| 4 | Sep 2, 2022 FRI 2pm-6pm | INTRO TO THE I AM U MASTERS PROGRAM | JOA & Kristin | |
| 16 | Sep 3&4, 2022 SAT & SUN 9am-6pm | SOULSHINE! - Life Empowerment Workshop; and Authentic Self Process with Kristin | JOA | <ul style="list-style-type: none"> Read: <i>Unveiled Mysteries</i> by Godfree Ray King Read: <i>be happy</i>, Robert Holden Read: <i>Prescriptions for Happiness</i>, Deepak Chopra |
| 16 | SEP 17-18 2022 SAT & SUN 9am-6pm | EMBODIED ASCENSION Practice RELATEFULNESS (Circling) with Luc | JOA Luc | <ul style="list-style-type: none"> Read: <i>The Complete Ascension Manuel</i> by Joshua David Stone. Read: <i>7 Sacred Flames</i> Aurelia Louise Jones |
| 32 | Begins SEP 20 | MENS / WOMEN'S EMPOWERMENT 4 hours/month for 8 months | Dan, Joa & Kristin | Men Read: Way of the Superior Man, David Deida |
| 18 | OCT 1,2 2022 SAT & SUN 9am-7pm | SPIRITUAL WISDOM & THE HAPPINESS PROJECT | JOA | <ul style="list-style-type: none"> Read: <i>Act of Consciousness</i> by Adamus Saint Germain Assign: Affirmative Prayer with a Student Assign: Begin Oct Nurturing Journal, Report Due Nov 1 <i>Begin Oct Nurturing Journal, Report Due Nov 1</i> |
| | OCT 15,16 2022 SAT & SUN 9am-6pm | SPIRITUAL PSYCHOLOGY BASIC SKILLS / & | JOA Kristin | <ul style="list-style-type: none"> Assign: Due Basic Skills with students |
| | NOV 1 2022 | Happiness Project Home Assignments | | Due: OCT Nurturing Journal Report Assign: NOV Nurturing Journal Report |

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| 16 | NOV 5,6 2021 SAT-SUN 9:00am-6:00 pm | FREEDOM-CODE LEVEL 1 TRAINING | JOA | <ul style="list-style-type: none"> • Due: Basic Skills with students • Assign: Freedom-code with Student |
| 10 | TBA | Freedom Code Practice Meetings | | |
| 16 | NOV 19-20 2022 SAT & SUN 9am-6pm | Advanced Forgiveness Skills | JOA | <ul style="list-style-type: none"> * Due Freedom Code with student * Assign: Ho"Oponopono with Student * Assign: Freedom-Code and Freedom Method with Self * Read: Enjoy Infinite Energy E-book by Joa |
| | DEC 1 2022 | Happiness Project Home Assignments | | Due: NOV Nurturing Journal Report Assign: DEC Nurturing Journal Report |
| 2 | DEC 2 FRI 2pm-4pm | EXAM ONE Counseling session with Joa deadline | JOA | |
| 16 | DEC 3-4 2022 SAT & SUN 9am-6pm | Enjoy Infinite Energy! | JOA | <ul style="list-style-type: none"> * Due Ho"Oponopono with Student * Due: Freedom-Code and Freedom Method with Self * Assign: Conscious Breathing Coach Certification Curriculum |
| 16 | DEC 17,18 2022 SAT & SUN 9am-6pm | Introduction to Advanced Spiritual Psychology Gestalt, Inner Bonding, | JOA & Kristin | Assign: Gestalt with Student Assign: Inner Bonding with Student |
| | JAN 1 2023 | Happiness Project Home Assignments | | Due: DEC Nurturing Journal Report Assign: JAN Nurturing Journal Report |
| 16 | JAN 7,8 2023 SAT, SUN 9am-6pm | Creatorship & Conscious Language | JOA | <ul style="list-style-type: none"> • Due: Gestalt with Student • Due: Inner Bonding with Student • Assign: Heart-mapping with Self • Assign: Conscious Language with Student |
| 16 | JAN 21-22 2023 SAT & SUN 9am-6pm | Freedom-Code Level 2 | JOA | <ul style="list-style-type: none"> • Due: Heart-mapping with Self • Due: Conscious Language with Student • Assign: Freedom-Code with Student • Assign: Freedom Code with Person • Buy & read Messages From the Body Michael Lincoln |
| 18 | TBA | 18 freedom code practice meetings | | |
| | FEB 1 2023 | Happiness Project Home Assignments | | Due: JAN Nurturing Journal Report Assign: FEB Nurturing Journal Report |

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| 16 | FEB 4-5 2023 SAT & SUN 9am-6pm | Healing Childhood Memories and Relationship Project | Kristin JOA | <ul style="list-style-type: none"> • Due Freedom-Code with Student • Assign: Healing Conception and Birth with Freedom Code and freedom Method • Assign: Healing Early Childhood with Inner Bonding • Assign: Healing School Age w Gestalt • Assign: Healing Adolescence w Gestalt |
| 20 | FEB 17,18,19 2023 FRI 4pm-6pm SAT SUN 9am-6pm | Marriage of the Opposites: Sexual Integrity Workshop | JOA | <ul style="list-style-type: none"> • Due: Freedom Code with Person • Due: Healing Conception and Birth with Freedom Code and freedom Method • <i>Read Recovery Text Books</i> |
| | MAR 1 2023 | Happiness Project Home Assignments | | Due: FEB Nurturing Journal Report Assign: MAR Nurturing Journal Report |
| 2 | MAR 3 FRI 2pm-4pm | EXAM TWO Counseling session with Kristin, deadline | JOA | |
| 16 | MAR 4-5 2023 SAT & SUN 9am-6pm | INTUITIVE SYSTEMS Color Rays, Numerology, Astrology, Human Design | JOA | <ul style="list-style-type: none"> • Due: Healing Early Childhood with Inner Bonding • Assign: Fulfillment Coaching a Person. |
| 16 | MAR 18-19 2023 SAT & SUN 9am-6pm | SOUL RECOVERY COACHING And Healing Projections | JOA | <ul style="list-style-type: none"> • Due: Healing School Age w Gestalt • Assign: Happiness Recovery Process for Student • |
| 16 | APR 1-2 2023 SAT & SUN 9am-6pm | Intuitive Arts Electives: Tarot Mastery w JOA Into to Psychic Dev w Janeen | JOA Janeen | <ul style="list-style-type: none"> • Due: Healing Adolescence w Gestalt • Assign: Spiritual Reading to Student |
| | APR 1 2023 | Happiness Project Home Assignments | | Due: APR Nurturing Journal Report Assign: MAY Nurturing Journal Report |
| 20 | APR 14,15,16 2023 FRI 2pm-6pm SAT & SUN 9am-6pm | Fulfillment & Balance Coaching | JOA & Kristin | <ul style="list-style-type: none"> • Due: Spiritual Reading to Student • Assign: Fulfillment Coaching w a Person • Assign: Balance Coaching w a Person • Read: The Art of Attracting Clients, Jesse Koren and Sharla Jacobs • Read: Landing Clients in 10 Steps, Joa |
| 16 | APR 29, 30 2023 SAT & SUN 9am-6pm | CARE (Client Attraction, Reinforcement and Enrollment) | JOA | <ul style="list-style-type: none"> • Due: Fulfillment Coaching w a Person • Assign: Enrollment Convers w/ people • Read: The Art of Attracting Clients • Read: Gutsy Glorious Life Coach |
| | MAY 1 2023 | Happiness Projects Last Home Assignment! | | Due: APR Nurturing Journal Report |

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| 16 | MAY 13, 14 2023 SAT & SUN 9am-6pm | CARE (Client Attraction, Reinforcement and Enrollment) Seminar 2 | JOA | <ul style="list-style-type: none"> • Due: Balance Coaching w a Person • Due: Enrollment Conversations with People |
| | May 24, 2023 Wednesday | Final Deadline for all fees to be paid in full and all assignments turned in to graduate. | | Final Deadline for all fees to be paid in full and all assignments turned in to graduate. |
| 24 | MAY 29-31 2022 TUE, WED,THR 9am-6pm | EXAM THREE & PRACTICAL EXAMS (Physical presence is required) Counseling session with choice between Joa & Kristin deadline | JOA | |
| 78 | JUNE 1-7 2023 THR-WED, | SOUL RISE RETREAT AT SHASTA METHODIST CAMP 6 nights | JOA Kristin Janeen Dan | |
| 3 | JUNE 9 FRI 2023 | Graduation Proceeding 4:30 pm at I AM U 6:30pm Dinner TBA | | |
| 475 | Grand Total Hours | Total Class Hours | | |