



Ride the wave into the future of coaching and healing...

"And find out why people are saying this unique program may be one of the most transformational opportunities you'll ever have," with energy-healing and spiritual pioneers, authors Drs. Phillip and Jane Mountrose



Holistic Coaching & Healing Certification Program

Nothing like this has ever existed... until now. Awakenings Holistic Coaching & Healing Program offer a uniquely joyful and powerful way to transform your life and help others.

You will learn practical and profound techniques for self-healing and, if desired, for building a practice serving others as a Holistic Coach and/or Healer. There is no time like the present to reach for your dreams and goals and create the life you deserve.

There are three Certification levels: Holistic Coach; Holistic Coach and Healer and an Advanced Program. Each level builds on the previous one by adding a single course. So the first level includes 2 courses, the second level includes 3 courses, and the third level includes all 4 courses.

"It was a warm, loving environment that allowed each of us to develop in our unique ways, creating a powerful network of friends."

– Mary Ellen Ryder, business owner

Drs. Phillip and Jane Mountrose have distilled 30 years of experience with thousands of students and clients to teach accelerated spiritual growth and coaching methods. They have created 20 books, CDs, and DVDs in this field.

The Program includes four unique courses, plus a Holistic Coaching Weekend. Here are the 4 courses, which may be taken individually or in any order:

Discover Your Life Purpose: Access your deeper identity as a spiritual being on an evolutionary journey, here with important lessons to learn and unique gifts to share

Manifesting Your Dreams: Using fast and effective energy techniques like SK (Spiritual Kinesiology), you will learn how to create from your heart's genuine desires

Relationships and Spiritual Growth: Learn to neutralize conflicts and put relationships in a broader, spiritual context with SK and other powerful energy-healing tools.

Keys to Vibrant Ageless Living: Use EFT to supercharge your physical vitality and well-being, as you learn to release pain, fears, phobia, excess weight and bad habits.

Each 4 month course consists of a 75 minute weekly teleclass and telelab. It can be taken from anywhere you have phone access !

Get on the wave today. Contact Awakenings to enroll or for more information at www.gettingthru.org/yhypnos.htm or

(805) 931-0129

Awakenings Institute

Ride the wave at www.gettingthru.org

Why Choose Awakenings?

This program is for you if...

- You want to help people and do something significant with your life.
- You are interested in accelerated spiritual growth.
- You want to start a holistic practice, now or later.
- You want concrete ways to experience greater health, abundance, career and relationships.
- You'd like a more systematic approach for realizing your dreams.
- You understand the value of wisely investing in yourself.

What makes this Program different?

Why does this Program combine healing and coaching? Over the years, we have found both are essential for fully helping others. Those who use coaching alone can't help clients overcome deep, often unconscious, blocks to their success. Those who focus only on healing fall short of providing goals and strategies for helping the person to move forward.

Thus in our Programs, we offer both essential elements of coaching and healing. You also won't find this powerful combination offered elsewhere, especially in such a user-friendly and in-depth approach.

You will participate in profound, carefully developed curriculums for personal and professional development. You can use the courses for general knowledge and skills, as well as to develop specialties in health, relationships, manifestation, life purpose, and other related areas in healing and coaching.

Those who are drawn to these programs appreciate their integrative spiritual and practical approach. Most programs have little or no reference to spiritual knowledge and tools. Awakenings Institute considers a strong spiritual foundation essential to helping others.

The programs come with a detailed, state-of-the-art manual and other easy-to-read supplemental materials written by Drs. Phillip and Jane Mountrose. By comparison, other programs include few materials, presented in a sketchy outlined form.

You will receive a professional, in-depth library of materials you can use now and for a lifetime. There are about \$100 of invaluable resources that are included with each course. You can take up to four courses.

Small classes, limited to 18 people, offer a personal touch.

Teleclasses will be recorded for reference or if you miss a class.

You will have instant updates and communication through your class email Resource Group, to communicate and help each other.

To enroll or for more information contact Awakenings at www.gettingthru.org/yhypnos.htm or (805) 931-0129

As Marion Hakata, one graduate, put it:

"I have grown 'light years' from the first course through the advanced curriculum. It has truly been transformational on a very personal and spiritual level."

Drs. Phillip and Jane Mountrose, internationally recognized experts and pioneers in energy healing and spiritual development, offer a rare complementary male and female vantage point. This unique team creates a synergy which provides you a wide range of tools and knowledge. Benefit from the experience and insights of this veteran couple that has been exploring, innovating and teaching in the holistic/spiritual field for 30 years.

Degree of excellence: Awakenings Institute is on the leading edge of holistic and spiritual development, maintaining exemplary standards. For over 14 years, Awakenings not only has offered unique and in-depth programs, we have delivered a clear and high-level of learning and integrity in everything that is presented.

The Program provides practical, leading-edge tools can be extraordinarily effective in virtually any area of your life, including:

- realizing your full potential
- improving relationships
- creating abundance
- increasing physical well-being
- managing weight holistically
- clearing fears and phobias
- releasing difficult emotions and increasing happiness
- handling anger
- setting & achieving goals
- developing spiritual awareness
- ending insomnia
- stopping smoking & other unwanted habits
- managing pain
- improving performance and releasing performance anxiety
- dealing with death, dying, and grieving

Yes, count me in!

I want to learn transformational coaching and healing tools I can use for a lifetime.

TELECOURSE PROGRAM & CERTIFICATION LEVELS:

1. Holistic Coaching Certification Program

Holistic Coach weekend, plus 2 courses. Completion of this 8-month, 144-hour program qualifies you to receive certification as a professional Holistic Coach.

Includes: \$200 of books, CDs and DVDs, plus 1/2 of Holistic Healing/Coaching Manual. Added Bonus: 9-hour audio and handouts *How to Build Your Holistic/Spiritual Practice* (\$195 value).

OPTION A: Single tuition payment of ~~\$2,750~~ \$2295 for next 10 people

OPTION B: 8 monthly tuition payments of ~~\$390~~ \$320 for next 10 people

“It is in your moments of decision that your destiny is shaped.”

-TONY ROBBINS

2008-09 SCHEDULE

Classes are held on Tuesdays and Thursdays at 6pm for 75 minutes. Tuesday will be teleclass (which will be recorded) and Thursday practice telelabs:

Life Purpose Course

Manifest Dreams Course

Relationships & Spiritual Growth Course

Vibrant Living Course:

See website for current schedule:

www.gettingthru.org/yschedul.htm

2. Combination Coaching & Healing Certification Program

Adds another course & 4 months of study to Level 1, includes \$300 of materials.

OPTION A: Single tuition payment of ~~\$3750~~ \$3095 for next 10 people

OPTION B: 12 monthly tuition payments of ~~\$355~~ \$295 for next 10 people

3. Advanced Coaching & Healing Certification Program

Adds another course and 4 months of study to Level 2, includes \$400 materials.

OPTION A: Single tuition payment of ~~\$5000~~ \$3895 for next 10 people

OPTION B: 16 monthly tuition payments of ~~\$345~~ \$270 for next 10 people

AWAKENINGS INSTITUTE, PO Box 279, Arroyo Grande, CA 93420

Phone: **805.931.0129**

Toll-free 866.304.4325

phil@gettingthru.org

www.gettingthru.org

NAME _____ DATE: _____

STREET _____

CITY _____ STATE _____ ZIP _____

HOME PHONE: _____ WORK/CELL PHONE: _____

EMAIL: _____

CASH _____ CHECK _____ VISA _____ MASTERCARD _____

CREDIT CARD NO: _____ EXP. _____

Course Details

The Holistic Coaching & Healing Certification Program is comprised of four courses. The courses are offered consecutively, according to the current schedule. For dates, see www.gettingthru.org/yschedul.htm.

Course #1: Discovering Your True Purpose

Materials included with registration:

Awaken to Your Purpose Workbook and 5 CDs;

Getting Thru to Your Soul book

1/4 of *Holistic Coaching/Healing Manual*

(Value of above included materials \$105)

You will learn:

- * The Spiritual Activations
- * Life Purpose and Major Life Themes
- * Personality Traits from the Michael Teachings:
- * Obstacles and Opportunities on the Spiritual Path
- * Ericksonian Language Patterns and Metaphors:
- * Common Problems and Solutions
- * Balancing Polarities
- * How to Conduct Ceremonies and Rituals
- * Teaching Classes and Seminars
- * Dream Interpretation
- * Meeting the Magician
- * Building a Holistic Practice and more...

Course #3: Relationships and Spiritual Growth

Materials included with registration:

Getting Thru to Your Soul set (book, 2 CDs, 3 DVDs);

1/4 of *Holistic Coaching/Healing Manual*

(Value of above included materials \$115)

Experience profounder relationships and awareness as you learn:

- * High Thymus/ High-Vibration approach
- * The Heart Focus
- * Soul Centering
- * Co-dependence and boundaries
- * NLP Reframing and Anchoring
- * Group and Societal Archetypes
- * Releasing Attachments
- * Cutting Negative Cords
- * Forgiveness
- * Changing History
- * Subpersonalities
- * Heart-centered Marketing
- * Spiritual Plane Communication
- * Language patterns and more...

Course #2: Manifesting Your Dreams

Materials included with registration :

Manifesting Your Dreams with EFT, SK and More book

Membership in Master Spirit community (includes Master Spirit e-Handbook, 4 audio tutorials and Forum)

1/4 of *Holistic Coaching/Healing Manual*

(Value of above included materials: \$95)

With Twelve Principles of Manifestation, you will learn:

- * How to Become Clear about Attracting Wealth
- * EFT (Emotional Freedom Techniques)
- * Using EFT for Money and Forgiveness
- * Kinesiology (muscle testing):
- * The Levels of PR (sabotaging beliefs)
- * SK (Spiritual Kinesiology)
- * The Heart Focus
- * The Holistic Process (the four levels of healing)
- * Balancing relationships
- * Understanding Archetypes
- * Releasing Attachments
- * The Manifestation Process and more...

Course #4: Vibrant Ageless Living

Materials included with registration:

Getting Thru to Your Emotions with EFT (Emotional Freedom Techniques) set (book, 2 CDs, 2 DVDs);

1/4 of *Holistic Coaching/Healing Manual*

(Value of above included materials:\$95)

As ageless vibrancy emerges within you, you will learn:

- * Trauma and Stress Release
- * Pain Management and Physical Well-being
- * EFT (Emotional Freedom Techniques)
- * Eliminating sabotaging beliefs
- * Muscle Testing and checklist for vibrant living
- * The Stages of Change
- * Enlisting the Body's Ability to Heal
- * Enhancing Immunity and Well-being
- * Metaphors and Imagery for Getting Well
- * Dealing with Energy Toxins
- * Fears and Phobias
- * Addictions, Smoking, and Weight Issues and setting up a Program
- * Death, Dying and Grieving and more...