

# Embodying the Source of Your Consciousness

Teacher Training Certification with Helen Vonderheide

## PURPOSE:

The Teacher Training Certification curriculum, *Embodying the Source of Your Consciousness*, was developed with three prominent pillars in mind:

### 1) To be awakened and grounded to the imbalances within the human experience.

Accessing the Akasha allows people to experience and share the wisdom of the soul. The soul's existence is interwoven through physical and non-physical life experiences that shape its stories and define its lives. In this curriculum, you no longer use another's voice to be your voice. You no longer use another's story to be your story. You no longer use another's way of consciously accessing an infinite resource to be your way of consciously accessing an infinite resource.

The Personal Pathway Blueprint© was created to aid in the awakening process. By personalizing your pathway, you redefine your divine, intimate relationship with the Akashic Records and beyond. Thus, the relationship is personalized to your lived experience and your soul's journey. As you pave a path for future awakened generations, they too will participate in authoring a new revelation of Akasha and beyond which is as just and equal in the ether and on earth.

### 2) To cultivate and enrich the leader and teacher within you.

The curriculum is both creative and practical. It is designed for an advanced spiritual practitioner who is looking to develop independence from traditionally prescribed formats and modalities. The creative component redefines your relationship and experience with non-physical energy and expands the body of work by finding your voice within your own parameters. The practical component instructs you to leverage your ideas and creations while simultaneously turning thoughts and impulses into productivity and action. Through this expansion, the leader and teacher will be identified through self-actualization.

### 3) To contribute towards the empirical validation of the Akashic Records as a practical resource.

When the Akashic Records are incorrectly perceived by others as impractical, the innate gifts and abilities of human beings are suppressed. The curriculum focuses on creating work that is credible, legitimate, and recognized by mainstream institutions across the world.

What does “Akashic” mean?

Akasha is a Sanskrit word derived from the ancient Vedantic philosophies of India. It describes the etheric, energetic non-material that makes up much of the cosmos. The Akashic Field is an incredibly expansive vibration of energy. This field of energy is crystalline in structure and exquisite in its sensitivity, which registers every vibration, no matter how slight, across all realms.

The Akashic Records are an energetic collection of imprints registered through impulse, feeling, thought, spoken word, and action. It is composed of past lives, present realities, and future potential for a soul and all life forces. As we journey through this massive awakening of all life on earth, we now have many ways to access this infinite resource. Through a Personal Pathway, we invoke an immediate and protected channel to connect with the energy of the Akashic Records and Source Consciousness.

The curriculum is made up of six classes. A teacher is equipped to teach and certify Classes One through Five. Background on course objectives, historical perspectives, and key terms are provided in a didactic format. Exercise and etheric experiences allow participants to author a new revelation of their experience of Akasha. Self-reflection incorporates participants’ lived experiences and their souls’ journey to pave a path for future awakened generations.

Each class attunes your physical body to an energy center or chakra. Below is the sequence of attunement throughout the curriculum:

- Class One: Throat Chakra ~ Blue
- Class Two: Root Chakra ~ Red
- Class Three: Heart Chakra ~ Green
- Class Four: Solar Plexus Chakra ~ Yellow
- Class Five: Sacral Chakra ~ Orange
- Class Six: Third Eye Chakra ~ Violet

### **Class One: Personal Pathways: Akashic Attunement**

10 hours - \$395

In Class One, “Personal Pathways: Akashic Attunement,” participants engage in an awakening process to begin developing an intimate relationship with the Akashic Records. Participants establish a connection or reconnect with their inherent knowing, discover their personal evolving Akashic Records language, journey into their spiritual ancestry, and experience their personal and spiritual existence within the evolution of their lives. The class closes with a personal Akashic attunement to awaken to the next evolution of Akashic work. Each class attunes the physical body to an energy center or chakra. Class One is an attunement of the throat chakra.

### **Class Two: Personal Pathways: Creative Development**

10 hours - \$395

In Class Two, “Personal Pathways: Creative Development,” participants explore five content areas: the “Bridge Generation,” an introduction to the Personal Pathway Blueprint©, healing the process of creative collaboration, and the seven steps to pathway development, and pathway exploration. As Akashic teachers and leaders, this generation has been charged with bridging the old and the new. Humanity is now presented with information that is spiritually authentic and relevant for this moment in time. A personal pathway develops effortlessly when participants heal creative collaboration between self, others, and spirit. This course outlines a seven-step process to integrate the participant’s Akashic attunement and next-level awareness. Once a personal pathway is created, exploration of this intimate relationship unfolds. Each class attunes the physical body to an energy center or chakra. Class Two is an attunement of the root chakra.

### **Class Three: Advanced Personal Pathways: Creative Action**

10 hours - \$395

In Class Three, “Advanced Personal Pathways: Creative Action,” participants access blueprints, visions about life, and future potential to illuminate pathways towards fulfilling relationships, experiences, and opportunities. They strategically use these blueprints to align intentions, possibilities, and expansive growth and connect the information through the senses. By expanding on the senses, they consciously activate the clairsentient sense which makes non-physical matter tangible. By creating clairsentient exercises that play with the omniverse, participants flex this powerful co-creative sense. Each class attunes the physical body to an energy center or chakra. Class Three is an attunement of the heart chakra.

### **Class Four: Co-creative Lifeway: Becoming**

10 hours - \$395

In Class Four, “Co-creative Lifeway: Becoming,” participants deepen their co-creative relationship with the omniverse and discover more opportunities to explore and define their experience with this life force. The relationship serves to enhance their existence as they

flow through life. Their connection aligns them with the expansive potential in ether and on earth. The mixture of three ingredients - *deepening*, *existence*, and *becoming* - transforms their co-creative relationship into their lifeway. By “Deepening” their co-creative relationship, they settle into intimate exchanges with the source of their consciousness. “Existence” converges their non-physical and material self as one and not separate. Lastly, “Becoming” cultivates a space to live fully in the fluidity and exchange of life as one. Accessing their future self provides them with foresight so the embodiment of their co-creative relationships become them. Each class attunes the physical body to an energy center or chakra. Class Four is an attunement of the solar plexus chakra.

### **Class Five: Advanced Co-creative Lifeway: Expansion**

10 hours- \$395

In Class Five, “Advanced Co-Creative Lifeway: Expansion,” participants access their leadership life force and explore the strengths and vulnerabilities of transmitting a bi-directional force. They use this energy as a compass to direct their intentions and creative expressions with the world. This pathway of ascension comes with next-level responsibilities requiring focus and direction. By balancing input and output, they activate a mindful structure ensuring increased productivity and upward growth. Each class attunes the physical body to an energy center or chakra. Class Five is an attunement of the sacral chakra.

### **Teacher Training & Residency**

80 hours- \$1,995

[View the full 80-hour breakdown below](#)

The “Teacher Training & Residency” portion of *Embodying the Source of Your Consciousness*: Teacher Training Certification program is an investment into lifetime access and use of the lesson plans for Classes One through Five, and any revised lesson plans. The curriculum includes a sixth class, “Presence: Expressed and Expounded,” which is offered concurrently while completing the Teacher Training & Residency (see below for more details on Class Six).

### **Residency**

48 hours

Upon completion of Classes One through Five, trainees will engage in a “Teacher Training & Residency” experience which involves working with incoming students for 48 hours over five months. The framework of the courses consists of foundational concepts, experiential exploration, and a focused small group opportunity intended for integration and mentorship. Trainees will observe Helen teaching the foundational concepts of Classes One through Five to the new students. For the focused small group opportunity, trainees will facilitate Zoom Breakout Rooms consisting of a student or group of students to provide support and mentorship on assembling the information from the foundational concepts and experiential exploration. Successful completion of the “Residency” moves trainees toward fulfilling the Teacher Training Certification requirements (see below for additional requirements). The

Teacher Training Certification program allows a trainee to teach and certify students in Classes One through Five. At this time, the “Teacher Training & Residency” is intended to prepare practitioners, not teachers. If a trainee’s student completes Classes One through Five, the student will be eligible to attend future teacher training.

### **Clairtangent Exercises**

8 hours

At any point after Class three, trainees are encouraged to create and engage in Clairtangent exercises. These exercises allow the trainee to play with the omniverse and flex their clairtangent sense. This is a personal journey, there is nothing to turn in.

### **Creative Workspace: Community Workshop/Shared Working Space/Independent Study**

12 hours

After completing Class Six, a trainee will design a class, workshop, program, experience, journey, training, meditation, practice, work of art, movement series, etc. of their own. Twelve hours is the suggested time for trainees to transform their creative visions into a tangible form. Trainees can work independently on this requirement. Helen will offer virtual opportunities for trainees requiring extra guidance and support.

### **Personal Class Presentations**

12 hours

Trainees will present their creative work to Helen and their colleagues in the program. Each trainee will have 30 minutes of presentation time, 10 minutes of Q&A, and 10 minutes to fill out a feedback form. During the presentation, the trainee will naturally share their experiences in flexing their clairtangent sense. All trainees will participate in listening to their colleague’s presentations and provide each trainee with feedback.

### **Class Six: Presence: Expressed and Expounded**

10 hours - \$395

In Class Six, “Presence: Expressed and Expounded,” participants explore their unique soul signature which is rich in endless ideas, creative motivation, and infinite expressions. Whatever is alive within is meant to be materialized into existence. Participants revisit and discover new ideas through an exploration of their needs, the needs of others, and the needs of humanity. They align their ideas with the tools and technology to actualize the offerings they want to share with the world. This will become medicine to nurture them and those around them. Through this process, any accumulated expressions, imprints, or hidden areas that misalign them from standing centered and anchored within their true self will be addressed. As they share their vision and voice they invite the soul groups and sub-groups to experience their presence.

In review, trainees will have completed Classes One through Five, observed and mentored incoming students, and moved through a significant amount of the Teacher Training & Residency requirements. Class Six allows you to explore your personal contributions to the world. Whatever is alive in you and whatever you want to share with the world will become tangible. You will discover how to develop your ideas to create your own offering.

Participants will give a short presentation of their outline/vision to their colleagues toward the end of the program. The presentation is not the full offering, but as much of the offering, as the trainee would like to share. Trainees will have access to “Creative Workspace” hours hosted by Helen for presentation preparation. Trainees will also receive feedback from Helen and colleagues after their presentations.

### **Additional Teacher Training Certification Requirements:**

- **Trainees will select three study materials** (e.g. books, scholarly articles, visual media, etc.) that further the development and growth of their personal ideas and themes. This is meant to be done at any point throughout the Teacher Training & Residency. Again, this is a personal journey, there is nothing to turn in. The study material will naturally influence your creative process.
- **Trainees will engage in thirty practice sessions** (e.g. readings, healings, experiences, creative journeys, “Name your Offering,” etc.) and ask recipients to provide feedback. These practice sessions are meant to begin at any point after Class Two and throughout the Teacher Training & Residency.

### **Purpose of feedback forms for practice sessions:**

1. To encourage co-creative exchanges with trusted sources (e.g. friends, colleagues, chosen loved ones, etc.)
2. To encourage opportunities to cultivate ideas, offerings, projects, or new work in exchange for the opportunity to listen.
3. To encourage opportunities to listen for collective themes, struggles, and difficulties of another and humanity.
4. To identify pathways of resistance present and work through understanding and healing to allow for new pathways of expansion to emerge.
5. To further shape future offerings and experiences that are shared with others.
6. To strengthen leadership and teaching skills.
7. To encourage opportunities for self-promotion to share new work/offerings.

### **Purpose of 30 practice sessions:**

The 30 practice sessions are likened to having a consistent routine such as exercise, meditation, and socialization. There are emotional and mental health benefits to creating

new pathways. The flow of energy allows for more growth and development of the individual and services offered. The practice sessions also:

1. strengthen confidence, authority, and creativity
2. increase productivity
3. strengthen the best ways to describe and explain the work the individual offers
4. improve memory
5. strengthen the practitioner's voice

## Schedule

The Teacher Training is 13 months. There will be one in-person/virtual class a month, followed by the Teacher Training & Residency, and concludes with the sixth class. In December we will not have class.

We are holding two class options a month for each class: weeknights and a weekend. You must attend one live class a month. We will not be offering this opportunity "on-demand." Your presence and participation are mandatory throughout the program.

The schedule is as follows:

Class One

Class Two

Class Three

Class Four

Class Five

TT/R: Class One

TT/R: Class Two

TT/R: Class Three

TT/R: Class Four

TT/R: Class Five

Class Six

TT/R (con't)- community workshop hours/independent study/shared working space

TT/R closing of Residency: present vision to colleagues and receive feedback

## Cost

- The total cost of Embodying The Source of Your Consciousness, a 13-month Teacher Training program is \$4,365.
- Trainees pay for Classes One through Six prior to the start of each class.
- The Teacher Training & Residency segment can be paid for in full (\$1,995) or a payment plan option of seven monthly payments of \$285 to be paid during the TT/R.

## Closing

The Personal Pathway, Co-creative Lifeway, and Teacher Training Certification curriculum are intended to support you in defining your connection to spirit and create your path. By working in both the non-physical and physical worlds, you are merging your ability to materialize the potency of this interconnected relationship. You are already a living manifestation of this relationship. By creating your expansive life, you will embody the potency and power of the source of your consciousness for the world to experience.