

## AWAKEN YOUR SOUL'S PURPOSE FAQ

*Frequently Asked Questions Related to the 'Awaken Your Soul's Purpose' Class*

### **What are the Akashic Records, and how do they relate to this course?**

The Akashic Records are believed to be a cosmic repository of all human experiences, thoughts, words, and actions. They are often visualized as a library or a database. Responses to this question is addressed in various lessons throughout this course, but I encourage you to define this in your own words through your personal experiences.

### **What is “soul purpose” and its connection to Akashic Wisdom?**

Your soul purpose is your unique spiritual path. Through Akashic Wisdom, accessed via the Akashic Records and focused experiential exercises, you can discover and align with your purpose. This course guides you through these profound concepts and activities.

### **Who should take this course?**

Anyone eager to deepen their spiritual journey will find transformation and value in this course. It's designed to help you understand and integrate your soul's purpose, passions, strengths, and joys into your day-to-day life.

### **How does this course align with various belief systems?**

This course respects and complements most belief systems. It's not tied to any specific religion or philosophy, focusing instead on universal concepts, and drawing interest from various spiritual and scientific fields.

### **Are there prerequisites for this course?**

This course lays the essential groundwork for your journey into Akashic Wisdom, establishing the foundational tools, concepts, and practices you'll need. While starting here is ideal, especially if you're new to these teachings, I understand that some may already possess a solid background in Akashic Wisdom. If that's the case, feel free to progress directly to Level 2 or 3. I respect your self-awareness and intuition to guide you in choosing what's right for you.

### How much time is required each week?

I recommend allocating 3-4 hours each week to deeply engage with the course materials and activities. However, this is a self-paced course, so feel free to adjust the time according to your schedule. Even if you can only spare 30 minutes weekly, it's important to remember that any progress, no matter how small, is still a step forward on your journey.

### How is this course structured?

Focused on 'Know Thyself,' the course is divided into modules aimed at transforming your understanding and turning challenges into strengths, using Akashic wisdom and mindfulness practices.

### How will students engage with the Course?

This course offers a self-paced, non-traditional format, designed to accommodate the varied learning styles, schedules, and global locations of our students. Here's how engagement is structured:

- **Weekly Module Release:** Content is released every Tuesday for six weeks, offering a balance between structure and flexibility.
- **Asynchronous Learning:** Course materials are accessible at any time to fit your schedule, supporting diverse learning needs.
- **Community Engagement:** An online community board facilitates vibrant interactions, where I'll respond to posts and emails, fostering a supportive learning environment.
- **Personalized Learning:** The course encourages deep personal reflection, with ongoing lesson access for continued growth beyond the course timeframe.
- **Extended Support:** Four months of post-course guidance through email, coaching, and mentoring are available to support your journey of spiritual and self-discovery.
- **Practical Experience:** Combining theory with practical exercises, the course emphasizes experiential learning without traditional grades or submissions, offering feedback and insights upon request.
- **Flexible Learning Styles:** Whether you prefer communal learning, solitary study, or a combination, the course respects and supports your preferred way to engage and learn.

This structure ensures that each student can navigate the course in a way that best suits their individual learning preferences and lifestyle.

### What materials are required?

To fully engage with the course, you'll need a quiet space dedicated to meditation and personal reflection, often referred to as 'Me Time.' Additionally, a notebook or

journal is essential for recording your reflections, insights, and experiences throughout the journey.

### **What support is available during the course?**

Throughout the course, I'm committed to providing personalized guidance, support, and feedback to ensure your journey is enriching and transformative. In addition to my direct involvement, you'll have the chance to engage with and learn from fellow students through our vibrant community board and chat sessions. These platforms offer a space for mutual encouragement, sharing insights, and fostering a sense of belonging within our learning community.

### **Can I access the course material after completion?**

Yes, ongoing access to course materials is available even after the course ends.

### **What type of assessment and certification does the course offer?**

This course is designed for deep, experiential learning and self-paced progress, eschewing traditional assessments for a more introspective approach. Instead of undergoing formal evaluations, you will self-assess your advancement and transformation by engaging with both the theoretical knowledge and practical exercises provided. I offer ongoing support throughout your journey and beyond, encouraging you to reflect on your personal development and application of the course materials in everyday life. This method prioritizes your individual growth, allowing you to internalize and apply the teachings according to your own pace and understanding.

### **What outcomes can I expect from this course?**

By the end of this Level 1 course, expect a deeper understanding of your soul's purpose, enhanced spiritual awareness, and tools to integrate Akashic wisdom into your life. Here are the **Voices of Transformation** from students who have previously taken this course:

- *"I love how the course is broken up into modules with an introduction video... It has gotten me excited and engaged at the beginning of each module!"*
- *"This module is helping me understand, accept, and forgive myself by acknowledging that my life is not all about me."*
- *"Your voice...is so gentle and compassionate... making me feel like maybe I actually do have a purpose."*
- *At times, I am my own worst enemy. I sabotage myself on a daily basis. This week's lesson has given me tools to gently retrain my mind to self love and ways to enforce that self love without triggering any of my negative reactions. As I incorporate these conscious intentions and acts of mindfulness on a daily basis I*

- will be re-grounding myself, and be able to be present, focus and participate in life in a positive way.*
- *"Just reading the lessons has pumped some energy into my metaphysical muscle memory, back to when I was a child."*
  - *"I'm taken to moments in my past, bringing every emotion and thought... It's fascinating how I've grown past some of my failings."*
  - *"This week's lesson has given me tools to gently retrain my mind to self-love and ways to enforce that self-love."*
- [sylvanwise.com/testimonials](http://sylvanwise.com/testimonials)

