

COURSE OUTLINE

# AWE PROGRAM



AWAKENING HORIZONS



# WELCOME

As you journey through the AWE Program you rediscover who you really are as your awesome self, see what limiting beliefs have been holding you back all your life up until now and learn how to transcend them.

You learn how to consistently access your own Higher Guidance to receive powerful intuitive wisdom.

The AWE Program helps you break free from limitations and opens your mind to new possibilities.

It empowers you with unstoppable confidence to create an awesome life for yourself, knowing you have the tools you need and ultimate freedom to create it.

It is never too late. This really is your second chance in life and I am so excited to be your guide on this AWESome Hero's Journey.

DEBORAH MARIE ISIS

# Course Schedule

<b>Week</b>	<b>Subject (Step on The Hero's Journey)</b>	<b>Step on the Hero's Journey</b>
1	Introduction	Born of Sovereignty
2	Module 1 - Seeing the Big Picture	Wounded
3	Module 2 - Compensating Tendencies	Go Into Hiding
4	Module 3 - Limiting Beliefs Create Reality	Go Into Hiding
5	Module 4 - Discover How Consciousness Works	Call to Adventure
6	Module 5 - Creative Structures in Consciousness	Meet the Guide/Mentor
7	Module 6 - Unleashing Your Limited Potential	Encounter Demons
8	Module 7 - The Naked Truth of Your Limited Self	Vision Quest
9	Module 8 - What You Resist Persists	The Abyss
10	Module 9 - Mastering The Creative Process	Revelation
11	Module 10 - Decide - Commit - Succeed	Rebirth/Resurrection
12	Module 11 - It Takes Will and Courage	Pacify the Dragon
13	Module 12 - Your Future Is In Your Hands	Receive Your Treasure/ The Road Back
14	Module 13 - Be The Hero You Were Born To Be	Master of Your Destiny
15	Celebration and Completion	Captain of Your Ship Home

# WEEK 1

## INTRODUCTION AND COURSE PREPARATION

### SYNOPSIS

Week 1 is all about getting you prepared for the AWE program.

You will set an End Result and you will also do a simple but powerful Enlightened Perspective Exercise.....don't worry it will all be explained at the Live session which is also being recorded if you can't make it.

### FILM (OPTIONAL)

#### **The Truman Show -**

Central to the Truman Show is manipulation but Truman Burbank receives the call to adventure leading him on a journey to discover the truth and reclaim his freedom.



# VIDEO

In Week 1 there will be a live introduction to the Program.

If you can't make it there will be a recording that you can watch and then do the exercises.

### TASKS

- Create an End result for the course.
- Complete the Enlightened Perspective Exercise.



# WEEK 2

## MODULE 1 - THE BIG PICTURE



### SYNOPSIS

Your first step is seeing the big picture so you can start to understand it.

The framework offered by the hero's journey shows us each stage of personal growth and transformation.

Knowing what to expect on the journey helps us know how to prepare and what to take with us when we set off.

### VIDEO

In Week 2 there is one video of approximately 45 minutes

### FILM (OPTIONAL)

#### Lord of The Rings

The Lord of the Rings goes through every stage of the Hero's Journey but it all starts with Frodo accepting the call to adventure and having to leave The Shire and the comfort of his existence.

### TASKS

- Watch the video and complete workbook reflections

# WEEK 3

## MODULE 2 - COMPENSATING TENDENCIES

### SYNOPSIS

In this module we dive into Limiting Beliefs.

Sometimes we have to embrace things we don't want to see or make us feel uncomfortable.

Today you're going to start noticing your limiting beliefs in a new way, simply to acknowledge they are there and have the power in your unconscious, until you expose them to the awareness in your consciousness

### FILM (OPTIONAL)

#### Groundhog Day

Again it goes through the whole Hero's Journey but the key message is that the central character is stuck in a loop he can't get out of.



# VIDEO

In Week 3 the training video is approximately 50 minutes.

### TASKS

- Complete workbook reflections



# WEEK 4

## MODULE 3 - LIMITING BELIEFS CREATE REALITY

### SYNOPSIS

In this module you'll learn how limiting beliefs come from the labels we give ourselves - our definitions and perceptions.

When we only take in a small amount of information each second we are learning in a limited way.



# VIDEO

In Week 4 the training video is approximately 50 minutes

### TASKS

- Perception Exercise
- Complete workbook reflections

### FILM (OPTIONAL)

#### Stranger Than Fiction

One of the major themes of the film is living outside the confines of the routines that we set for ourselves in life.



# WEEK 5

## MODULE 4 - DISCOVER HOW CONSCIOUSNESS WORKS

### SYNOPSIS

As we become conscious creators in our own lives we need to first understand how we can consciously create.

### VIDEO

In Week 5 the training video is approximately 50 minutes

### TASKS

- Unbendable arm exercise
- Complete workbook reflections

### FILM (OPTIONAL)

#### Invictus

A true story based on the life of Nelson Mandela and uniting a nation. It has the whole Hero's Journey and shows that in real life we have to go on a Hero's Journey to receive our treasure.



# WEEK 6

## MODULE 5 - CREATIVE STRUCTURES IN CONSCIOUSNESS

### SYNOPSIS

In this module you will learn:

- How you create things in your life consciously or unconsciously
- How the underlying foundation is the key to where your attention is focused
- How you have a choice over which foundation and structure you want to use to create your life



# VIDEO

In Week 6 the training video is approximately 90 minutes

### TASKS

- Innocence Meditation Exercise
- Complete workbook reflections

### FILM (OPTIONAL)

#### The Matrix

The film goes through the whole Hero's Journey but key is that you have a choice and initially Neo (The One) refuses the call



# WEEK 7

## MODULE 6 - UNLEASHING YOUR UNLIMITED POTENTIAL

### SYNOPSIS

Experience the powerful skill of making it up, freeing your mind to your unlimited self.

Learn the process of tapping in and harnessing your powerful intuition to see beyond your perceived limited horizons.

Only for those who have eyes to see and ears to hear.



### VIDEO

In Week 7 the training video is approximately 2 and a half hours.

### TASKS

Three Exercises:

- And Then
- How Do You Know That
- Unlimited Self Circle Exercise

Complete workbook reflections

### FILM (OPTIONAL)

#### Wonderful Life

Another film which follows the steps of the hEro's Journey but in this the reluctant hero gets to see what he has achieved beyond his perceived limitations.



# WEEK 8

## MODULE 7 - THE NAKED TRUTH OF YOUR LIMITED SELF

### SYNOPSIS

Understanding thoughts and feelings aren't real.

Exposing the truth of your limited self which is stuck on the hamster wheel of life.

Realising pain is inherent, suffering is optional and waking up to discover resistance is futile.

This module is about exposing what's hiding.



# VIDEO

In Week 8 the training video is approximately 80 minutes

### TASKS

- Limited Self Circle Exercise
- Complete workbook reflections

### FILM (OPTIONAL)

#### Nim's Island

Anything can happen on Nim's Island, a magical place ruled by a young girl's imagination.



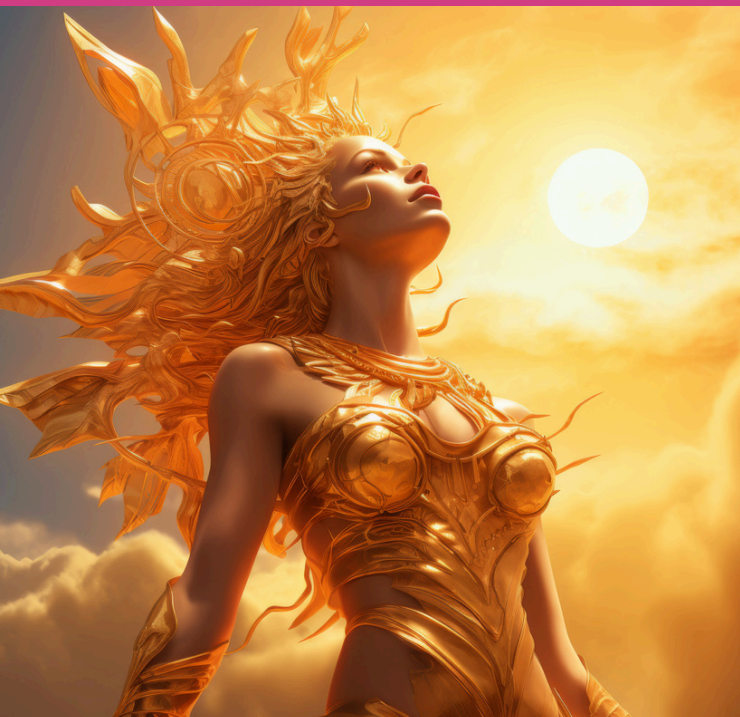
# WEEK 9

## MODULE 8 - WHAT YOU RESIST PERSISTS

### SYNOPSIS

Turning things inside out, exposing your shadow side (what you've unconsciously hidden from all your life).

Seeing a higher perspective. Exposing the truth of creative tension versus psychological tension.



# VIDEO

In Week 9 the training video is approximately 90 minutes

### TASKS

- Shadow self meditation - 60 minutes
- Complete workbook reflections

### FILM (OPTIONAL)

#### The Last Samurai

Following the Hero's Journey template key to this movie is the Hero seeing things from a Higher Perspective and the power of being in No mind.



# WEEK 10

## MODULE 9 - MASTERING THE CREATIVE PROCESS

### SYNOPSIS

Igniting the flame of your hearts desires. Practice holding the creative tension, knowing the importance of landing in the emotion of the true end result of your vision.

Learning to let go of the needing to know how, you will realise everything comes to fruition in imperfectly perfect timing within the creative structure.



# VIDEO

In Week 10 the training video is approximately 90 minutes

### TASKS

- Unlimited Self Exercise
- Complete workbook reflections

### FILM (OPTIONAL)

#### The Imitation Game

A true story and this film sums up the central themes of this module and it's hero Alan Turing is now recognised as having invented the computer!



# WEEK 11

## MODULE 10 - DECIDE COMMIT SUCCEED

### SYNOPSIS

Learning to hone the skill of re-focusing, working within the field of unlimited possibilities.

Showing how dedication reaps rewards.

When you decide and commit you will succeed.



# VIDEO

In Week 11 the training video is approximately 75 minutes

### TASKS

- Being Free Circle Exercise
- Complete workbook reflections

### FILM (OPTIONAL)

#### Rocky

A Hero's Journey both in film and real life for actor Sylvester Stallone who wrote the script and wouldn't take No for an answer and insisted that he had to be the lead actor...the rest is history!



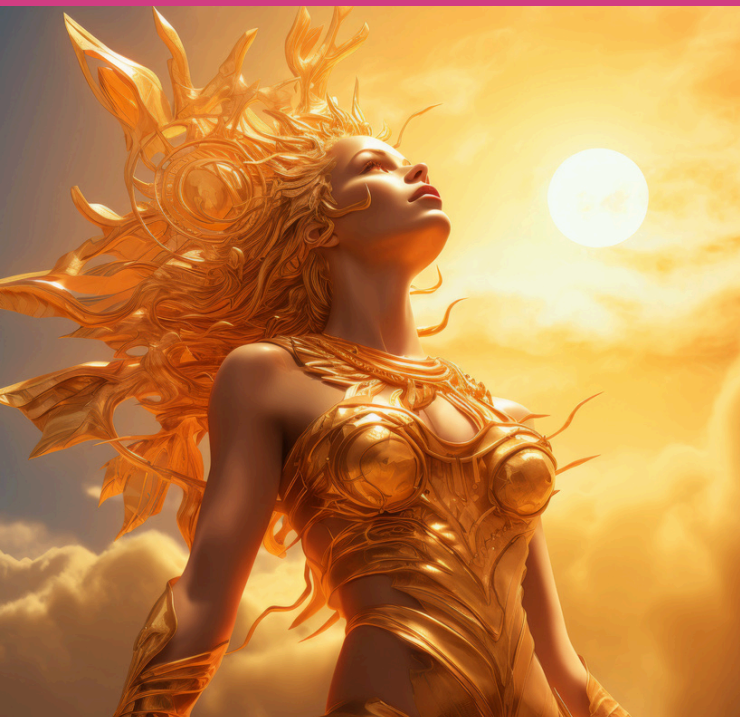
# WEEK 12

## MODULE 11 - IT TAKES WILL AND COURAGE

### SYNOPSIS

Choosing to break free from societal norms, you're taking charge of your own life.

You recognise your super hero self, deciding to courageously brave the change and go on your unique voyage of discovery.



# VIDEO

In Week 12 the training video is approximately 75 minutes

### TASKS

- Superhuman consciousness meditation
- Complete workbook reflections

### FILM (OPTIONAL)

#### Avatar

This film perfectly compliments this week's module where the hero breaks free from his existing limitations to be the hero in his own life story



# WEEK 13

## MODULE 12 - YOUR FUTURE IS IN YOUR HANDS

### SYNOPSIS

Putting your new skills into action, within the creative structure, you're learning to create from nothing using your powerful intuition.

You begin to see your creation magically blooming into life.



### VIDEO

In Week 13 the training video is approximately 140 minutes

### TASKS

- Intuitive Completion Project
- Complete workbook reflections

### FILM (OPTIONAL)

#### Mr Magorium's Wonder Emporium

The perfect film for this module as it takes you into the realm of wonder, imagination and the transformative power of belief



# WEEK 14

## MODULE 13 - BE THE HERO YOU WERE BORN TO BE

### SYNOPSIS

Now you see everything from a higher perspective you're open to unlimited possibilities and opportunities.

Soaring free, choosing to live your unlimited life being the master of your destiny.

The final piece in the jigsaw for you to start taking steps from your new foundation of living.

### VIDEO

In Week 14 the training video is approximately 100 minutes

### TASKS

- I Choose and Intend Being Free Fundamental Choice Process

### FILM (OPTIONAL)

#### The Wizard of Oz

Possibly the perfect film to end the AWE Program on as Dorothy goes on a Hero's Journey and ultimately returns home to her heart.



# WEEK 15

## AWE PROGRAM CELEBRATION & COMPLETION

### SYNOPSIS

You have completed the AWE Program so now it is time to Celebrate and Complete on this milestone in your life.



AWAKENING HORIZONS