



## **Awakening Seers: Transcend the Mundane to Experience and Live the Extraordinary**

**A 10-Part Course for Visionaries,  
Seekers and Seers**

**Self-paced to listen to and learn from  
according to own abilities and  
Conscious direction. Details and note  
handouts provided upon registration.**

**Reading and video links sent to  
interested students as they register for  
course [beginning Tuesday, June 15, 2021](#). Call/email for details (416)920-8975;  
hanifahelps@gmail.com**



**Instructor:  
Hanifa Menen**

### **Part 1: A Timeless Art and Science**

This course is about the Universal art and science of the soul. That which compels us to embrace divinity and divine qualities. This information is timeless and eternal and has been experienced by countless seers, sages, mystic and healers. Part 1 is to begin to understand this experience.

### **Part 2: Understanding God/the Universe/Source/Higher**

**Consciousness** Empirical evidence that establishes this existence through ancient scripture and current Seers to further explain this infinite and absolute Truth.

### **Part 3: Learn about the inconceivable infinity within people in transcendental states.** Understand various Divine names, forms,

qualities and the abode of Higher Consciousness and how it relates to the self.

**Part 4: Qualities of an individual Soul.** Learn the process of how to transcend from a state of ignorance to that of knowledge. An educated person must learn how to distinguish between being alive (sometimes referred to as living but unawakened/dead), and really living. Technically true knowledge starts when one introspects upon the difference between the Soul and the matter (body, mind, intellect and senses). Will also discuss thoughts on reincarnation from scripture and those who have had near-death-experiences (NDE).

**Part 5: Matter and Consciousness.** You are conscious about innumerable things - like your bank balance, your physical health/ disease, your relationships with those that near and far, your birth and your losses, your ambitions and your dreams. Yet most are not conscious of their own Conscious Self. In this section, the distinction between matter and consciousness will be further reflected upon, as well as the difference between pure and impure consciousness. This will further help your understanding of the true nature of the Soul.

**Part 6: Yoga (Union) Systems.** Today yoga is often presented to the world as a form of physical and breathing exercises that can help to keep the body/mind fit. However, unless and until one connects oneself to the Absolute Truth, the process is not yoga according to ancient scripture. Four Yoga systems are suggested by the ancient Bhagavad Gita to attain (Higher)Self revelation. These are Karma Yoga, Gyana Yoga, Dhyana Yoga and Bhakti Yoga. This is the section that describes the duty/ purpose (priviledge?!) of an individual to attain this space of realization.

**Part 7: Transcendental Wisdom:** The Absolute Truth is infinitely opulent/brilliant. It pervades across the totality of existence and it is beyond the mundane senses. No advanced tools or technology has been able to see the Soul or the wisdom provided through transcendental Awareness, yet this can be experienced through the Spiritual senses. This wisdom is realized in the state of Atman (Oneness) or Union with the Higher Self, using transcendental senses. It is the Soul (Higher Consciousness) that is the basis of matter, not the

other way around as many perceive it is. Here we discuss how Spiritual wisdom is the basis of all wisdom. In this section you will learn the different processing required to acquire knowledge. Then how to attain transcendental wisdom and the necessary readiness from the student to receive such a gift from the Universe.

**Part 8: Bhakti Yoga.** Gyana Yoga is a process of separating the soul from matter by analysis - this is not easy and is practiced by few today. Dhyana Yoga requires a person to take shelter in a secluded place and is also not easy or practical for many today. Karma Yoga and Bhakti Yoga are easier to practice in current times and Bhakti Yoga is considered the best practice in current times for liberation/realization according to the Bhagavad Gita. This will be discussed in this session as well as how to practice.

**Part 9: Three modes of human action.** In this lecture you will learn the three modes of action that the majority of people in our living world are “helplessly” acting under in their lives. The modes of material nature - goodness, passion and ignorance will be discussed and the process of freeing oneself from the influence of these modes will allow both awareness of the experiences and the awareness of one’s own tendencies. All are a necessary part of our existence, yet suffering is linked with the *attachment* to these modes. As one elevates to transcend the human experience, the joys of Divine experience become clearer and attainable.

### **Part 10: Serving the Higher**

**Consciousness.** This is the actualization of participating in our Highest calling for the greatest good for the lower and the Higher Self. ***Let the magic begin!***

**Cost \$1000 for 10 week course by e-transfer to [hanifahelps@gmail.com](mailto:hanifahelps@gmail.com)**

**Call/text 416-920-8975 with any questions or email above address.**

**Next course begins June 15, 2021.**

