

“SPIRITUAL AWAKENING COURSES”

**Provides Several Courses To Awakening Firmly Established
Unconditional Peace
Since 1993 - All Available In Person/Teleconference or Skype**

Meditation - many forms are taught at different levels of consciousness to Awaken unconditional peace.

Life/Work-Shop Course - Dynamic Acupuncture Gates/Chakra Meditation/Re-Activation.

Awakening Programs - (GAP/GAP+/PEP+) Gentle Awakening and Productive Energy Programs. These programs are essential for integration of consciousness - an Actualized Realization. All Awakening Programs include GEM.

Awakening Meditations - GEM/GEM+ (Gentle Effortless Meditations). These programs are essential for enlivening/deepening clarity of consciousness. With GAP/GAP+/PEP+ one acquires a natural ability to gently and effortlessly meditate (GEM - Gentle Effortless Meditation). GEM+ is an advanced program to GEM.

Awakening Entrainments - programs essential for integrating and expanding consciousness. See below explanation on Entrainments.

Awakening Processes – Special Processes utilized to insure success even with the most persistent cases or to enhance the progress of any participant. Chi Kung, Pranayama, Physical, Mental, Emotional techniques (Healing/Awakening Processes to Enliven Consciousness), will be designed specifically for any group or individual as the needs dictate.

Awakening Courses (EnerQiKung- for Chi-Kung / Tai-Chi & Martial Artists) & (EnerChiArts - for laymen)
- Special programs to assist Awakening, Healing, and teacher training. The awakening processes above are expanded on in details to create programs such as Acupuncture Gates Courses, Chakra Courses, Entrainment courses etc. These programs may be taught separately from GAP or PEP whereas the Awakening Processes are taught in conjunction with GAP+ or PEP+.

Post-Awakening (LIFE) - Levels (of) Integration For Enlivenment-Of Consciousness. – Available only after Peace is FIRMLY awakened in one's daily life.

SPIRITUAL AWAKENING COURSES

Breath of Life Meditation Courses™ - Levels 1-9

G.E.E. (Acupuncture Gates/Entrainments/Energy) Courses

C.E.A. (Chakra/Entrainments/Aura) Courses –

Integrates Physical body with Energy (Chi) Body

GAP (Gentle Awakening Program™) - Integrates Consciousness

GAP+ (Gentle Awakening Program Plus™)

Personalized individual or Special Group Programs

Many others as needed

ONENESS AWAKENING COURSES

OA (Oneness Awakening) - Awakening Mankind into Oneness

64 (Source Realization Consciousness Program) - Awaken Source Consciousness

OBY (Oneness Bhakti Yoga) - Intensify the Awakening Process

OBY Health Program - Enhanced Abundance of Health

OBY Wealth Program - Enhanced Abundance of Wealth

BEYOND STRESS MANAGEMENT™ **Ancient Processes and Modern Methods**

(C.S.I.) Cerebral Somatic Integration - Transforms energy through out the body/mind.
Physical Energetics Courses™ – Levels 1- 9 -

Integrates Physical body with Energy Body.

PEP (Productive energy Program™) - Softens and dissolves stressful patterns.

PEP+ (Productive Energy Program Plus™) - Personalized Individual or
Special Group Programs.

Many other programs are being developed

FIRMLY ESTABLISHED PEACE

Firmly established unconditional peace is an effortless actualized realization of peace moment to moment. Never being overwhelmed at any time by any situation regardless of how traumatic it is as well as not being overwhelmed by even the slightest occurrence – just not being overwhelmed period, anywhere anytime for any reason - moment to moment effortless freedom.

It is not an intellectual or emotional approach, nor does it require an intellectual or emotional resistance in any form to succeed. Actually, the intellect and emotions together with moment to moment occurrences, which provide unlimited potential for growth, become the very tools enabling one to effortlessly regain the freedom inherently available.

Ironically spirituality itself is transcended, effectively releasing oneself from conceptual limitations. One cannot realize this through the intellect or even feel as if they have it. An Actualized Realization is achieved which is as effortless as seeing, hearing, etc. Beyond being overwhelmed by thoughts, emotions, or any situation.

LIFE/WORK-SHOP

Work Shop/Life Course is a Dynamic Orientation/Alignment. We begin here for maximum results. These work-shops include an introduction to obstacles, which overwhelm us, increase stress, and prevent continual awakening/integration of consciousness as well as Special Processes and Entrainments (see below). It enables one to experience a broad spectrum of what is available in the Awakening Programs and Awakening Entrainments as well as introduction to The EnerChiiArts programs. Most significantly it Re-Activates one's Acupuncture Gates and Chakras (a Sanscrit word for Gates).

AWAKENING PROGRAMS

The teaching agenda for Awakening Programs guide one through progressive steps to firmly establish unconditional peace. Progressively these programs repeatedly reflect integration with normal life situations. Essential to the program's is an experiential progressive realization followed by refinements, which softens and dissolves obstacles including buttons, and patterns that prevent us from Full Awakening to our level of consciousness, which we have thus far achieved. Awakening Programs is the primary factor needed to effortlessly integrate spirituality/ peace in our moment to moment life, rather than only experiencing spiritual moments/ peace in sadhana (spiritual practices) or at peak times of happiness, bliss and/or euphoria. Most everyone can feel peace in these peak times but progressively lose this peace in life's trial and tribulations. Major factors of these Awakening Programs is that the processes, are spontaneous, practical, and effortless, and transcends itself rather than becoming fixed on a concept. These Awakening Programs must be taught in a real world straightforward manner, which precisely pinpoints the traps/obstacles to firmly establishing peace as they naturally unfold spontaneously from multiple perspectives with the participant's interaction; again not in a strictly lecture format or 'airy fairy' everything is wonderful atmosphere, as it must reflect all aspects of life moment to moment. Fully integrated (grounded) spirituality is the epitome of practicality and the herein Awakening Programs reflect this; otherwise it will not be grasped and utilized effectively through out our daily lives. In other words it must be real and each participant creates that reality with their interaction. Therefore no two courses will be alike.

It requires a personalized program of groups or individually to get a major shift - to firmly establish peace - as each class Dr. G. has conducted in groups or one on one since 1993 have been unique yet lead to the same outcome - integrating consciousness (peace) into daily activity. In other words there is no format to be followed yet there is a progression, depending on the group dynamics, which is

achieved. The progression may be – buttons – patterns - effortless meditation - traps of the mind – anchors – concepts - etc., with attention to and elimination of being overwhelmed at each state of consciousness by fear, etc. It must be done in a question and answer interaction, not just lecture. One cannot be told what to do or what it is like it must be an Actualized Realization even beyond the intellect.

Suggestion: [Assess your need for these programs. \(http://gentleawakening.com/assessment.html\)](http://gentleawakening.com/assessment.html)

PEP

These programs are designed to soften/dissolve overwhelming buttons and patterns, which we are aware of. The program is lecture/guidance based with discussion/interaction. Dr. G has been teaching staff, friends and patients, since 1993 in a business, clinical and or spiritual and non-spiritual format, as well as to enlightened ones who needed more integration or when they were ready to move to a higher state of enlightenment. The success rate with all has been 99 %+; i.e. to integrate the consciousness level currently achieved, enabling one to more fully utilize consciousness and become less and less overwhelmed. Historically PEP has progressively put an end to being overwhelmed efficiently and effortlessly. In 2007 PEP was revised into a personalized business format only, called PEP+. PEP also gave birth to the Gentle Awakening Program (GAP), which is a spiritually based format. As always, PEP+/GAP/ GAP+ will be designed according to the needs of a particular group or individual.

GAP

Gentle Awakening Program is a revised program (2007) originating from PEP taught in a spiritual format only. PEP was originally taught in all formats however due to a rapid increase in interest nationally and internationally the courses were renamed to more effectively organize and serve each group or individual participant.

GAP+

Gentle Awakening Program + (plus), is an expanded program (similar to the business format of PEP+) designed to provide an approach for any spiritually based group including special programs for that particular group or individual which may include spiritual Entrainments (see below). These programs may consist of Chi Kung, Pranic Energy, Entrainments, and other programs, as the needs of each group are determined. [See Curriculum Vitae \(Dr. G.\) for background information.](http://gentleawakening.com/about_dr_g.html)

http://gentleawakening.com/about_dr_g.html

A recent example of GAP+ may be a Part one spiritually based nonreligious athletic program, which began in December 2007 has continued on through out 2009 with Part 2.

PEP+

Productive Energy Program + (plus), is a specialized program with Special Processes/Programs for businesses/industry which may include a more concentrated regimen of Entrainments. PEP+ will integrate and blend the most effective practical aspects of spirituality and empirically proven methods ([Testimonial Tab](http://gentleawakening.com/testimonials.html)) (<http://gentleawakening.com/testimonials.html>) into a program beyond stress management for the business person throughout the world. PEP+ is now designed for executives as a pilot program for introduction into their industry/business.

None of these programs are inherently religious or dogmatic; however there have been very religious individuals and groups of people who have benefited from these courses. Infinite and eternally flexible firmly established unconditional peace is whole, full, and complete and applicable to any sphere of thought, belief, philosophy, science, nonreligious or religious. None of these programs requires or negates any science, philosophy, religion or nonreligious perspective. Therefore these programs can and will serve any one who sincerely has made firmly established peace a priority in their life.

AWAKENING MEDITATIONS

GEM

GAP/GAP+/PEP+ includes a Gentle, Effortless Meditation (GEM), which is essential to firmly establishing peace, and awakening. As GEM/GAP/GAP+/PEP+ is more refined, one is able to utilize this awakening and Actualized Realization moment to moment effortlessly. How can one be in peace or be awakened if it requires effort? Any mental effort is interpreted by the mind as stress. What you resist persist and where the attention goes the energy goes. Therefore the energy goes to any thing you resist, which creates stress from mental effort. Remember you cannot fool Mother Nature no matter how subtly you attempt to disguise it (resistance) or what you call it or feel about it. We tend to innocently utilize our available consciousness predominately to enhance stress unknowingly. This

program enables one to awaken inherently available peace and become less and less overwhelmed effortlessly. All of GAP/PEP's teaching agenda repeatedly reflects integration in normal life situations. As GEM/GAP is refined one can effectively, effortlessly remain centered, aligned and progressively and effortlessly culture more and more peace in their lives. Please see more examples written below.

ENTRAINMENTS

EXACTLY WHAT ARE ENTRAINMENTS?

Entrainments are a naturally occurring phenomenon in which similar frequencies tend to synchronize with each other.

Entrainments are a physics phenomenon of resonance, first observed in the 17th century, which has an effect on all of us. Entrainment is defined as the tendency for two oscillating bodies to lock into phase so that they vibrate in harmony. It is also defined as a synchronization of two or more rhythmic cycles. The principle of entrainment is universal, appearing in chemistry, pharmacology, biology, medicine, psychology, sociology, astronomy, architecture, SPIRITUALITY and more. The classic example shows individual pulsing heart muscle cells. When they are brought close together, they begin pulsing in synchrony. Another example of the entrainment effect is women who live in the same household may find that their menstrual cycles will coincide.

DISCOVERY OF ENTRAINMENT

The history of entrainment is linked to Dutch scientist, Christian Huygens in 1665. While working on the design of the pendulum clock, Huygens found that when he placed two of them on a wall near each other and swung the pendulums at different rates, they would eventually end up swinging in at the same rate. This is due to their mutual influence on one another (Entrainment).

Entrainment phenomena – the synchronization of two or more autonomous rhythmic processes – have been identified in many natural systems. When one physically oscillating system entrains another, it means that the timing of repetitive motions by one system influence motions by another oscillator such that they fall into a simple temporal relationship with each other. These phenomena seem to be universal and can be understood within a common framework of nonlinear system dynamics that has been developed mainly in physics, mathematics, engineering, and natural sciences. Historically, entrainments are also known by many names in different religions or philosophies such as Blessing, Benediction, Darshan, Shakti, Chi Kung, Pranic energy, etc. But scientifically they are just called entrainments. Who would have ever thought or believed that a blessing could be validated scientifically? As we approach the realm of the Unified Field (the source of quantum physics) we are realizing the validity of a unified source even in science.

AWAKENING ENTRAINMENTS

Awakening entrainments are a naturally occurring phenomenon in which similar frequencies synchronize with the most harmonious frequency when facilitated by a qualified practitioner. Spiritual entrainments will inherently spiritually expand ones level of consciousness. There are many entrainments including non-clinical applications, which may have healing and awakening effects. Entrainments are administered in various forms such as hands on cranial, eyesight and intentional entrainments.

There is spiritual empirical evidence that entrainments (metaphorically) update the hardware in the brain/ body in order to expand Consciousness. It is said to harmonize the over activity of the Occipital lobes and the Limbic system as well as the brain stem and similar areas as well as enlivening the Prefrontal Cortex. With GAP/GAP+/PEP any expansion of consciousness becomes self-evident especially with entrainments.

It is important to realize any entrainments including Spiritual Entrainments are something that you cannot do for your self no matter how much sadhana (spiritual practices) you do, otherwise most sincere sadhaka's (those who perform spiritual practices) would be enlightened already and unfortunately this is not the case. In other words meditation alone will not firmly establish peace moment to moment in activity.

Suggestion: [Assess your need for these programs.\(http://gentleawakening.com/assessment.html\)](http://gentleawakening.com/assessment.html)

SUMMARY

Awakening Entrainments (metaphorically) integrate the hardware of the brain and update's the

hardware to provide more harmony in the physical dimension, tone and resonance of consciousness.

However, to stabilize consciousness in all dimensions, and utilize it effectively (function), it is necessary to integrate it with (software) - GAP/GAP+/PEP+ - in order to move more efficiently, and successfully into higher states of consciousness. Also to become firmly established/integrated in your present state of consciousness, particularly as it expands. Therefore GAP/GAP+/PEP+ provides the necessary software, where as it enables one to utilize one's state of consciousness fully, moment to moment.

With the potential of Entrainments to expand consciousness GAP/GAP+/PEP+ (integration) becomes more essential as one progresses. With this combination GAP/GAP+/PEP+, integrated consciousness is progressively an Actualized Realization at your present level of consciousness. While adding entrainments to this combination, consciousness is enabled to integrate as it expands to greater, fuller and more complete wholistic levels of refinements.

IN REVIEW

MEDITATION - Special meditative programs will be recommended based on one's needs.

CEA/GEE - Special meditations recreate a healthier flow of energy between the physical bod and the energetic body to remove physical/energetic obstacles very efficiently. This program enlivens life and vitality and may be utilized effectively in emotional/physical/mental disorders.

GEM

A gentle effortless practical meditation program ENLIVENS CLARITY OF CONSCIOUSNESS. This program is effortlessly expanded to be effective through out your waking day. Based on spiritual principles of effortless meditation it is however a specialized method which transcends all concepts including spiritual concepts. This program as well as GAP/GAP+/PEP+ is as effortless as seeing, tasting, feeling, hearing, and smelling.

GEM+

An advanced program to GEM.

GAP/GAP+/PEP+

Integrates all levels of consciousness, disentangles the emotional, mental entanglements at each level, softening and dissolving the obstacles of awareness/peace of mind.

Provides **SOFTWARE INTEGRATION**, updates and support as needed.

It is the **HOW TO UTILIZE CONSCIOUSNESS** moment to moment **PEACEFULLY**.

It does not change (update) the hardware (as entrainments do), that is up to you if you so choose but it does integrate it with your consciousness. If you have firmly established peace and freedom from being overwhelmed then you may not need this program. However, The Levels Of Integration For Enlivenment Of Consciousness Program (LIFE) would then be of benefit. All of these programs include GEM.

GAP+/PEP+

Includes GAP or PEP and Specialized Programs/ Processes.

AWAKENING ENTRAINMENTS

Spiritually integrates the prefrontal cortex with the body through the spine, the rest of the body and the emotional system enhancing spiritual awareness. **INTEGRATES THE HARDWARE**. Also, Spiritually facilitates a neurobiological shift especially in the prefrontal cortex, occipital lobe and Limbic system and the entire body, to provide a physical harmonious anchor of consciousness. **UPDATES THE HARDWARE**.

HOW IT ALL WORKS

The Awakening Entrainments are intended to synchronize with the most harmonious frequency of nature (biologically and spiritually). The Awakening Meditations provides an enlivened clarity of consciousness and the Awakening Programs effortlessly integrates consciousness into activity moment to moment. Essentially the key to success is complete and total effortlessness beyond

thought or emotions to recultivate continuous uninterrupted peace, which we have not experienced since infancy, but now with the maturity of an adult. How could life be peaceful if we had to concentrate, contemplate, visualize, and or think positively each and every moment or even occasionally albeit passively resisting our thoughts, emotions and life itself as it flows through its negative and positive waves and cycles? We cannot fool Mother Nature by even passively resisting any of these overwhelming moments, thoughts, emotions through any of the aforementioned methods, or any other, which avoids life. Please see example below.

EXAMPLE

You may or may not be aware of your-self, rationalizing, manipulating, intellectualizing, emotions, thoughts, action, or deeds in order to always have and hold on to peace of mind, happiness, etc. As you know, what you resist persists. Therefore the more one craves or seeks peace the more the passive attention (energy) goes to avoiding the lack of peace (we cannot fool Mother Nature). This subtle and often times hidden (subconscious) agenda is to avoid that which is not peaceful. Since you cannot fool Mother Nature, the mind then amplifies these aversions (energy). However there is no need to manipulate anything such as your thoughts, emotions, action, or deeds. This is just one of the traps of the mind as well as judging, craving, aversions, etc. Paradoxically what you resist will definitely persist! That is if you resist, avoid, replace, tolerate, escape - ANY AND ALL - judging, craving, aversions, etc., they will only persist with greater energy albeit subtly, consciously, subconsciously or unconsciously. Therefore you just continue to be trapped and stuck at deeper levels without these Awakening Programs, Meditations and Entrainments. Isn't this how life usually progresses? Yet if we attempt to not resist it, this is also resistance that eventually brings us full circle back to more stress. It must be noted that the traps of the mind are infinite and with out being guided with GAP/GAP+/PEP+, integration has been extremely rare even with enlightened beings. David R. Hawkins "Power vs. Force" points out that 50% of those who are spontaneously enlightened are not integrated and cannot fully function at their acquired level of consciousness. Actually if peace of mind is not awakened and utilized moment-to-moment no one can function fully at any level of consciousness. Therefore it is imperative that the traps are exposed with Awakening Programs to integrate efficiently and enable one to more clearly respond moment-to-moment with action instead of reaction.

So What To Do!? Suggestion:

[Assess your need for these programs \(http://gentleawakening.com/assessment.html\)](http://gentleawakening.com/assessment.html)

Contact Dr. G. for a personal consultation

THE UNIQUENESS OF THESE PROGRAMS

"Many speak of what needs to be done intellectually, but none guide experientially exactly how to obtain it. How to effortlessly disentangle the entanglements of the mind and provide the experiential actualized realization, which the Awakening Programs do in order for the obstacles/traps to peace to become a thing of the past enabling you to remain in the presence of the present, without being overwhelmed even by it, which is the only place unconditional peace exists. This is not an intellectual or emotionally based approach otherwise many more would have firmly established peace already.

Unconditional Peace is just with in our reach. It is our birthright and is effortless. Yet we have habitually and innocently been taken away from it. Now it is time to move forward into an expanded consciousness of peace every moment.

As a sincere seeker, I have searched the world for the most effective way to know and serve others - to firmly reestablish peace moment to moment. I will drop any of this and add anything to it or totally revise it if I find anything to be more effective in awakening peace in each of us through out the world. This curriculum (Spiritual Awakening Courses) is comparable to a Ph.D. in spirituality, a direct east/west, proven approach since 1993 to firmly establish peace moment to moment regardless of the situation.

Whether you are new to spirituality or have spent a life time at it I am sure you would like to be able to utilize all that you learn from it in your daily activity moment to moment in the most effortless manner possible. Experts in Spirituality, Teachers of it, psychics and novices as well have benefited immensely from these courses. Why should you only experience peace or freedom when you are

doing your sadhana (spiritual practices) or when things are going well for you? One would think or feel that spiritual practices should have no barriers including life itself regardless of tragedies, traumas, and ups and down or even seemingly little things, which overwhelm you. PEP (The Productive Energy Program) and now with GAP (the Gentle Awakening Program) has been extremely effective in doing just that since 1993. It is as effortless as seeing, hearing, touching, tasting, smelling, thinking, and feeling emotions. Since March of 2006 I have begun to make it available to everyone, instead of only my staff, patients, and friends." For the most efficient path to firmly established unconditional peace schedule a 1-on-1 consultation or a Life/Work Shop." Dr. G. All courses taught by Dr. G. are designed to produce experiential based knowledge, as experience is the best teacher, but more importantly an Actualized Realization beyond the intellect.

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Suggestions:

[Assess Your Needs \(http://gentleawakening.com/assessment.html\)](http://gentleawakening.com/assessment.html)

[Read Testimonials \(http://gentleawakening.com/testimonials.html\)](http://gentleawakening.com/testimonials.html)

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