

E-BE Project Self-Study Course

Welcome to the **E-Be Project Self-Study Course**. In this short document you will find everything you need to know to get started on your journey towards understanding the Freedom Teachings and continued spiritual growth and expansion of consciousness.

These quick step-by-step directions will help you on your path!

- 1) Please visit the Amenti website (<http://www.amentiproject.net>) first and read all the articles and browse through the pages to understand what these Global Outreach Projects (**Amenti**, **TSOS**, and **E-BE**) are all about.
- 2) You will need to purchase the **E-BE** DVDs in order to participate in the **E-BE Project Self-Study Course**. Please click on <http://www.amentiproject.net/E-BEsourcematerial.htm> to purchase the source material for this Self-Study Course. Please allow a few weeks for your **E-BE** DVDs to arrive.
- 3) This is a 12-week course, but it can be completed faster if you plan to spend more than one session per week. Session time varies per class segment. Please view the chart below for the breakdown of the classes. This instruction assumes the student is doing the course over 12 weeks.

Class #	DVDs Counter Times (hr : min)	Approx. Running Time (hr : min)	Segment Includes Meditation
1	(DVD1[EP]) 00:00–00:40	40	
2	(DVD1) 00:40–01:20	40	
3	(DVD1) 01:20–END	40	x
4	(DVD2) 00:00–00:40	40	
5	(DVD2) 00:40–01:20	40	
6	(DVD2) 01:20–END	40	x
7	(DVD1 [BV]) 00:00–00:45	45	
8	(DVD1) 00:45–END	1:18	x
9	(DVD2) 00:00–00:27	27	
10	(DVD2) 00:27–END	50	x
11	(DVD1[E5]) 00:00–00:40	40	
12	(DVD1) 00:40–End	36	

DVD Codes:

EP: Evolutionary Path of Human Consciousness

BV: Beyond the Veils

E5: Entering the 5th World

- 4) After watching each class segment of the **E-BE** DVDs, you need to study the corresponding study guide, which you can download from here: <http://www.amentiproject.net/E-BEstudyguides.htm>. Each week's study guide includes *Questions & Answers*, *New Vocabulary*, and *Multiple Choice* questions and answers. They're designed to enhance your understanding of the material. You will finish 1 study guide per week (or per study session).
- 5) At the end of each study guide there is an explanation of one of the *Six Steps Toward Joy* or *Six Steps Toward Joy With Others*. Each week you will focus on one Step for the duration of the week.
- 6) There is a suggested technique sequence for every week. To access the suggested technique file and its detailed instructions, please click here: <http://www.amentiproject.net/E-BEtechniques.htm> .
- 7) Please refer to this page for the suggested reading for this course: <http://www.amentiproject.net/E-BEsuggestedreading.htm> .
- 8) That is all!
- 9) Once you're done with this 12-week Self-Study Course, please look for the 4th Outreach Project Self-Study Course, which will become available in summer 2007. Corresponding information will be available on the Amenti Website.

May your spiritual path glow with Maharic frequencies!

SHARING & UNDERSTANDING: Experienced volunteers and recognized teachers associated with the Freedom Teachings maintain an open and dynamic online discussion group for the prime purpose of assisting in the development of greater personal understanding. If you feel that you'd like to take advantage of this opportunity, then please join over 1000 like-minded people around the world by clicking here:

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