

SSC Project Self-Study Course

Welcome to the **SSC 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) You will need to purchase the **SSC DVDs** in order to participate in the **SSC Project Self-Study Course**. Please click on <http://www.amentiproject.net/SSCsourcematerial.htm> to purchase the source material for this Self-Study Course. Please allow a few weeks for your **SSC DVDs** to arrive.
- 2) 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) 0:00 – 1:15	1:15	
2	(DVD1) 1:15 – 2:30	1:15	
3	(DVD1) 2:30 – (DVD2) 0:45	1:15	
4	(DVD2) 0:45 – 2:00	1:15	
5	(DVD2) 2:00 – (DVD3) 0:15	1:20	
6	(DVD3) 0:15 – 1:30	1:15	
7	(DVD3) 1:30 – End	1:15	X
8	(DVD4) 0:00 – 1:15	1:15	X
9	(DVD4) 1:15 – 2:30	1:15	
10	(DVD4) 2:30 – (DVD5) 0:45	1:08	
11	(DVD5) 0:45 – 2:00	1:15	
12	(DVD5) 2:00 – (DVD6) 0:30	1:30	X

- 3) After watching each class segment of the **SSC DVDs**, you need to study the corresponding study guide, which you can download from here: <http://www.amentiproject.net/SSCstudyguides.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).
- 4) 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/SSCtechniques.htm>.

5) Please refer to this page for the suggested reading for this course:
<http://www.amentiproject.net/SSCsuggestedreading.htm> .

6) That is all!

May your spiritual path glow with Kristiac 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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