

# TSOS Project Self-Study Course

Welcome to the TSOS 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 browse through the Amenti website (<http://www.amentiproject.net>) first and read all the articles to understand what the Amenti Project and TSOS Project are all about.
- 2) You will need to purchase the TSOS Audio Course in order to participate in the TSOS Project Self-Study Course. Please click on <http://www.amentiproject.net/tsosourcematerial.htm> to purchase the source material for this Self-Study Course. Please allow a few weeks for your TSOS Audio Course 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. Each session is about 1–2 hours. This instruction assumes the student is doing the course over 12 weeks.
- 4) There are 6 CDs and a handbook that come with the TSOS Audio Course. Each CD contains a “lecture” section and a “meditation” section. On weeks 1, 3, 5, 7, 9, and 11 you will listen to the lecture section (it’s track 1 of each CD) and study the corresponding study guide, which you can download from here: <http://www.amentiproject.net/tsosstudyguides.htm>. Each of those weeks’ study guides includes Questions & Answers, New Vocabulary, and Multiple Choice questions and answers. They’re designed to enhance your understanding of the material.
- 5) On weeks 2, 4, 6, 8, 10, and 12 you will do the meditations from the CDs, which start from track 2 of each CD.
- 6) On weeks 1, 2, 4, 6, 8, 10, and 12 there is a suggested reading from the TSOS handbook. Here is the link to those details: <http://www.amentiproject.net/tsossuggestedreading.htm> .
- 7) For the 1<sup>st</sup> week, you will do the Maharic Seal and Liquid Light technique. To access the technique file, please click here: <http://www.amentiproject.net/AmentiProject/Techniquesfile.pdf>. Step 8 of the Maharic Seal technique mentions the Kathara™ Grid. You will need to read the page “Bridge to Kathara™” on the Amenti website to understand what the Kathara Grid is. Here is the link to that page: <http://www.amentiproject.net/bridgetokathara.htm>. It’s recommended that you do the Maharic Seal twice a day: upon awakening, and before going to bed.
- 8) From the 2<sup>nd</sup> week through the 12<sup>th</sup> week, you will do the Eckasha Maharic Seal. Here is the link: <http://www.azuritepress.com/Maharic.htm> . It’s recommended that you do the Eckasha Maharic Seal twice a day: upon awakening, and before going to bed.

- 9) From the 1<sup>st</sup> week through the 12<sup>th</sup> week, you will sing the Psonn of Lyra to amplify and activate your Maharic shield through tonal programming. The technique file is the same as #7; the Psonn of Lyra is on page 4 of that document. You can sing the Psonn of Lyra whenever you want to amplify your Maharic Shield. It also works as a fast activator of your Maharic Shield.
- 10) Here is the structure of the course incorporating everything mentioned above:
- Week 1:** Do Maharic Seal, listen to Lecture 1, read the Study Guide, sing the Psonn of Lyra.  
Recommended Activity during the week: Read TSOS handbook, pages 1-11.
- Week 2:** Do Eckasha Maharic Seal, listen to and do Tech 1, read TSOS handbook pages 12-17, sing the Psonn of Lyra.  
Recommended Activity during the week for week 2 through week 12: Do the techniques (refer to TSOS handbook pages 40-42.)
- Week 3:** Do Eckasha Maharic Seal, listen to Lecture 2, read the Study Guide, sing the Psonn of Lyra.
- Week 4:** Do Eckasha Maharic Seal, listen to and do Tech 2, read TSOS handbook pages 18-21, sing the Psonn of Lyra.
- Week 5:** Do Eckasha Maharic Seal, listen to Lecture 3, read the Study Guide, sing the Psonn of Lyra.
- Week 6:** Do Eckasha Maharic Seal, listen to and do Tech 3, read TSOS handbook pages 22-26, sing the Psonn of Lyra.
- Week 7:** Do Eckasha Maharic Seal, listen to Lecture 4, read the Study Guide, sing the Psonn of Lyra.
- Week 8:** Do Eckasha Maharic Seal, listen to and do Tech 4, read TSOS handbook pages 27-31, sing the Psonn of Lyra.
- Week 9:** Do Eckasha Maharic Seal, listen to Lecture 5, read the Study Guide, sing the Psonn of Lyra.
- Week 10:** Do Eckasha Maharic Seal, listen to and do Tech 5, read TSOS handbook pages 32-36, sing the Psonn of Lyra.
- Week 11:** Do Eckasha Maharic Seal, listen to Lecture 6, read the Study Guide, sing the Psonn of Lyra.
- Week 12:** Do Eckasha Maharic Seal, listen to and do Tech 6, read TSOS handbook pages 37-42, sing the Psonn of Lyra.
- 11) Once you're done with this 12-week Self-Study Course, please look for the *E-BE* Project Self-Study Course (3<sup>rd</sup> Global Outreach Project), which will become available by the end of fall 2006! Corresponding information will be available on the Amenti Website.

**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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