

Semester 1: SOUL MAP

Cover the basics of Kabbalah and the Tree of Life and what that has to do with *your* life. You will also explore how to become Unwoundable so that you can live your highest purpose.

- Introduction: Meet the Method, Obstacles and Steps to Healing
- Soul Map: Tree of Life, Healthy Attributes, Sefirotic Hats
- Identity: Iffy-Sticky Self, Dual Identity, False-Real-True

Semester 2: SOUL QUEST

Learn to identify your purpose and what's limiting you. You will discover your Furthest Fears and Deepest Desires, what's limiting you from within and without, and how to free yourself of those limitations.

- Purpose: Action Arena, Mindfulness, Purpose
- Creation: Creation, Chaos, Do Think
- Vision: Open Shut 1 – Beyond Nurture, Open Shut 2 – Beyond Nature

Semester 3: SOUL to SOUL

Begin by exploring how to slow down and stop self-sabotaging because of ambition-on-overdrive. Then meet the members of your inner tribe, learning to create peace between your parts. And then...tarraa!...take all you have learned till now and begin to apply these teachings to your relationships - with yourself, your loved ones and your Creator.

- Freedom: Talent Trap, Tribe Work
- Connection: Relationship Matters

Semester 4: SOUL PURPOSE

Bring it all together with the Roadmap, a detailed and transformational program for manifesting *everything* you've learned. You will learn how to use the Purpose Quadrant to direct your life along with a remarkable segment on time management. Together we will formulate your personal Road Map for happiness, creativity, productivity, health and more – all from a Kabbalistic perspective.

- Actualization: The Road Map