

Series Name: Life Coaching for Everyday People
Course Name: Your Users Manual: Getting the Life You Want
(Based on the Earthling's Quick Start Guide Book and Online Course)



8 Week Syllabus

April 5 – May 27, 2010

8pm-10pm est. Mondays and Thursdays

Week 1 Monday, April 5 - Background/Orientation

[Welcome](#)

[Reorientation](#)

Week 1 Thursday, April 8 - Breath (Life Force)

[Hawaii](#)

[Breath Awareness](#)

Week 2 Monday, April 12 and Thursday, April 15 The Spiritual Interface in Physical Body

[Care and Maintenance of Your Physical Unit](#)

[Wellness Your Natural State](#)

[Maintaining Wellness](#)

[Your Body/Mind/Spirit Connection](#)

Week 3 Monday April 19 and Thursday April 22 -The Minds

[Loosing Your Mind \(the human one\)](#)

[Getting to Know You again \(your Divine Mind\)](#)

[Blending Your Two Minds](#)

Week 4a: Monday April 26 - The Internal Guidance System

[Understanding Your Emotions \(Meet Your Internal Guidance System\)](#)

[Intuition, Gut Feel, Sixth Sense](#)

[Uncommon Sense](#)

Week 4b-5: Thursday, April 29, Monday May 3, Thursday May 6 - How We Create

[Your Attention Please](#)

[Pure Positive Attention](#)= Flow

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[Creating Is Playing](#)

[Free Will Your Choice](#)

Week 6 Monday May 10 - Pitfalls (Creating by Default)

[Pitfalls Distractions](#)

[Pitfalls Appearances](#)

[Pitfalls Lack of Focus](#)

[Pitfalls Your Old Personal Story \(Zzzzz\)](#)

Week 7 Monday May 17 – Putting It All Together

Best Practices

Week 7 Thursday May 20 Truths Good To Know

[Good To Know](#)

Week 8 Monday May 24 The Concepts of Infinity and Eternality

[There's Always More](#)

Week 8 Thursday May 27 – Graduation, party, new daily life plan sharing