

# DISCOVERING THE **TOTAL SELF** SCHEDULE

# 2023

Each module contains 8 classes. Evening classes run once per week, 7:00 to 9:30 pm unless otherwise noted. Daytime class schedules vary.  
**Fee: Each module is \$325 plus HST.** \$100 non-refundable deposit required to reserve your space; the balance is collected one week prior to course start.

TS-01 Meditation and the Chakras		
<input type="radio"/>	Angela MacDonald	Mon., Mar. 13, 2023
<input type="radio"/>	Angela MacDonald	Thu., May 11, 2023

TS-02 Spirituality and the Higher Self		
<input type="radio"/>	Sabastian Glass	Mon., Mar. 13, 2023

TS-03 Exploring the Non-Physical		
<input type="radio"/>	Linda Kuschnir	To Be Announced

TS-04 The Path of Emotional Healing*		
<input type="radio"/>	Maria Gallé	Mon., May. 8, 2023

TS-05 Spiritual Healing and Energy Transfer*		
<input type="radio"/>	Maria Gallé	Mon., May. 8, 2023 (4 Weeks)
	2 classes per day	(10 am to 4 pm)

TS-06 The Intuitive Arts*		
<input type="radio"/>	Pauline O'Hanlon	Mon., Apr. 10, 2023 (4 Weeks)
	2 classes per day	(10 am- 4 pm)
<input type="radio"/>	Sabastian Glass	Wed., May 10, 2023

TS-07 Meeting Your Inner Selves*		
<input type="radio"/>	Maria Gallé	To Be Announced

TS-08 From Child to Adult*		
<input type="radio"/>	Linda Kuschnir	Mon., May 8, 2023

TS-09 Living Your Higher Self*		
<input type="radio"/>	Linda Kuschnir	Thu., Mar. 16, 2023

TS-10 The Healing Power of Sound** (Sound Energetics)		
<input type="radio"/>	Maria Gallé	Sat. & Sun. June. 3 & 4
	2 classes per day	(9:30 am- 5 pm)



## REGISTRATION

Full Name:

Full Address:

Phone Number:

Payment Method:  Cheque  Interact  Visa/MC

Total Amount:

March 7, 2023

\*Note: Pre-requisite course(s) or related experience required

\*\*Note: Course #1 recommended prior but not required

## TRANSFORMATIONAL ARTS COLLEGE

of Spiritual and Holistic Training

3300 Yonge Street, Suite 301, Toronto, ON M4N 2L6  
www.transformationalarts.ca T:416-484-0454, ext. 25

## DISCOVERING THE TOTAL SELF

**Discovering the Total Self Program** is Transformational Arts' original and core program. By combining ancient spiritual wisdom, esoteric principles, and contemporary psychology with emotional healing, you will have the opportunity to learn both the theoretical and experiential components of each module.

**The Total Self Program** is a series of 10 modules, each 20 hour long, totaling 200 hours. All 10 modules are a pre-requisite/co-requisite for the Spiritual Director Program. Modules #1, #4, #5 and #6 are required for the Holistic Health Practitioner Program, Holistic Certificate Programs and Coaching.

Taking this program will develop skills and competencies that are usually described as soft skills but very necessary and sought after in today's employment markets.<sup>1</sup> Dartmouth University President, Philip Hanlon, call them **'Power Skills'**.<sup>2</sup>

You will develop your creativity, adaptability to change, prioritize your self-awareness, and value your self-esteem. By improving your listening skills, you will be able to explain and set healthy boundaries, build upon your conflict resolution skills, and develop team building skills. You will be able to discuss the importance of emotional regulation and explain emotional intelligence. You can choose how to develop using your own voice and your intuition or gut feelings, and be able to explain how Body, Mind and Spirit interconnect to establish real health and wellness. You will develop the theoretical base upon which all TAC programs build.

You are supported throughout your learning by a faculty of trained instructors who have graduated from the Total Self Program and Transformational Arts' Profession Training Programs.

At least 75% attendance is required for program completion. This program is open to everyone and can be completed at your own pace, taken one Module at a time, be accelerated, or you can take only the modules that interest you. Mostly evening classes; however, some daytime classes are offered.

### Sources

- <https://www.forbes.com/sites/nazbeheshti/2020/01/28/5-of-the-most-in-demand-soft-skills-companies-are-looking-for-this-year/?sh=17cf5ee656c7>
- <https://www.leadersedge.com/brokerage-ops/the-new-power-skills>



## MODULE BREAKDOWN AND DESCRIPTION

### TS-01 Meditation and The Chakras

Module 1 introduces the start of your spiritual journey: The Path of the Contemporary Mystic and The Path of Emotional Healing. Explore fundamental meditation theory and its various building blocks. Learn the Chakra system and how to use it as a basis for meditation. Develop the ability to meditate effectively.

### TS-02 Spirituality and Higher Self

Explore the levels of consciousness, including the ego, subconscious, higher self, higher power, observer self, shadow, essence and soul. Learn how to stay centered in your body and connect with Source or your higher self.

### TS-03 Exploring the Non-Physical

Module 3 explores the theories of life after death, auras, reincarnation and other spiritual realms of the non-physical. At the end of this module you will develop a sense of higher purpose and soul evolution.

### TS-04 The Path of Emotional Healing

Mental health means striving to balance all aspects of our life: social, physical, spiritual, economic and mental. Module 4 introduces the psychospiritual approach—embracing light and dark, on the road to emotional healing and wellness.

### TS-05 Spiritual Healing and Energy Transfer\*

There is a natural healing force within you. In this module, you will discover the principles of spiritual healing and energy transfer. Learn how to open and balance another's chakras. Use body mapping and a healing technique created by Transformational Arts.

### TS-06 The Intuitive Arts\*

This module explores Intuition theories and students participate in exercises to develop their intuition. Learning outcomes include: ability to explain gifts from our higher self, developing clairsentience, clairaudience, clairvoyance and claircognizance.

### TS-07 Meeting Your Inner Selves\*

The transformational process propels us consciously through change introducing us to our sub-personalities including our inner critic. One of the many benefits in this module is the integration of our "committee" of selves.

### TS-08 From Child to Adult\*

The benefits of module 8 are multi-faceted giving rise to experience our inner child who connects us to many riches and gifts within ourselves. The learning outcomes begin through the child within as we reclaim our creativity, spontaneity, love, joy, happiness, intimacy, playfulness, and spirituality.

### TS-09 Living Your Higher Self\*

Benefits and learning outcomes of Module 9 include: reinforcing empowerment and spiritual maturity, reframe prosperity, manifesting and creating miracles, research from Neuroscience and paranormal phenomena, and assess guidance from higher realms of consciousness.

### TS-10 The Healing Power of Sound\*\*

The latest scientific research on sound indicates that this vibrational art helps to synchronize the hemispheres of the brain, induce relaxing brainwave states. This module promotes wellness, and creativity, connecting us deeply to our soul and spirit

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*\*\*Note: Course #1 recommended prior but not required.*



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