

Course Syllabus



Section 1: Introduction To Live Your Dream

Lecture 1 – Introduction To The Course

Lecture 2 - My Spiritual & Educational Background

Lecture 3 – Aligning With Earth

Lecture 4 - Awakening The Infinite Self

Lecture 5 – *I AM THAT* by Sri Nisargadatta Maharaj (Article)

Section 2: The Way Of Meditation

Lecture 6 – Inner Light Meditation

Lecture 7 – Advice For Beginners

Lecture 8 – Benefits Of Meditation (Article)

Lecture 9 – Your Energy Can Influence The Environment

Lecture 10 – Merging With Your Infinite Self Meditation

Lecture 11 – Awakening To Pure Love Meditation

Section 3: Lucid Dreaming

Lecture 12 – The Purpose of Dreams (Article)

Lecture 13 – Introduction To Lucid Dreaming



- Lecture 14 Understanding Sleep And Brain Waves
- Lecture 15 Keeping A Dream Journal
- Lecture 16 Preparations For Lucid Dreaming
- Lecture 17 Tips To Optimize Your Sleep
- Lecture 18 Lucid Dreaming Techniques
- Lecture 19 Dream Control
- Lecture 20 Closing Thoughts

Section 4: Brainwave Entrainment

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- Lecture 22 Science Meets Spirit
- Lecture 23 Methods Of Brainwave Entrainment
- Lecture 24 Brainwave Entrainment For Meditation
- Lecture 25 Brainwave Entrainment For Whole Brain Synchronization
- Lecture 26 Brainwave Entrainment For Lucid Dreaming
- Lecture 27 The Ancient Solfeggio Frequencies
- Lecture 28 Why Were The Solfeggio Frequencies Lost?
- Lecture 29 The Heartbeat Of Earth: 528 Hz Cosmic Love & Miracles
- Lecture 30 My Personal Experiences And Recommendations
- Lecture 31 Ethical Issues Associated With Brainwave Entrainment



Section 5: Creating Your Dream Life

- Lecture 32 The Three Alignments Of Holistic Creation
- Lecture 33 Change Your Frequency, Change Your Reality
- Lecture 34 Dare To Dream
- Lecture 35 Committing To Yourself And Your Life
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- Lecture 37 All About Money
- Lecture 38 The Six Steps Of Manifestation: Step 1
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Section 6: Live An Extraordinary Life

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- Lecture 44 Pursue Success, Fulfillment Or Both?
- Lecture 45 In Pursuit Of Success
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- Lecture 47 Pursuing Your Dream Career: Key Takeaways



- Lecture 48 Facing Extraordinary Life Challenges
- Lecture 49 Extraordinary Life Reflections: The Beauty Of Nature
- Lecture 50 Extraordinary Life Reflections: Love Is The Answer
- Lecture 51 Extraordinary Life Reflections: Live Your Light

Section 7: The Seventh Golden Age Of Earth

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- Lecture 53 A New Earth
- Lecture 54 The Transition Period
- Lecture 55 The Golden Age of Earth
- Lecture 56 The Golden Shift Within
- Lecture 57 The Power of Love
- Lecture 58 Angels, Ascended Masters and Advanced Civilizations Are Helping Us
- Lecture 59 Communities On New Earth
- Lecture 60 Fifth Dimensional Communities
- Lecture 61 Myriad Versions of New Earth
- Lecture 62 Education In The Golden Age
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- Lecture 64 Work In The Golden Age
- Lecture 65 Living In The Fifth Dimension



Lecture 66 – Tips For Living In The Fifth Dimension

Lecture 67 – Straddling The Old World And New Earth

Lecture 68 – The Ascension Of The Planet Is Gradual

Section 8: Course Summary & Final Message

Lecture 69 - Complete Course Summary

Lecture 70 – Final Message

