



THE ANATOMY OF AWAKENING TRAINING SYLLABUS

MODULE I-V 2021

An exploration of self-healing, multi-cultural disciplines, philosophies, & practices. Approved applicants will receive individualized attention, global perspectives on spiritual awakening, tools for a safe responsible healing arts practice, & an integrative experience of mind, body & spirit.

CONTACT INFORMATION

INSTRUCTOR

Michael Brian Baker

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MANAGING PARTNER

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**Please direct all course, date, & payment inquiries to Managing Partner*

GENERAL INFORMATION

DESCRIPTION:

The Anatomy of Awakening is an all-encompassing course that covers multicultural approaches to the human experience and pays special attention to the individual's journey as an important part of the whole. We explore the nature of consciousness in fresh new ways to create an embodied understanding of what it means to have an awakening from an emotional, physical, and spiritual perspective. The foundation of this training comes from 10 distinct paths for spiritual awakening, with a focus on important practices to ensure the safety and well-being of all who are on their healing journey. The primary method taught in this course is awakening by breathing techniques, however it is supplemented with many alternative perspectives and modern viewpoints.

The methods, experiential practices, and traditional teachings shared in this course serve to guide participants in their own healing journey while also supporting them in sharing safe, responsible, and profound transformation for their clients if they wish to add these skills to a new or existing healing arts practice.

OBJECTIVES:

The Anatomy of Awakening Training is an experiential, research, and oral tradition-based exploration of spiritual awakening, scientific research, yogic “breathwork”, and embodied mysticism. Participants will gain personal experience and knowledge of therapeutic health benefits of both eastern & western breath practices. Objectives of the training include:

- Understand and harness the healing capacity of the central nervous system
- Integrate multicultural perspectives, scientific research, and emotional indicators of spiritual awakening
- Guide participants towards self-reliance, inner trust and belief in their unlimited capabilities
- Balancing and harmonizing of masculine and feminine energy
- Create a strong foundation of both well-known and deeply esoteric yogic & shamanic practices for living a holistic healthy life
- Embodied understanding of the secrets of the universe as it relates to planetary influence, extra sensory abilities, self-healing, the underlying sources of love, forgiveness, understanding, tolerance, service, patience, and compassion.
- Access to and assimilation of highly respected subjects often hidden from the mainstream
- How to safely facilitate “breathwork” for others & have a personal home practice for physical & emotional wellbeing.
- Code of conduct for holding space, emotional tracking, and support before, during, and after facilitating breath practices with others
- A greater awareness of one’s purpose on the planet & origins of human consciousness
- Individual evolution in areas of physical and emotional wellbeing, inner peace, the nature of reality, & financial sustainability.

SUMMARY:

- Multi-cultural approaches to understanding and activating spiritual awakening
- Precautions for safely navigating energetic and non-ordinary states of consciousness
- Advanced practices to support the evolution of healing in one’s self & others
- Scientific & medical overview of intentional breathing effects on the body
- Western & Eastern research on the origins of “breathwork” (pranayama)
- Guided experiential Western & Eastern breath practices
- Ancient civilizations’ use of natural elements to intuit relationships with the earth & cosmos
- Mythological & archeological research of the origins of humanity
- Study of the accomplished spiritual masters and how they developed metaphysical gifts
- Exploration North & South American shamanic traditions, including plant medicines
- Benefits of and steps to create/build upon a daily spiritual practice
- How to facilitate “breathwork” for individuals or groups with integrity, respect, & highest morals
- Business, branding, design, & marketing guidance to create a responsible healing arts business

ONLINE SELF-PACED TRAINING INCLUDES:

- 40+ hours of recorded live streamed content
- Content formatted in 10-20-minute segments with video, mp3, & time stamped outlines
- 8 Traditional Guided Breath Practices
- 12+ guided Western, Eastern, & therapeutic breath techniques
- Weekly review materials
- Facilitator waivers, session application forms, & insurance recommendations
- Unlimited access to private Facebook community of graduates
- 5 Module training that supports personal reflections, effective skills to facilitate healing experiences, and tools to build a responsible & successful healing arts practice.
- Option to become Certified Arts Practitioner through The Breath Center
- Post Training Support & Guidance, including 1 on 1 exam + practicum review

PREREQUISITES:

Training is open to individuals of all levels and belief systems, no experience required. All modules are designed be attended consecutively. A general understanding of the benefits of spiritual theory and emotional intelligence is recommended but not required.

CERTIFICATION REQUIREMENTS:

Those wishing to explore training for self-reflection and discovery may participate in training without need for certification. Those who wish to use The Breath Center as a professional affiliate or attending for certification are required to:

- Attend or Review Module I-V in their entirety
- Completion of Tuition for Module I-V
- Completion of Certification Exam
- Facilitation & Documentation of 15 Individual Breath Sessions
- Facilitation & Documentation of 5 Group Breath Sessions of 2-9 Participants
- Certification Exam & Documented Sessions Review approved by Michael Brian Baker

COURSE TUITION

PRIMARY TUITION OPTIONS:

Tuition for the first time purchasing the course (In-Person or Online) is \$3,600-\$4095, depending on the payment plan chosen.

_____ Single Installment (*discount of \$495 included): **\$3,600**

_____ 3-month Installment (*discount of \$495 included): **\$3,600**

Note: Minimum 3 payments of \$1,200. To be "paid in full" within 3 months.

_____ Custom Installment Plan (discount of \$495 not included): **\$4,095**

Note: Minimum monthly payment \$341.25 to be "paid in full" within a maximum of 12 months.

TUITION ADD-ONS:

Tuition for the second time purchasing the course (In-Person or Online) is \$1,000 and can be added to any payment installment plan above. Online courses do NOT need to be completed prior to attending an in-person course. However, completion either a 9 Day In-Person or the full online program IS required to attend the 2 Day In-Person Practicum ONLY.

_____ Repeat Course (9 Day In-Person or Online Self-Paced): **\$1,000**

_____ 2-Day In-Person Practicum ONLY (Oct 15-16, 2021): **\$299**

COURSE MODULES

MODULE	TITLE
Module I	Therapeutic Breathing Techniques & Yogic Pranayama
Module II	The Science of Seeing Beyond the Physical
Module III	Exploration of Advanced Consciousness & Arts Practices
Module IV	Ancient Origins of Humanity Meet Cutting Edge Science
Module V	Proven Path to Create a Sustainable Offering

**Note: length times vary based on training format*

COURSE SYLLABUS:

MODULE I

Therapeutic Breathing Techniques & Yogic Pranayama

Module I is an orientation of foundational concepts of respiratory therapies and their physiological effects. We discuss science's perspective on vital life force energy in tandem with ancient teachings such as the Vedanta. Of these perspectives, we examine the 3 main energy channels in the body and how they play a major role in the way we interact with the world from a neurological viewpoint. Multiple breath techniques from both Western & Eastern Lineages are taught along with the benefits and precautions of each. Included are steps to practice the breath as a daily cleansing practice.

TOPICS INCLUDE:

- Physiology of the Breath, Lungs, & Pulmonary Function
- Scientific Overview of Physical Energy to Cosmic Energy
- Multicultural Introduction to Prana, Qi, or "Life Force" and its Implementations
- Preliminary Components of Pranayama (Breath Control or Expansion)
- Benefits & Precautions of Breath Retention
- Activating the Paths of Purification: the 12 Winds (Vayu's)
- Accessing and Utilizing the Body's Energy Channels (Meridians & Nadi's)
- Foundational Concepts of "Kundalini's" Journey through the Main Energy Channels (Sushumna, Ida & Pingala)
- Working with Feminine & Masculine Energies within the Human Body
- How to Balance the Two Hemispheres of the Brain for Highest Function
- Understanding the Qualities of Nature: Energy, Matter & Consciousness
- Elements of Reality that Effect our Psychological, Emotional and Energetic States
- How to Best Assist Different Body Types from a Medical & Ayurvedic Perspective
- Therapeutic Mental & Physical Health Benefits of Pranayama
- Guided Practice of 12+ Breathing Techniques
- Western "Breathwork" Founders & their Practices
- Defining Intermittent Hypoxia and Hyperventilation
- Feelings & Sensations Experienced: Emotional Release, Tetany, Kriya, etc
- Effects of Oxygenation of the Body from Western & Eastern Perspectives
- States of Consciousness Produced by Brain Waves
- From Savasana to R.E.M.: The Science of Healing
- The 5th Limb of Yoga: Gaining Mastery over External Influences
- Samadhi – Highest States of Union Achieved through this Practice
- Developing a Personal Home Practice (Sadhana)
- + Guided Group Breath Practices

COURSE SYLLABUS (continued):

MODULE II

The Science of Seeing Beyond the Physical

Module II delves deeply into the nature, evolution, & devolution of consciousness. Participants explore how the ancients engaged with consciousness and the purification practices passed down through generations during this current time cycle. The 10 methods of Awakening are explored with focus on the origins of the most accelerated and familiar, known by Western culture as “breathwork”. The science, yogic theories and steps for safely initiating spiritual awakening are studied. Medical research regarding cerebral spinal fluid and the Vagus nerve are linked to the Eastern esoteric teachings of Kundalini. Intuitive practices, interpreting body language, and other interpersonal skills are taught and demonstrated to prepare participants to refine their “craft” of working with individuals 1 on 1.

TOPICS INCLUDE:

- Unwinding the Myth of Time: Linear, Non-Linear & Cyclical
- Phases of Global Enlightenment throughout the Ages
- Technological and Spiritual Advancements of Distant Ancestors
- Connecting the Dots of Written History with the Evolution of Consciousness
- Precession of the Equinox in Relation to Human Civilization
- Cerebral Spinal Fluid’s Effect on the Electromagnetic Field
- Esoteric Teachings on “Kundalini”
- Working with Obstacles Limiting Current Human Potential
- Vagus Nerve Research in Correlation with Breathing Patterns
- In Depth Exploration of Energy Centers of the Body
- Study of the Activation of Life Force Energy
- 10 Methods of Spiritual Awakening: Herbs, Breath, Initiation, & More
- Stages, Precautions, Effects, and Safe Preparations for Spiritual Awakening
- 8 Limbs of Yoga: Steps Accessing Higher States of Awareness
- Yamas & Niyamas: Golden Keys to Unlock Spiritual Gates
- 5 Sheaths of the Soul & their Purification
- Exploring the Extra-Sensory Gifts of a Spiritual Discipline
- Beginning & Advanced Intuitive Practices
- Steps to Mastering the External World with Internal Reflections
- How to Read Body Language
- Introduction to Working 1 on 1 with Others
- Experiential & Instructional Demonstrations
- + Guided Group Breath Practices

COURSE SYLLABUS (continued):

MODULE III

Exploration of Advanced Consciousness & Arts Practices

Module III explores far reaching layers of esoteric teachings from early civilizations that help us to grasp who we are in relation to the distant past, future, present moment, and cosmic cycles. Ancient cultures are examined to reveal what our predecessors knew of the nature of the soul & its journey before incarnation and after death. Non-ordinary states of consciousness and how to work with these realms are discussed. Advanced intuitive practices are taught to identify and support the release of emotional trauma within ourselves & others. This module also covers all highest & best practices for facilitating breath practices in 1 on 1 sessions and groups.

TOPICS INCLUDE

- Primordial Origins of Universal Life Force Energy
- Intermediate States of Consciousness in Life & Death (Bardos & Lokas)
- Attachment to the Wheel of Incarnation
- Vedic Teachings on Psychological Thought Patterns and Imprints
- How the Laws of Physics & Chemistry influence the evolution of the soul
- The Science of Light & Planetary Patterns
- Archetypal Navigation for Living in Right Relationship
- Movements & Characteristics of Consciousness
- Study of Liberation & Humanity's Highest Potential
- Accessing the DNA of the Bioplasmic Field
- Root Causes of Mental, Spiritual, Emotional, & Physical Disease
- Introduction to Tracking Disease Through Lineage
- Highest & Best Practices of Healing Arts Facilitation
- Code of Conduct for Upholding Safety and Integrity in "Breathwork"
- How to Work with Emotional Trauma within Ourselves & Others
- Step by Step System for Sharing Pranayama with Clients
- Advanced/Intermediate Hands on Techniques for Pranayama Facilitation
- Introduction to Sharing Pranayama with Groups
- + Guided Group Breath Practices

COURSE SYLLABUS (continued):

MODULE IV

Ancient Origins of Humanity Meet Cutting Edge Science

Module IV covers advanced occult topics including vedic, mystical, and scientific based research. Building upon the foundation of all previous Modules, participants are guided to look far beyond the veil of reality by examining oral traditions and archeological findings from some of the oldest documented civilizations. Myths surrounding the origins of humanity are explored that serve as a connection to where current affairs and human consciousness reside today. Historic and modern masters of consciousness, including shamans & Native American guides, are examined along with their rituals, plant medicines, & songs. The deep dive into these metaphysical studies is satisfied with the most up to date research that describes how out of body or non-ordinary states of consciousness are experienced from medical analysis of musculoskeletal & neuroendocrine processes.

TOPICS INCLUDE

- Reducing Chronic Inflammation with Negatively Charged Ions
- Oral Tradition Legacies of the Origins of Humanity
- Exploration of Core Beliefs Held by Society over the Centuries
- Becoming a “Truth Seeker” by Revisiting Reports of the Sages
- Multi-Nation Indigenous Teachings on Healing & Spiritual Evolution
- Conceptualization of Personal to Global Psychological Malady and its Causes
- Mythological Traditions of Long Forgotten Cultures
- Humanity’s Historic Relationship with Celestial Bodies & Pantheons
- Archeological Findings Detailing Ancient Spiritual Practices
- Early Mystic Practices for Protection & Expansion of Consciousness
- Preparing Space with Earth Elements for Mental, Physical, Emotional, & Psychosomatic Resolution
- Study of Masters Who Enter Alternative States of Consciousness at Will
- Rituals of Shamanism: Botany, Animals, and Song
- Account of Current South American Tribes’ Medicines & Legends
- Advanced Practices for Directing Life Force Energy in the Body
- Scientific Research Mapping Neuroendocrine Reactions During Intentional Breathing Patterns
- Medical Analysis of Musculoskeletal Processes Responsible for Multi-Dimensional Experiences
- + Guided Group Breath Practices

COURSE SYLLABUS (continued):

MODULE V

Proven Path to Create a Sustainable Offering

Module V is designed to support participants in formulating an outline to offer services that they feel passionately about while living sustainably and attaining a higher level of financial freedom. This outline can be tailor fit to share awakening techniques taught in this training program, or any other entrepreneurial business. We study the root of what prevents most people from reaching their goals, how to build a successful business in any field, and equip participants with a roadmap for sharing their skills sustainably. These steps are built from proven processes and can be utilized immediately after training or whenever one is ready to share their work. Includes guidance for branding, design, written materials, and marketing.

TOPICS INCLUDE

- Insuring a Healthy Embodiment of Personal Power
- Guide to Sharing Heart Based Services Sustainably
- Get the Basics: Insurance, Financial Organization, and “Arts Facilitator” Resume
- Introduction to Data Mining, Funnels, & Partnerships
- Alignment with Transits, Maha Dashas, and Nakshatra Influences
- Leveraging Credit – The Fiat of FICO
- Ethics of Responsible Arts Facilitation: Intake forms, Vetting, & Liability Waivers

POST COURSE SUPPORT:

ONLINE FACILITATOR GROUP

All course attendees that have completed the online or in-person Module I-V are invited to join the Online Facilitator group. This group will meet 1-2 per month online for the below topics & experiential learning:

- Online Facilitation guidance
- Online 1 on 1 & Group Practicum opportunities
- How to incorporate music & other arts practices in facilitation
- Simplified Business Formation for Both Beginners and Advanced Practitioners
- Set the Stage to Enable and Support Growth for You and Your Company! Introduction to Scaling
- Build a “Timeless” Business Brand Effortlessly
- Road Map to Get Your Practice to those you Wish to Serve
- Creating Success from Dreams: Development + Grouping of Personal Offerings
- Everything Marketing: Podcasts, Blogging, Social Media
- Guide to Banking, Financial Organization, Non-Profit, & Tithing

SUGGESTED READING MATERIAL:

MODULE I

- **Encyclopedia of Yoga & Tantra** by Georg Feuerstein
- **Breath: The New Science of a Lost Art** by James Nestor
- **Prana and Pranayama** by Swami Niranjanananda Saraswati
- **Awakening with Sanskrit** by Dr. Katy Jane
- **Power Vs Force** by David R Hawkins
- **Sun, Moon and Earth: The Sacred Relationship of Yoga and Ayurveda** by Mas Vidal
- **The Breath of Life** by Swami Satchidananda

MODULE II

- **The Yugas** by Joseph Selbie & David Steinmetz
- **Kundalini Tantra** by Swami Satyananda Saraswati
- **The Gene Keys** by Richard Rudd
- **Banned Body Language Secrets** by Daniel Smith
- **Yoga, Power, & Spirit: Patanjali the Shaman** by Dr. Alberto Villoldo, Ph.D.
- **The Science of the Rishis** by Vanamali

MODULE III

- **The Tibetan Yogas of Dream and Sleep** by Tenzin Wangyap Rinpoche
- **The Deeper Dimension of Yoga** by Georg Feuerstein
- **The Soul after Death** by Swami Sivananda
- **Maha Barata** by Maha Barata
- **Spiritual Bypassing** by Robert Augustus Masters, PhD
- **Yoga & Vedic Astrology: Sister Sciences of Spiritual Healing** by Sam Geppi

MODULE IV

- **Shaman, Healer, Sage** by Dr. Alberto Villoldo, Ph.D
- **The Arcturian Anthology** by Tom Kenyon & Judy Sion
- **Dispelling Wetiko** by Paul Levy
- **The Ancient Secret of the Flower of Life** by Drunvalo Melchizedek
- **The Fellowship of the River** by Dr. Joseph Tafur
- **Becoming Supernatural** by Dr. Joe Dispenza

MODULE V

- **The Gifts of Imperfection** by Brene Brown
- **The Motivation Manifesto** by Brenden Burchard
- **Mastery** by Robert Green
- **Finding your Blindspots** by Barry Rosen
- **Breaking the Habit of Being Yourself** by Dr. Joe Dispenza
- **The Seven Laws of Spiritual Success** by Deepak Chopra

FACILITATOR INFORMATION:

MICHAEL BRIAN BAKER

Michael is a breathwork facilitator who facilitates over 5,000 participants annually throughout his 12+ years’ experience both nationally and internationally. He is a student, researcher and facilitator of the breath who harmoniously brings together scientific findings, ancient healing practices, mysticism, avant-garde experiences, & the evolution of emotional intelligence. His primary focus is the acceleration of awareness, creating a better world for future generations, and preserving the integrity of the yogic art of pranayama. He is continuously seeking fresh, creative ways to expand “breathwork’s” interface and infusion into Western culture. Michael has served as a physician’s liaison and program developer in conjunction with Bastyr Universities Naturopathic curriculum and acted as an independent organizer within the International Conscious Festival Community. He is the only known practitioner who integrates Quero shamanism with Yogic Pranamaya within his therapeutic approaches, and has worked extensively within the recovery community, Bhakti Yoga Lineage, and indigenous communities of North & South America. Michael’s experience as a featured keynote speaker representing the conscious and healing arts communities has built his well-deserved reputation for restoring profound hope and intimacy in large group settings. These gatherings have been known to create a newfound clarity for individuals who are looking to increase emotional intelligence, bring masculine & feminine together, heal ancestral lines, develop new tools for stress reduction, anger management, depression, and chemical dependency. Michael supports people in their own growth, freedom, and discovery of the bodies innate intelligence to heal from within.

CONTACT INFORMATION

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