

# Higher Conscious Learning

Spiritual Development  
Best Practices

## RESEARCH

Science

Social  
Norms

Astrology

Theology

Neurology

Dreams

## AWARENESS

Intuition

Synchrony

Occult

## BACKGROUND KNOWLEDGE

Personal  
History

Family  
History

Lineage/  
Cultural

Birth  
Chart

Biological

## HEALING

Shadow  
Work

Resolving  
Trauma

Acceptance  
&  
Forgiveness

## EXPERIENCE

Meditation

Nature

Gratitude

Mindfulness

Relationships

## ACTIVATION

Impact

Purpose

Opportunities

Manifestation