HOW TO PRACTICE AFRICAN SPIRITUALITY

COURSE OVERVIEW

Our ancestors are with us, their wisdom is imbedded in our DNA, waiting for us to raise our inner frequencies and release it. In this course we take you on a journey of self, we begin explaining who you are, what you are and the purpose of our ancestors. The course will empower you with a clear and concise breakdown of modern day African Spirituality so you’ll never neglect your spiritual development and spiritual self.

In very precise and practical steps, each week we show you how to spiritually cleanse your mind, spirit and home. The course breaks down how to connect to your ancestors, work with them to verify how they’re guiding you through life’s challenges and to your personal destiny. You will also learn how to maintain spiritual health and avoid manifesting illness in the body, including how sexual spiritual dis-ease affects all aspects of your life. The course introduces the power behind speaking your own language and how your past lives have set the foundation for your current experience. Over the 12 weeks you will acquire and master the tools to understanding and cultivating all that your family and ancestral linage need now and for future generations to come.

SCHEDULE

**Week 1 - The importance of Ancestral connection.**
Student will learn who are we, what are we, who are our ancestors and what are their purpose in our current life.

**Week 2 - How our spirit communicates with us every day.**
Master the art of hearing our inner voice, how we think in pictures and how we have always been in communication with our Ancestors without consciously knowing.

**Week 3 - Tools for communicating with your Ancestors.**
Students will be given a practical guide on how to make connection with the ancestors.

**Week 4 - Cleansing the body and how to make a spiritual bath.**
Session offers a step by step breakdown on how to cleanse your body with the help of your Ancestors.

**Week 5 - Creating head space and the sacred cleansing of the mind.**
Learn how to let go of unwanted thoughts, energy attachments, addictions, depression, anger, stagnation and feelings of powerlessness to mentally move in life.

**Week 6 - How to spiritually cleanse your home.**
Student learns how to clear the energies brought into our homes from our interaction with others. Discerning bad energy and how the energy from arguments linger in our clothes and home.

**Week 7 - Understanding spiritual health.**
Students learn that Illnesses have a lifeforce and intelligence; students learn what our pain is really trying to tell us.
**LEVEL:** BEGINNERS  
**DURATION:** 12 WEEKS

**Week 8 - Sexual spiritual health.**  
Sexual intercourse, the merging of two beings that takes place on a spiritual and physical level. Discover how all of me becomes all of you and how energy transfers to create both a spiritual and physical dynamic.

**Week 9 - Discovering the power within our body.**  
Explore how the body speaks its own language and how to access the hidden powers we have in our organs. We all have unique names for ourselves, why should our organs be different?

**Week 10 - Escape from mental slavery and programming.**  
Learn how to mentally unplug from this designed culture, political, education and religions system. As a programme is just a sequence of procedures designed to manage the movements in our daily lives.

**Week 11 - Past lives and spiritual debts.**  
Students explore how our past deeds are experienced in our future and how these debts can be cleared with the help of our ancestors.

**Week 12 - Mastering the elements within yourself.**  
A guided meditation that takes you on a journey within your own spirit world. Master the elements of travel through your inner worlds.

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**Assessment Methods:**  
- Group work and exercises  
- Personal assignments

**Additional Student Support:**  
- Group and one to one tutoring sessions  
- Email support  
- Comprehensive reading and study materials  
- Class notes and slides on request  
- Class experiments and practical work

**Start:**  
Sunday 14\(^{th}\) January 2018  
10am - 12pm or 2pm - 4pm

**Graduation:**  
Sunday April 22\(^{nd}\) 2018

**Address:**  
Conway Hall  
Red Lion Square  
London  
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**TUITION FEE:** £240

**HOW TO ENROLL:**  
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T 0203 828 7129

**FACILITATOR:**  
Edison Agbandje

Terms & Conditions Apply