



**Chris Walton Msc**

PERFORMANCE PSYCHOLOGIST

UNIQUE 1:1 COACHING AND  
GROUP/TEAM TRAINING

**07951 043053**  
**Chris@ChrisWaltonUK.com**  
[www.ChrisWaltonUK.com](http://www.ChrisWaltonUK.com)

## **THE AWAKENING PROGRAMME**

This is a unique 12 months training, coaching and mentoring programme specifically designed to move you to your next developmental stage of consciousness. This programme guides you to the core realisation of who you really are, what you are doing here and where you are going. You will learn how to become free from the thoughts and emotions that cause you suffering and become fully alive in the present moment. This is not classed as a 'personal development' course but a course in your spiritual evolution. This programme is grounded in the absolute leading edge of scientific knowledge combined with deep personal experience.

### **How Do We Grow and Develop?**

Human development happens in lateral and vertical directions:

**Lateral growth** occurs by learning new knowledge and skills, through education and schooling and the experiences of daily life. We develop laterally as we strengthen the different types of intelligences we all have, such as in IQ, emotional, logical, body-kinesthetic, interpersonal, intrapersonal and so on. The majority of personal development books and courses fall into this category.

**Vertical development** is much less common in the general population. It refers to the ability to shift your world view—to be able to see the world through new eyes, so to speak—and to change your interpretation of your experiences and perceptions as you move through life. Vertical development increases your openness and level of awareness, fosters your ability to make sense of broader and more diverse perspectives, and expands your ability to both influence our world and integrate your personal experiences. In a nutshell vertical development is about an expansion of consciousness to a new stage of being.

# THE AWAKENING PROGRAMME

## Exploring the Stages of Human Development

Starting in the 1960s, psychologists began to focus on how adults develop, advancing from a baby's self-centred view of the world to an adult understanding and realisation that we are far more expansive than our 'personality self'. Human development was mapped out into what became known as stages, world views or meaning making systems. I will use the term 'stages'. As we move through each stage of development, we acquire more comprehensive and effective strategies for dealing with complexity, as that stage means we have 'evolved' in deeper and more expansive ways of engaging ourselves and the world. The earlier stages of development are often grouped into what's called the 'first tier', and the later or higher stages are referred to as the 'second tier'. The highly respected developmental expert and former Professor of Psychology Clare Graves said that when a person moves to the second tier, they '*go through a momentous leap of meaning*'.

For the most part, the shift from stage to stage vertically does not happen suddenly, but is the result of continuous small steps forward in your journey of self-actualisation and personal evolution. Change is accelerated by personal practice and by coming into contact with people who are already at the stage you are seeking to achieve or are already moving towards it. They can help 'show you the way', so to speak. Before I describe the content and structure of this programme I want to highlight to you the understandings from the leading edge of science about who we are.

## Our Interconnectedness

Today's leading edge science clearly shows us we are all interconnected through our consciousness and energy. We are part of one global and universal interconnected mind. We have moved from the belief in the universe being a great big clockwork machine, with human beings as purely physical individual machines made of physical parts, to a quantum interconnected universe full of energy and information, and where human beings radiate their emotional and mental energy and information out into the world 24 hours a day.

Two thousand years ago, Patanjali, the Hindu philosopher and Sanskrit writer of the Yoga sutras, taught that a 'non-local universal mind' was accessible as a sort of repository of information—called the Akashic records—and it imprints all the information in the world, past and present. It even contains information about the future. Some modern scientists and philosophers offer similar opinions. For example, Professor Ervin Laszlo, esteemed philosopher and one of the fathers of systems theory, writes in his best-selling book *Science and the Akashic Field*:

# THE AWAKENING PROGRAMME

*“Recent discoveries in physics show this Akashic field is real. This field consists of a sea of fluctuating energies and information from which all things arise, from atoms and galaxies, stars and planets, living beings and even consciousness. This field is a memory bank of the entire universe from day one to now. It holds the record of all that ever happened on earth and in the cosmos and relates it to all that is yet to happen.”*

Laszlo’s ‘A-field’, as he calls it, is not some metaphysical or spiritual mind field, but a real field predicted by quantum theory called the zero-point field. All of our thoughts, feelings and actions—from the beginning of human history and extending into all of our possible futures—are energy and information fields at the fundamental level of the universe.

Everything in this world has a vibration, from subatomic energy and information fields to atoms, molecules, cells, tissues, organs, to us as human beings with a physical body.

Our brains and bodies resonate at a certain frequency and receive information and energy from the zero point field or you could say from consciousness itself. Our behaviours, then, are directed and determined not only by our nervous system and the physical and chemical processes that go on within our bodies, but also by the organising activity of the fields of energy and information that underlie and drive these chemical and physical processes. That we are energy beings has profound implications, because as we awaken to this reality and understand how to develop and use our consciousness in far more advanced ways, our potential to create is perhaps limitless.

In **The Awakening Programme** you will find this out for yourself. As we move up the scale of awareness and understanding, we move from being the activity of our bodies, to that of our minds, to that of our spirits. Developing your consciousness is the most powerful and exciting journey you can ever take.

Your ‘real’ identity is a spiritual energy being that is here on earth for a period of time to express a unique set of potentials, gifts and talents. Obviously you are having a life experience of a physical being that needs sunlight, water and food to survive. You are an animal too. Integrating the awareness that you are an energy being self with untapped potential into the physical body is really what consciousness development is about.

# THE AWAKENING PROGRAMME

Knowing this logically is only a small part of a consciousness expansion journey. The spiritual path is the hardest and yet most exciting and rewarding adventure anyone can take. It can however sometimes be very confusing and scary. Letting go of your 'old' sense of self and expanding beyond your personality ego self is for most very challenging and almost impossible to do on your own. To be effective in this journey we have to follow an accurate map and be supported and guided by others on the journey. This is what The Awakening Programme is designed for. It is a 21<sup>st</sup> century scientific practical programme to develop your consciousness.

It is based on the four key developmental areas that are the most effective and powerful way to expand into a far greater sense of who you really are and live daily from this place. The four areas are: Mind, Emotions, Exercise and Nutrition, Spirit.

## **The Structure of The Awakening Programme:**

- ∞ A 3 days residential workshop.
- ∞ At the 6 months point a day workshop.
- ∞ At the 9 months point a day workshop.
- ∞ At the 12 months point a day workshop.
- ∞ A group monthly teleseminar each month for 12 months.
- ∞ Full personalised email and phone support for the everyday of the whole 12 months.

## **The Initial 3 days Workshop covers**

### **Mind/Cognitive Understanding**

We have to have a cognitive understanding of our choices to have the motivation to act on a decision, feel what it means, identify what we gain from it, determine why we need that benefit and care that we attain it.

### **You will:**

Learn the cutting edge brain science that shows your brain doesn't 'create' your thoughts and feelings but in fact is a receiver and transmitter of information from the field of pure consciousness.

Learn what role your genetics play in how much potential you express?

Take a personality profile to understand your own personality traits, strengths and weaknesses and integrate your shadow side with all the lessons it has for you.

# THE AWAKENING PROGRAMME

Learn powerful leading edge mind-body change techniques to release your unconscious limiting beliefs and habits that hold you at your current stage of consciousness.

Understand and experience all levels of your 'self' from the animal to the pure energy being.

## Emotions

### You will:

Understand what emotions are and why you have certain negative emotional reactions.

Take a 16 scale Emotional Intelligence profile called Individual Effectiveness™ to create a radical improvement in your self-awareness. This measures 16 critical dimensions of human effectiveness and it provides precise item analysis of your individual development needs.

Learn a powerful mind-body change technique to eliminate stress, worry, fear and doubt and all types of emotional and psychological stress that stop you moving forward in your life and expressing who you really are.

## Body

### You will learn:

The myths from the multi-trillion dollar nutritional marketing machine industry. Forget the Atkins Diet, the South Beach Diet, the Metabolic Typing Diet and all the other me-too plans. What you never get to hear about is that these diets make some individuals very ill. It's simply not scientific that we can all be squeezed into one or two categories. We're all genetically unique and this is reflected in our food tolerances. Find out the best way for YOU to eat to increase your physical energy, mental clarity and emotional balance.

### Learn Nutrition for the Mind that guarantees

Enhanced and more sustainable mental energy, less mental fog, innovative ideas produced more rapidly, increased positive outlook, improved concentration, memory, attentiveness, improved creative/divergent thinking capacity.

### Learn Nutrition for Stress that guarantees

A radically improved capacity to deal repeatedly with today's daily stressors.

# THE AWAKENING PROGRAMME

## Learn Nutrition for Rest and Recovery

Awakening and abundant energy is dependent on appropriate rest and recovery. The mind and body can achieve extraordinary feats of excellence if it is given the right fuel and nutrients.

The leading edge research about exercise physiology to develop a strong, flexible, youthful, healthy body.

## Spirit

You will learn mindfulness meditation and how to apply mindfulness into a busy active lifestyle. Through structured exercises you will develop your personal relationship and connection to the global interconnected mind and the field of consciousness.

## Your Personalised Awakening Practice

During the workshop you will design your personalised 'Awakening Practice' based on the key four developmental areas; mind, emotions, body and spirit, that you will follow over the 12 months of the programme.

Each month for 12 months there will be an interactive web based teleseminar that will support the previous months Awakening Practices and answer any questions. Throughout the 12 months each delegate is given a series of personalised developmental action steps based on your specific needs to guide your growth.

## Full Support for 12 Months

Each delegate has full support and guidance every day by e-mail and phone for the whole 12 months.

## Application

Due to the nature of The Awakening Programme it is by application and invitation only. This is not a 'life-coaching' personal development programme. You are going to learn the leading edge knowledge of mind, emotions, body and spirit and grow your stage of consciousness. This is not always easy and hence why you have full support by email or phone from me for the whole of the 12 months.

## Is this for you?

If this is your first dip into any development work this is probably not for you. I recommend reading my book: Incredible You- Unleashing the Power of Your Beliefs and Intentions to Achieve an Extraordinary Life, including Appendix A and if it resonates with you than this is probably the course for you.

# THE AWAKENING PROGRAMME

## Investment

Due to the time, effort and energy required to give full support and guidance throughout the 12 months this programme it is only open to 12 delegates.

The investment is £4995. This is paid as £995 up front and 11 months at £363.00 per month.

**Dates:** Starts January 2012.