

### Amma's Expansion Program

Affiliate ( <del>37/month</del> 17/month)	Novice ( <del>97/month</del> 67/month)	Initiate ( <del>297/month</del> 197/month)	Master ( <del>797/Month</del> 597/month)
Amma's email course	Amma's email course	Amma's email course	Amma's email course
Monthly coaching call	Monthly coaching call on email course	Monthly coaching call on email course	Monthly coaching call
	Monthly Group Encodement Intensives	Monthly Group Encodement Intensives	Monthly Group Encodement Intensives
	Kindle version Amma's email course (when done)	Kindle version Amma's email course (when done)	Kindle version Amma's email course (when done)
Affiliate 49/month	Weekly Guided Imagery	Weekly Guided Imagery	Weekly Guided Imagery
Encodement Intensives		Freeing Real Me Weekly Group Distance Healing	Freeing Real Me Weekly Group Distance Healing
		Daily Soul Healing based upon Weekly Healing	Daily Soul Healing based upon Weekly Healing
Affiliate <del>150/month</del> 130/month			Monthly Group Coaching Call for Master Level
Freeing the Real Me Group Distance Healing Daily Soul Healing			Any Course I offer
			100% off yearly Sedona Retreat
			Family Inclusion in Weekly Healing

### Amma's Expansion Program

Offer	Parts	Benefits	Cost per	
<b>Amma's email course</b>	Daily Emails Monthly Call/Recording	Inner Peace Self-Confidence Inner Strength Increased Intuition Healing Spiritual Expansion Awareness of being loved		
<b>Group Encodement Intensives</b>	Monthly Guided Encodement Intensives	Freedom from past Release family patterns Inner Peace		
<b>Freeing Real Me</b>	Weekly Group Distance Healing Daily Soul Healing			
<b>Messages from Amma (3x week)</b>	Written messages delivered by email			
<b>Meditation from Amma (1x week)</b>	Audio/video recording			
<b>Sedona Retreat</b>	Different Focuses			
<b>Courses</b>	How to channel Heart Source (Course Con) Code Coach Training Heart Power Healing How to use sacred space in back of heart center Gathering Info Projection Room  Birth Healing (9 Day) Michael's Sword			

## Amma's Expansion Program

### Video 1

Hi, this is Cathy Chapman, Amma's messenger.

Last year Amma impressed upon my heart that she wants to make her work available to more people to assist in raising the vibration of the planet.

She has given the world several healing tools, some of which are not known by many and being used by few.

As you well know the world is in tremendous chaos right now.

Few people know what to do with these amazing energies which have been flooding the planet for several decades and have gained in intensity the last few years.

People are not aware that the prophecies of the coming of the New Age and the Light shining in the darkness are here.

People in the metaphysical community are aware of the huge change that was to occur in 2012.

Because they look around and all they see is divisiveness, wars, terrorism, graft and corruption, they have a tendency to believe that the prophecies of 2012 were a joke.

Few people realize that 2012 signaled a greater intensity in the shift of energy moving people to Oneness.

How can divisiveness lead us to Oneness, you may ask?

For us to be One we must know where we are separate so we can heal that rift.

As those of you who have followed Amma for some time may know I was in the convent for 20 years.

I was immersed in Roman Catholic tradition before I entered the convent.

As a member of the Dominican Sisters of Houston Texas I was immersed even more deeply into the tradition of Roman Catholicism.

While there I studied for five summers at the University of Notre Dame in Indiana where I achieved a Master's degree in Theology.

When you are committed to a way of living, as I was while in the convent, discipline is involved.

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You may call that discipline the following of certain rules and rituals.

For instance, those of us who lived together prayed together on almost a daily basis.

We shared meals with each other, discussed the issues of the time, studied spirituality and theology and prayed individually.

If we were to be true women of St. Dominic we followed certain standards supported by specific beliefs.

Central to our lives were prayer, study, ministry, working for justice and community.

The reason I bring my convent years up is to demonstrate something to you.

Those 20 years I spent as a Roman Catholic Sister were filled with connection to God, my own personal growth through study, struggle and healing, and the awareness that relationship problems occur even among women who are committed to God.

I left the convent after I was introduced to energy healing through the program known as Healing Touch. I also became a Reiki Master.

I delved more into spirituality and the awareness of God's Love and Grace working through us in energy healing.

My spirituality and concept of God shifted beyond what the walls of the convent could hold.

When I left the convent I continued my spiritual journey.

One of the things I learned in the convent was that if I wished to grow spiritually, if I wished to grow as an individual, I had to be disciplined in my prayer, meditation, and study.

Over the next few days I'm going to be sharing with you tools you can use to expand spiritually and heal on all levels. This growth will require commitment, dedication and perseverance.

My goal is to do this in a group so that you feel supported and connected to others of like mind.

Amma's messages during 2011 and especially 2012 talked about the changes which were going to be occurring.

One of the things she said was that the energies coming into the planet, the shift occurring in December 2012, was something those of us who spent disciplined time and effort growing, expanding and healing would be aware of.

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Unfortunately those who believed that December 2012 was a magic shift in the energy of the planet and did nothing to expand spiritually and to heal emotionally, mentally, spiritually and physically would feel betrayed by the lack of changes they believed were to occur.

I was a licensed therapist for 35 years. It was impressed upon me time and again that if people refused to look at where their woundedness was they would not be able to heal.

Without healing you cannot become one with yourself. You have all of these wounded parts of yourself which are vying for attention. If you do not become aware of those wounded parts you do not know what to heal.

I am not saying it is necessary to become immersed in the pain of the wounds of the past. Even if you have been attempting to deny the pain of the past, you are still immersed in it unless you open the wound and asked that it be cleansed with the Love of God.

When that wound is healed a shadow falls away from you and you are able to see more clearly the true beauty that you are. You are able to see the real you that has been hidden by the fog created from the pain you've experienced in this lifetime and others.

If you read a number of channels you may have read that 2015 is supposed to be a year of extreme chaos.

Yes, there will be chaos, and if you focus upon the chaos that is all you will see.

2015 is also a year which can be filled with tremendous expansion and growth.

When you look at the chaos and become disheartened you have just discovered a wound in need of healing.

When you read about a horror which occurred somewhere on this glorious planet of ours and become angry and full of resentment demanding retribution, you have discovered a wound in need of healing.

When you become irritated, frustrated or angry because a line is moving slowly, you have discovered a wound in need of healing.

When you attempt to ignore someone, think disparaging thoughts about someone, gossip about another or speak unkindly to anyone, including yourself, you have discovered a wound in need of healing.

Each wound in need of healing sends forth a low vibration energy from you.

Each wound in need of healing attracts to you a similar energy which caused that wound.

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Each time you come face-to-face with one of your wounds, you are presented with that which is preventing you from moving into Oneness.

In the next few videos I'm going to spend a few minutes discussing the power of the different tools Amma has given us.

Each video will focus on a particular tool or strategy.

In the last video I will offer you an opportunity to participate in the Golden Mean Expansion Team.

Some of you participated in this team during the year 2012.

Amma has impressed upon me to begin again the Golden Mean Expansion Team.

This time there will be different levels so you may participate in various ways.

You may also choose not to participate in the Golden Mean Expansion Team and still pick and choose which of Amma's programs suit you best at the time.

As a friend of mine used to say, "This is an invitation not an obligation."

Tomorrow I'm going to speak with you about Amma's email course. Even if you have already participated in her email course, I'm going to encourage you to join me for a deeper experience of it. I'll talk with you more about it tomorrow.

I look forward to sharing with you in the next video more about Amma's year-long email course.

Thanks for hanging in through the entire video.

Until next time.

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### Video 2: Amma's Email Course

Hi, I'm Cathy, Amma's messenger.

Thank you for coming back to learn about Amma's email course.

Over the last few years I have received amazing reports from people who have gone through Amma's email course.

They have talked about a greater sense of their own purpose in life, inner peace, the uncovering of joy, the ability to handle life circumstances more easily, the improvement of relationships, and the accessing of their own personal power.

This means they are calmer and more easily able to face life's difficult circumstances.

No matter how wonderful your life is there will be difficulties.

Depending upon how long you live people you love will pass over, relationships end or change, jobs and living situations will move, people become ill.

You have control within you of how well you will respond to the situations.

They can overwhelm you or you can reach inside and access the power within you.

The majority of people who follow Amma's work usually begin with her email course.

If you never used any of Amma's other educational tools and only did the email course you would grow and expand tremendously.

What often happens when working by ourselves on any project, is we become lax, less motivated.

The email course is a daily commitment for year.

That can be tough when you're doing this alone.

For the purpose of deep expansion, Amma would like to invite you to delve more deeply into the topics of the course.

She's not only asking you to delve deeply. She is asking me also.

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What I will be doing for one year is taking the email course with you.

We will have at least monthly coaching calls related to where we are in the course.

Those calls will be recorded and available for you and for those who join us later.

The year-long course covers numerous topics.

We begin with working with The Heart Source.

The rest of the course incorporates The Heart Source in everything you learn.

You will work with tapping into the consciousness of the plant, animal and mineral kingdom.

In animal kingdom I'm including anything that walks, swims, crawls, or flies.

You will also learn how to appropriately tap into the energy of another individual, such as a coworker, to gain the information you need to best related with that person.

A huge part of the course is for your own personal healing.

Amma gives you strategies on how to clear your chakras, how to release the energy of trapped emotion, how to release limiting beliefs and replace them with supportive beliefs.

You will also learn how to work with the Heart Hologram to assist yourself and others.

You can use the Heart Hologram on a daily basis to infuse people, including political and corporate leaders, with love.

Amma will also take you through processes to remove curses, eliminate victim consciousness, and attract abundance into your life through the Encodement process.

You will learn how to do this through the generations.

You will also learn how to evaluate the various organs, endocrine glands and systems within your body.

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If you have not yet met your BodySoul you will do so and learn how to work with this powerful soul of the body you are borrowing for this lifetime.

In addition you will learn about an energy structure within the heart which will assist you in the healing of your physical body.

Because we are doing this within a group energy, we are exponentially increasing the power of what we learn and experience.

If you have meditated in a group you know what I'm talking about.

Meditating individually is a wonderful experience.

Sometimes it is a frustrating experience because of what is called the "monkey mind."

When you meditate in a group with the combined energies of everyone present, it is easier to focus.

It is a case where the energy and experience produced is much more than the sum of all the people present.

That is what will happen when we go through the email course together.

I will invite you to join me in a room on the inner plane.

If you've been with me for the Group Encodement Intensives you know how I set up the energy of that room.

You will have the opportunity to send me questions by email.

Some of those questions I'll be able to respond to you immediately and other questions I will elaborate on in the group coaching calls.

I can't tell you how much I'm looking forward to experiencing this year-long process with you.

I'm also looking forward to discovering what Amma has to share with us.

I invite you to join me in this year-long adventure of growth, development and expansion.

Tomorrow I'm going to talk with you about the Group Encodement Intensives.

We are now into our third year of working with numerous issues using the Group Encodement Intensive process.

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I'll tell you more about that tomorrow.

As a reminder, or in case this is your first video, I will be giving you an opportunity to become a member of the Golden Mean Expansion Team.

I will talk about the different levels of that membership after I finish the videos explaining the different opportunities available to you through Amma.

You may join one of the levels of the Golden Mean Expansion Team or you may decide to pick and choose among the various offerings Amma has for you.

Thank you for joining me on this video and I look forward to sharing more with you tomorrow.

The topic will be the Group Encodement Intensives.

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### Video 3: Group Encodement Intensives

Hi, there. This is Cathy, Amma's messenger, welcoming you back.

In the first video I shared with you how Amma has impressed upon me the need to spread the word about her tools for healing.

The goal is to raise the vibration of the planet.

She asks me to use the knowledge I've gained assist people in raising their own vibration.

In this way the vibration of the entire planet can be raised.

We can move more easily into the fifth dimension.

In the last video I talked with you about how I'm expanding Amma's daily course.

I invited you to join with me to take the course again, or for the 1<sup>st</sup> time.

Today I want to share with you the power of the Group Encodement Intensives.

If you've been participating in the Group Encodement Intensives regularly, there's not much else for you to learn.

But if you haven't, let me tell you how powerful these Intensives are.

I receive emails after each Intensive rejoicing in the changes which have occurred.

I can tell you these Intensives have brought me to a place of greater inner calm and peace.

They provide you an opportunity to change your Encodements related to a particular issue.

We've worked with the physical body in general, curses, abundance and at least 20 others.

The first Group Encodement Intensive of 2015 was to adjust our Encodements to entering the 5<sup>th</sup> Dimension.

A large part of this Intensive was to harmonize us to the 7 Rays.

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Each Intensive you participate in takes you deeper and deeper into your Encodement System.

If you're not familiar with the Encodements, there are two basic ones.

The Artificial Encodements which are those within you which were not developed by the Encodement Technicians.

These Encodements can come from you as a result of your own feelings, thoughts and actions.

Most of them are the result of energies entering into you from other people, their thoughts, feelings and actions.

By changing your Encodements you can change areas in your life which have been difficult for you.

If you would like to learn more about Encodements, please go to Amma's website at [www.AmmaTheDivineMother.com](http://www.AmmaTheDivineMother.com). Look under "Primary Teachings" and then "Encodements."

Through these Group Encodement Intensives, people are releasing fears, angers, and pain from wounds which occurred years ago.

Each time this happens you become freer.

You become more you.

The low vibration energy which has been hiding the "Real You" is being released.

We not only work on the aspect of you that you know best, your persona

We also address parallel lives, your Soul Family, your Monadic Family, generational family, past and future lives, as well as various dimensional and galactic influences.

As we work with the Encodement Technicians to adjust your Encodements, we also do deep healing by connecting with the Soul Healing Angels.

They work with you to bring back the parts of you sent away in times of pain.

Lately this absolutely amazing and beautiful angel has been coming in.

It's not that s/he is any more beautiful than the other angels. It's that s/he looks different.

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S/he looks like a 22 karat gold being.

I call her Golden.

She is an "expert" in both Encodements and Soul Healing.

I shared with a friend of mine about Golden's appearance in the healing sessions.

It turns out she's been popping in with others as well.

If you haven't participated in a Group Encodement Intensive I encourage you to do so.

Thank you for watching this video.

Tomorrow I'm going to share with you a healing program you may not be aware of.

It involves the Soul Healing Prayer which Amma uses in the Group Encodement Intensives.

The program is called Freeing the Real Me and incorporates weekly Group Distance Healing and daily Soul Healing experiences.

I invite you to join me for that discussion tomorrow.

Many blessings to you.

## Amma's Expansion Program

### Video 4: Freeing the Real Me

Hi, this is Cathy, Amma's messenger.

In this video I want to talk to you about the Freeing the Real Me program.

This is a program I've introduced to people in my world as a Body-Mind therapist.

For the first time I'll be sharing this program with those of you who work with Amma.

There are some who participate in both Amma's work and what is also known as Group Distance Healing.

In Freeing the Real Me you receive a weekly Group Distance Healing session and daily Soul Healing experiences.

I do the healing sessions by connecting with you from my heart to your heart.

You are present energetically, not physically or by phone.

It is a time of deep healing prayer from me to you.

It gives you the opportunity of participating in powerful healing without having to add one more thing to your schedule.

Each week I focus on one of four general topics.

The first is a General session.

There is no particular predetermined focus for this session.

Sometimes I bring a specific intention or I simply do the healing session and see what Spirit does.

The other three areas are: Health and Body, Relationships, and Abundance.

Although I focus on one of those categories per week, they are all interrelated.

If you are having difficulties with your health it can affect your relationships as well as your prosperity.

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The same is true for relationships. Problems in that area can affect your health and your abundance.

If you are having limitations in the abundance area of your life, the stress can affect your relationships and your health.

This means you will often receive balancing in any of these areas even though I am focusing on one in particular.

When working with your Health and Body anything having to do with your physical health can surface.

This includes balancing microbes, toxins, allergies, your muscular skeletal system, stress and any organ, endocrine gland or system within your body.

When focusing on Relationships we work with every relationship in your life.

This includes family, friends, work, God, your body and with yourself.

When focusing on Abundance we focus not just on the physical abundance.

We also focus on an abundance of joy, healthy relationships, fulfilling work and good health.

When I was talking about Amma's email course, I mentioned the power of working together in a group.

The same is true in the Freeing the Real Me program.

Although you are not listening to the healing session while I am doing it, your energy has become one with the group.

We all have similar issues limiting us.

The individual story is very different.

When you join the Freeing the Real Me program, your energy, your wounds, your hopes and dreams join with all the other group members.

The result is a group energy which I tap into and balance with God's assistance.

At the beginning of the session I ask that I be a clear channel of healing love for you.

I also ask that you receive the deepest healing you are ready for at this time.

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I use several energy healing modalities during these weekly healing sessions.

I begin with The Body Talk System.

By tapping into the group energy and using muscle testing I am able to go to the areas Spirit wants me to address.

All areas of the body-mind are available to be balanced.

Within each session is the balancing of a minimum of seven beliefs.

Beliefs are the foundation of how you interact with the world.

For instance, every time you sit down, you have a belief that that couch or chair or bench will hold you.

If you didn't have that belief you would have to test out each item before you sat down.

Beliefs can interfere with what you wish to attract to your life.

If you have an underlying belief you are not deserving of good things, you will find it difficult to have what brings you joy, or, if you find it, it slips away quickly.

Underlying limited beliefs are the ones causing problems in your life.

These are the ones we change.

When I balance beliefs I use the modality known as PSYCH-K.

After the Group Distance Healing session I develop a series of seven emails. You will receive one a day.

These emails give you a suggestion of how to more fully integrate within you the beliefs we have balanced.

This is done through the Soul Healing prayer.

Reading and following the suggestion in the email will take you all of three minutes at the most.

It is not unusual to receive a note telling me the session applied directly to them.

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Now you know the three basic healing tools Amma has given me for you to work with.

In the year-long email course you will receive healing experiences and participate in exercises to expand your intuition and awareness on all levels.

The Encodement intensives will make basic fundamental changes in your energy field which will assist you in moving forward in the life you desire.

The Freeing the Real Me program works specifically with healing the wounds hiding your true nature and freeing you from limiting beliefs and behavior patterns.

By participating in the e-mail course, Group Encodement Intensive and Freeing the Real Me you have a program which focuses on healing and expansion.

This program will raise your vibration quickly and relatively easily.

As your vibration rises, so does that of the planet.

As you heal you also prevent causing further wounds by reacting in harmful ways when others trigger your wounds.

Amma does offer other opportunities for growth and expansion besides these three programs.

Last year she offered an online course on channeling.

This year she wants me to offer many more.

Some of the courses will be:

Michael's Sword

Healing using the small yet powerful energy structure at the top of your physical heart

Using The Heart Source for gathering information, healing, and even time travel.

There may be others.

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In addition I will be offering an online version of the Encodement Facilitator Training I had here in Sedona.

I will also have at least one retreat in Sedona working with The Heart Source. That will be May 15-17 and limited to 15 people.

Now you have an idea of the various programs I will be offering this year.

You can always participate in any one program.

Tomorrow I'm going to introduce to you the Golden Mean Expansion Team and invite you to join.

I'm looking forward to sharing this with you.

Thank you again for hanging in there with me for this video.

Many blessings to you.