

# 15 Seconds - *Spiritual Training Course*

## *How to do this course...*

- Download resources from my website [www.globalspiritualmedicine.com/resources](http://www.globalspiritualmedicine.com/resources) such as the *Daily Spiritual Diary*.
- Begin filling out your *Daily Spiritual Diary* each evening for forty days.
- If you have the hardcover version, you can purchase a downloadable MP3 version of your CD's for just \$1 via a discount code found on page two of your course book.
- Begin listening to the *Meditation CD's* or the *MP3 download version of the Meditation tracks*. Try to complete one or two tracks every day. Although you may feel pressed for time, by doing this practice, your life will flow better and you will have more time and better sleep as well! Practice at the same time each day. Practice twice a day if you can.
- Read the manual *Module by Module*. It is powerful to **read three modules each day**. You may want to write down feelings about what you have read. You might write an action down relative to your reading that will improve your life. For instance, changing your thoughts, words, or deeds from negative ones to positive ones.
- Feel free to mark the pages with pen and highlighter - this is your course book and notes and highlighting often assist you to learn quicker. You can write notes in the last few blank pages as well.
- On my website there is a Yoga training video where I guide you step by step in breathing that is synchronised with stretches or "*asanas*". This will benefit anyone who applies themselves.
- If you have paid for a session with me and mentoring, then we will work together to keep you motivated and on track with this course.
- If you are doing this on your own - remember - action always reaps positive results - you will never regret picking up the course book and reading a few pages or doing a meditation. The course has subtle, powerful results that will cultivate within you quickly.

May your dedication to the course, become a channel through which your entire life becomes blessed.

With love  
Brent Ovalsen